Crisis Services

Service Name	URGENT OUTPATIENT PSYCHOTHERAPY
Funding Source	Behavioral Health Service
Setting	Community-based Location
Facility License	N/A
Basic Definition	Urgent Outpatient Therapy is an intense intervention for consumers with an urgent/emergent behavioral health crisis. The purpose of the service is to support the consumer in achieving crisis resolution and determining next steps for further treatment if needed. Urgent Outpatient Psychotherapy services are intended to assure that consumers receive immediate treatment intervention when and where it is needed.
Service Expectations	• Individual one-to-one therapy focused on the presenting crisis and crisis resolution. • Referral for follow-up behavioral health services as needed. • Ability to provide out-of-office service as needed. • All services are culturally sensitive.
Length of Services	Typically one session
Staffing	Appropriately licensed and credentialed professionals (LMHP/LADC, LMHP, PLMHP, LIMHP, Psychologist, APRN, or Psychiatrist) working within their scope of practice to provide mental health and/or dual (SA/MH) outpatient therapy. A dually licensed clinician is preferred for any consumer with a dual diagnosis.
Staffing Ratio	1:1 Individual Therapy
Hours of Operation	Flexible office hours to meet consumer need.
Consumer Outcome	• The crisis is identified and therapeutically addressed. • Steps for further resolution are developed. • Follow-up behavioral health referrals provided.
Rate	Expense Reimbursement