



CrisisCare
Helpline | 419-904-CARE (2273)
A division of Zepf Center



SANCTUARY

ADULT CRISIS STABILIZATION UNIT

Sanctuary serves anyone 18 and older in a home like setting with access to individual and group therapy, recreational therapy, one on one skill building, peer support services, medication management with a prescriber, identification of natural supports and engagement in continued services. Stays on the unit are voluntary and typically have a short term duration of 4-7 days.

Appropriate individuals for the unit would include:

- Anyone experiencing an increase in mental health symptoms including depression, anxiety, paranoia, hallucinations, delusions or difficulty controlling moods
- Persons who are experiencing suicidal or homicidal ideation, with or without a plan, who are voluntarily seeking assistance with those thoughts
- Individuals experiencing a self defined mental health crisis due to external factors

Admission Information:

For ease of admission, those individuals who are on medications should bring them to their initial assessment for admission to the unit.

The Sanctuary accepts admission 24/7 and all admissions begin with an assessment by a licensed clinician. These assessments can take place in the home or at our 2005 Ashland Ave. location. This can begin with a phone call to **419-904-CARE (2273)**

The Sanctuary is not able to accept admissions of individuals who:

- Require continuous nursing care (i.e. unable to feed self or toilet self),
- Have acute physical concerns that require hospital placement (i.e. critical evidence of malnutrition, uncontrolled blood sugar, etc.)
- Present an imminent risk of harm to self or others without ability to contract for safety on the unit
- Currently require use of isolation or restraint or have required chemical or physical restraint in the last 48 hours

Hospital Step Downs are also a possibility for individuals who need a hospital level of care initially but wish to transition into the stabilization level of care once able to contract for safety. This process begins with the hospital inpatient social worker and can happen from a medical floor or a psychiatric floor.



(419) 841-7701



www.zepfcenter.org

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Revised 9/28/22