

# Arbor House



Harrisonburg-Rockingham Community Services Board  
Crisis Stabilization Program

## Mission Statement

The Harrisonburg-Rockingham Community Services Board's Crisis Stabilization Program provides short-term, residential services to individuals experiencing an acute psychiatric crisis, offering an alternative to inpatient psychiatric treatment or transition from hospitalization back to the community. The program works to stabilize the crisis situation and to mobilize the resources of the individual's community support system with the goal of promoting ongoing rehabilitation and recovery.





While at Arbor House, staff work with Residents to identify goals, stabilize the current crisis, and develop a community support system to assist in continued rehabilitation and recovery after discharge.

Arbor House is a seven-bed short-term crisis intervention program that provides support and stabilization for adults age 18 and over who are currently experiencing an acute mental health crisis. Participation in this program offers an alternative to inpatient hospitalization or assists in the transition from hospitalization back to home. The goals of this program are to assist individual in mobilizing their own inner resources and community supports to aid in their ongoing journey of recovery.





Arbor House offers a variety of services in both individual and group settings. Services include:

- 24 hour supervision
- Psychiatric assessment
- Medication evaluation and symptom management
- Individual counseling
- Group counseling
- Therapy based on Dialectical Behavioral Treatment Techniques
- Creative expression/art therapy
- Auricular Acupuncture
- Skill building activities (meal preparation, etc.)
- Discharge Planning
- Links to community Resources





Services are provided by a multidisciplinary team of psychiatrists, social workers, counselors, nurses, and peer support staff. Each client has an individualized treatment plan with specific goals. The program schedule and topics may vary based on the needs of each individual.



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