

## **Crisis Services and Psychiatric Hospitalization – Wake County Residents**

**Emergency:** Call 919 & ask for CIT Officer, a law enforcement officer who has received special training in de-escalating crisis situations involving people living with mental illness and substance abuse disorders.

**Mobile Crisis Management:** Crisis Line: 1-877-626-1772 – For crisis response 24 hours a day, 7 days per week, 365 days a year. (Therapeutic Alternatives, Inc.) – Will do a phone assessment and may come to your home.

### **Wake County Crisis and Assessment Services, (NEW LOCATION), 107 Sunnybrook Rd., Raleigh, NC 27610, 919-250-1260**

Crisis help is available for emergency situations 24 hours a day by walking in or calling 919-250-1260. Referrals to psychiatric hospitals and outpatient services. If you are determined to need involuntary commitment to a psychiatric hospital, staff will locate a bed either in Holly Hill Hospital or in another hospital which may be as close as Durham, Chapel Hill or Rocky Mount or as far as Jacksonville or Asheville. Wakebrook also has 16 beds for residential crisis care if you meet the criteria for admission. You can expect to wait in the Wakebrook Facility for an average of 2/3 days. Transport to the psychiatric inpatient facility will likely be by the Wake County Sheriff's Department.

**Holly Hill Hospital (HHH) RESPOND:** Emergency Services Behavioral Health resource, HHH is committed to helping you address your needs when outpatient levels of service are no longer adequate to maintain your safety and your ability to perform normal daily functions, or when you are not certain and you need further assessment to ensure safety or functionality. Respond: (919 250-7000) You can also go to the Holly Hill Hospital's Respond Department for assessment. It is located at the rear of the hospital, 3019 Falstaff Road, Raleigh, NC. HHH is not authorized to bill for all types of insurance including Medicaid for adults between the ages of 22 and 64. You are also responsible for any charges your insurance doesn't cover, so you might want to authorize someone to talk to business staff at HHH prior to your admission to determine how much you will be charged.

**Emergency Departments at WakeMed, WakeMed Cary, Rex Hospital, or Duke Raleigh.** – None of these hospitals has a mental health unit, but they will check you for any medical problems and determine whether or not you need to be involuntarily committed to a psychiatric unit at another facility. If you are determined to need involuntary commitment to a psychiatric hospital, staff will locate a bed either in Holly Hill Hospital or in another hospital which may be as close as Durham, Chapel Hill or Rocky Mount or as far as Jacksonville or Asheville. You can expect to wait in the ED for an average of 2/3 days. Transport to the psychiatric inpatient facility will likely be by the Wake County Sheriff's Department.

**Emergency Departments at UNC Neuropsychiatric Hospital in Chapel, Duke Hospital in Durham, and Durham Regional Hospital in Durham.** –These hospitals have a psychiatric unit, and they will check you for any medical problems and determine whether or not you need to be involuntarily committed. **If so, you may be admitted to their psychiatric unit if a bed is available.** If not, staff will locate a bed in another hospital which may be as close as Durham, Chapel Hill or Rocky Mount or as far as Jacksonville or Asheville. You can expect to wait in the ED for an average of

2/3 days. Transport to and from the psychiatric inpatient facility will likely be by the Sheriff's Department.

**What to expect from Inpatient Psychiatric Hospitalization:** Most inpatient stays are very short, i.e. less than a week. They are primarily intended to provide safety and stabilization through medication management and a safe and therapeutic environment. It is important to have good outpatient mental health services, i.e. psychiatrist, therapist, psychosocial, etc., in place to avoid hospitalization and to maintain as much stability as possible. If you are particularly psychotic or aggressive, you may not be appropriate for admission to a regular inpatient psychiatric unit. In that case, you will probably be admitted to state psychiatric hospital bed. For the Wake County area, most patients are admitted to Central Regional Hospital in Butner. On average, stays at state hospitals are not very long—usually one to two weeks but can be as long as several months when needed. Social workers at the hospitals are responsible for providing discharge planning which connects patients to outpatient resources in the community.

### **Residential Psychiatric Treatment:**

The American Residential Treatment Association provides an on-line directory of residential treatment communities on this website: <http://artausa.org/>

There is one facility in North Carolina. Most facilities are extremely expensive, and most insurance plans do not cover residential psychiatric treatment.

CooperRiis in NC provides individualized, long-term, comprehensive mental health recovery services. Age 18 and above. Two entry points: a healing farm therapeutic community or an urban campus in Asheville that feels like a 'recovery college'. Generous scholarships are available. [MORE](#)

Website: [www.CooperRiis.org](http://www.CooperRiis.org)

Address: 101 Healing Farm Lane, Mill Spring, North Carolina 28756

Email: [Info@CooperRiis.org](mailto:Info@CooperRiis.org)

Phone: (800) 957-5155, Fax: (828) 894-7111

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