



## **CHILDREN'S CRISIS STABILIZATION UNITS (CCSU)**

*Navigating Through a Behavioral Health Crisis*



# **AMHC**

**[www.amhc.org](http://www.amhc.org)**

8 Wesleyan Street, Fort Fairfield  
**(207) 473-9285**

127 Palmer Street, Calais  
**(207) 454-0322**

A crisis can happen to a child or adolescent at any time when they are feeling overwhelmed or when life's daily demands surpass their ability to cope. A crisis can occur in response to a recent traumatic event or due to accumulated stressors over time. Crises involve feelings of fear, anger, hopelessness, or depression, as well as intense behavioral responses that may include confusing thoughts about harming oneself or others.

## **WHO ARE WE?**

AMHC Children's Crisis Stabilization Units (CCSU) are in Fort Fairfield and Calais. The CCSU is a voluntary service that offers crisis stabilization in a community-based setting. Each unit provides a short-term residential program for youth ages 4-17, and counselors are available 24 hours a day, 365 days a year. The goal is to help youth and families stabilize their situation and return to a pre-crisis level of functioning.

AMHC accepts all clients regardless of race, color, creed, national origin, primary language, or handicap. Both facilities are handicap accessible and ADA compliant.

## **WHAT DO WE DO?**

CCSU staff provide individual, group, and family counseling to address the issues contributing to the current crisis. They also offer information and support for youth and families to connect to additional services and work closely with other providers and services the child and family may already be receiving.

## **HOW DO I GET HELP?**

For more information or to make a referral, please contact the CCSU nearest you by calling the number on the front of this card.

A crisis can happen to a child or adolescent at any time when they are feeling overwhelmed or when life's daily demands surpass their ability to cope. A crisis can occur in response to a recent traumatic event or due to accumulated stressors over time. Crises involve feelings of fear, anger, hopelessness, or depression, as well as intense behavioral responses that may include confusing thoughts about harming oneself or others.

## **WHO ARE WE?**

AMHC Children's Crisis Stabilization Units (CCSU) are in Fort Fairfield and Calais. The CCSU is a voluntary service that offers crisis stabilization in a community-based setting. Each unit provides a short-term residential program for youth ages 4-17, and counselors are available 24 hours a day, 365 days a year. The goal is to help youth and families stabilize their situation and return to a pre-crisis level of functioning.

AMHC accepts all clients regardless of race, color, creed, national origin, primary language, or handicap. Both facilities are handicap accessible and ADA compliant.

## **WHAT DO WE DO?**

CCSU staff provide individual, group, and family counseling to address the issues contributing to the current crisis. They also offer information and support for youth and families to connect to additional services and work closely with other providers and services the child and family may already be receiving.

## **HOW DO I GET HELP?**

For more information or to make a referral, please contact the CCSU nearest you by calling the number on the front of this card.