

Marcus Alert

Quarterly newsletter on Marcus Alert for Region 4 of Virginia

Learn More!

International Co-Responder Alliance (ICRA)

Richmond, Chesterfield, and Henrico co-response teams attended the 6th Annual National Co-Responder Conference in Atlanta, GA! To learn more about the host ICRA, [click here](#).



Crisis Stabilization Unit Q&A

What is a Crisis Stabilization Unit (CSU)?

CSUs offer short-term (<15 days), 24/7, residential crisis evaluation and intervention services in a non-hospital environment. Multidisciplinary teams provide services such as psychoeducation, counseling, psychiatry, medication management, and linkage to community resources.

What is the goal of a CSU?

CSUs serve as an alternative to psychiatric hospitalization. They aim to stabilize individuals in a therapeutic, residential setting and support the recovery journey.

Are there CSUs in our region?

Yes! There is a CSU for adults at RBHA's main building, and there is a CSU for youth (ages 5-17) at St. Joseph's Villa.

How are referrals made to the CSUs?

For the adult CSU, referrals must come from a CSB or hospital (24/7 admissions line: 804-343-7691). For the youth CSU, anyone can refer (24/7 admissions line: 804-874-9119).

How do CSUs relate to Marcus Alert?

Both Marcus Alert and CSUs are statewide initiatives that aim to expand mental health crisis services, with the goal of responding to crises in the least restrictive way.

How can I learn more?

To learn more about our region's adult CSU, [click here](#). To learn more about our region's youth CSU, [click here](#).

Crisis Services

Transformation Training

To learn more about the expansion of mental health crisis services across our nation, state, and region, sign up for the Region 4 Crisis Services Transformation Training on July 21st from 1-3pm via Zoom. CSB employees can register on [Relias](#) with the code **072125**. Partners can email hannah.neukrug@rbha.org to sign up.



**Someone
to Talk To**



**Someone
to Respond**



**A Safe Place
for Help**

Adult CSU Feature

In this newsletter, we are featuring a clinician and a nurse from the adult CSU! Keep reading to learn about Clinician Jacob and Nurse Jedekiah.



What is your role at the adult CSU?

Jacob: I am a clinician at the CSU and have been working here since July 2024.

Jedekiah: I am a registered nurse at the CSU, and I have worked here for 6½ years.

What made you interested in working at the adult CSU?

Jacob: Most of my field experience was working with adolescents in school settings, and I wanted to work in a crisis environment to expand my skill set and serve the members of my community.

Jedekiah: At the CSU, we are often a starting point for mental health treatment. The rapid progress we can see in just 5-7 days provides motivation and a feeling of reward.

What is the most challenging part of your job?

Jacob: We serve members of the community who struggle with housing needs and are experiencing homelessness due to the housing crisis in Richmond. Unfortunately, we do not have the resources or services to address housing concerns at the CSU leading to difficult conversations about discharge plans.

Jedekiah: Some individuals struggle to communicate their needs. We must constantly show compassion, listen deeply, not personalize, and recognize they have needs that are not being met.

What is the most rewarding part of your job?

Jacob: Working with the amazing interdisciplinary team of mental health technicians, nurses, psychiatric providers, discharge case managers, and other behavioral health clinicians. Our holistic approach to supporting community members is a rewarding experience to be a part of.

Jedekiah: Seeing progress that someone can make in just a few days when they are surrounded by a strong support system and feel that they are in a safe setting to share. Many people distrust or feel discouraged by the mental health system; it is rewarding to be able to help change perceptions of care.

What is something you wish the general public knew or understood about the adult CSU?

Jacob: The CSU is an amazing resource members of the community should utilize! Individuals must be referred by their local CSB. Hospital emergency departments can refer directly to the CSU, while individuals who are inpatient in a hospital need someone from their CSB to facilitate the referral.

Jedekiah: First of all, we are here! We have great staff from a variety of backgrounds, and we offer a supportive setting where people can relate to others and get guidance.



Have questions?

Feel free to contact Hannah Neukrug, Marcus Alert Coordinator for Region 4, at: hannah.neukrug@rbha.org