

When schools/providers should call Crisis Services

1. If a child is suicidal, homicidal, or irrational due to drugs or psychiatric/emotional issues.
2. If there is an immediate need to understand a child's mental status and mental health needs.
3. When acuity or time constraints prevent the school/provider from being able to meet the child's needs.
4. When a child is released by the school/provider to the family with a recommendation for follow-up with Crisis. Crisis can then contact the family to follow-up if they are expecting it.
5. Crisis can be called into a school/provider in a scheduled, preventative way to provide education or outreach.
6. Crisis can be called if the family would like to access or coordinate services for their child.

Call crisis early and often.

It is better for school staff/providers to talk to a crisis worker about a possible situation and get ideas about solutions than to wait and worry until the situation is escalated.

We want to work collaboratively to support the children in our communities get the help and services that they may need.

Sojourn Crisis Unit is part of the
CHCS Crisis Services

Sojourn Crisis Unit
1883 Essex Street
Bangor, Maine 04401

Phone: 207-990-5470
FAX: 207-973-3972

For more information on CHCS services
delivered to children and their families
call: **1-800-924-0366**

Programs funded in part by DHHS

NONDISCRIMINATION STATEMENT

This institution is an equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Sojourn Crisis Unit



Community Health and
Counseling Services

Sojourn is a 6-bed unit that provides short-term crisis stabilization for males and females ages 5-17.

Services provided include the following:

Clinician on-site 7 days a week

- Daily assessment
- Stabilization planning
- Support
- Family/Team meetings
- Referrals

MHRT-CSP qualified staff 24/7

- Therapeutic groups to support
 - Coping skills
 - Life skills
 - Stabilization
- Crisis intervention
- Milieu therapy
- Recreational activities
- Medication administration
- Socialization opportunities

Services provided in an environment that is:

- Safe, with low stimulation
- Confidential
- Compassionate and supportive
- Positive and empowering
- Maintains respect and dignity
- Values individuality

CHCS Crisis Services provides 24-hour crisis service, including phone and face-to-face support to Penobscot and Piscataquis Counties, and also offers statewide access to our crisis stabilization beds by calling 1-888-568-1112.

If you are a youth experiencing any of the following, we can help.

- Increased anxiety
- Increased depression
- Increased anger or frustration
- Thoughts of suicide or harming self
- Family conflict

If you are a parent or provider with a child that is experiencing the above, we can help.

We offer:

- Crisis assessment
- Safety planning
- Support
- Referrals
- Resources

Crisis Services' professionals provide you with the support you need.

Services include:

- Meeting anywhere in the community that is safe, such as your home, CHCS office, school, or your provider's office.
- Developing an individualized crisis plan.
- Making any necessary referrals.
- Arranging for additional follow up or support.
- Helping you accomplish almost everything you might need without going to an emergency room.

