

## **Crisis Stabilization Unit (CSU)**

Per the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) Office of Licensure, Chapter 0940-5-18, a Crisis Stabilization Unit (CSU) is defined as services specifically designed for service recipients eighteen (18) years and older in need of short-term stabilization, up to ninety-six (96) hours, who do not meet the criteria for other treatment resources, other less restrictive treatment resources are not available, or the service recipient is agreeable to receive services voluntarily at the CSU and meet admission criteria. If necessary, to assure that adequate arrangements are in place to allow for the safe discharge of the service recipient, the length of stay may be extended by up to twenty-four (24) hours. These facilities are also required to be licensed through TDMHSAS.

### **Admission Criteria:**

1. Member presents with a mental health crisis.
  - a. TDMHSAS defines ‘mental health crisis’ as follows: an intensive behavioral, emotional, or psychiatric situation which, if left untreated, could result in an emergency situation, in the placement of the person in a more restrictive, less clinically appropriate setting, including, but not limited to, inpatient hospitalization or at the very least, significantly reduced levels of functioning in primary activities of daily living.
2. Member’s presentation is likely to significantly stabilize within 72 hours, allowing them to continue to receive services at a less restrictive level of care.
3. Members who can be safely managed without 1:1 staffing ratios or use of restraints/seclusion while in the ER, for the purpose of completing the assessment and dispositional process, are typically good candidates for CSU placement. CSU staffing ratios and monitoring activities and processes are more robust in the CSU than in the typical ER milieu. As a result, members who are: actively suicidal and unable to contract for safety; considered elopement risks but not attempting to leave the ER; and members who do not have a history, or imminent likelihood, of inflicting serious harm on others and members with medical comorbidities (including potential detox) that themselves do not require acute medical admission, are all candidates for CSU admission.
4. Member agrees to voluntarily enter a CSU placement. If the member refuses but does not have a valid clinical basis for the refusal, a medical necessity denial letter may be issued as appropriate.
5. TennCare Medical Necessity criteria (as specified in Rule 1200-13-16-.05) are otherwise met.

**Inclusion Criteria:**

1. The member is experiencing a mental health crisis.
2. The member is a TennCare recipient and has been assigned to UnitedHealthcare as either their Medicaid or Medicare benefit provider.
3. The member is voluntarily agreeing to be admitted to CSU.
4. CSU placement has been recommended by Mobile Crisis Response Team (MCRT), an MPA and/or by UnitedHealthcare Community Plan in the precertification process.
5. The member has a primary psychiatric diagnosis.
6. The member is 18 years of age or older.
7. The CSU has agreed to accept the member.

**Exclusion Criteria:**

1. The member is actively attempting to leave the venue in which the assessment is taking place.
2. The member has medical conditions that cannot be safely managed in the CSU.
3. The member is agitated to the point of requiring pharmacologic intervention while in the assessment venue (e.g. the ER).
4. The member has been determined by the CSU staff to be an inappropriate candidate for inpatient psychiatric admission.

**Continued Stay Criteria:**

1. The member does not meet criteria for a less restrictive level of care.
2. The CSU provider believes that the member's presenting symptoms or behaviors are amenable to short term stabilization efforts prior to the completion of the 72-hour episode of treatment.
3. The member has exceeded the 72-hour limit of stay for CSU placement but discharge planning requires an additional period of placement, and the State has agreed to extend the CSU placement for discharge planning reasons.

**Discharge Criteria:**

1. The member's behavioral health condition is no longer considered a mental health crisis.
2. The member can safely and effectively continue treatment at a less restrictive level of care.
3. The member has exceeded the 72-hour CSU placement limit and does not have placement issues that warrant an additional 24 hours.
4. The member is not likely to respond or is not responding to stabilization efforts and requires a more structured, monitored, and locked unit to assure the member's or others' safety.

References:

1. TDMHSAS Crisis Training Manual
2. TDMHSAS Licensure Rules for Crisis Stabilization Units
3. TennCare Rule 1200-13-16-.05