

SERVICES

Access Center

The Access Center provides walk-in outpatient crisis services. These services include: 5-7 counseling sessions using evidence based treatment, psychiatric medication evaluation, physical exam, physical health education, case management and peer support. Following the 5-7 sessions, clients will be referred to an outpatient office for continued services.

988 Crisis Line

People can call or text 988 or chat with [988lifeline.org](https://www.988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support. 988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress including: thoughts of suicide, mental health or substance use crisis, or any other kind of emotion distress.

Mending Minds

Mending Minds is an adult crisis stabilization unit in which multiple services are provided to persons in a mental health crisis who need more support than can be obtained in an outpatient setting but are not in need of inpatient hospitalization. The average time of stay is five to seven days. During the stay, persons will receive individual and group counseling, case management, peer support, psychiatric medication evaluation, physical exam, and physical health education.

Following treatment at Mending Minds, individuals will be assisted in a referral to an outpatient office if necessary.



Mike's Message

Mike's Message is an adult substance use crisis unit in which multiple services are provided to persons in a substance use crisis. The average length of stay is three to five days. During this time, individuals will receive individual and group therapy, peer support, physical health education, physical exam, psychiatric medication evaluation, connection to community resources that can assist with basic needs, assistance with locating AA/NA/Celebrate Recovery meetings and connection to further treatment.



Referral Process

Referrals are not required for the Access Center part of the Crisis Hub.

Referrals for both Mending Minds and Mike's Message can be made by contacting 606-526-9552. A screening process will be completed to ensure that the individual is appropriate for the facility. Individuals who are admitted to either Mending Minds or Mike's Message are required to be voluntary to treatment.

Individuals seeking admission to Mending Minds or Mike's Message will be asked to bring three changes of clothes and all prescribed medications.

Assistance with transportation to Mending Minds or Mike's Message will be addressed on an individual basis.



Responsibilities of Individuals Seeking Treatment

Individuals who are seeking treatment at Mending Minds and Mike's Message will be expected to be an active participant in group and individual therapy. Participation in educational classes, recreational activities, and skill building activities aimed at increasing individuals' ability to function effectively when they leave the program is expected. Additionally, individuals admitted to the units must be able to complete their own physical self care.



24/7 Crisis Line 988



CRISIS HUB



**610 American Greeting Road
Corbin, Kentucky
(606) 526-9552**

*A program of Cumberland River
Behavioral Health*