



23-hour Stabilization

Essential Service Elements FOR CRISIS STABILIZATION

- ❑ Accepts anyone in crisis for initial screening and triage assessments (no eligibility requirements)
- ❑ Diagnostic assessment
- ❑ Crisis counseling
- ❑ Safety treatment recovery planning
- ❑ Care coordination
- ❑ Assistance with psychosocial stressors
- ❑ Safety treatment recovery planning
- ❑ Individual peer support services
- ❑ Discharge planning including referrals and warm hand-offs to clinically appropriate and accessible levels of care

Other Preferred Practice Elements FOR CRISIS STABILIZATION

- ❑ Available on-demand, 24/7/365
- ❑ No-or low-barrier access to care
- ❑ Management of symptoms of intoxication and withdrawal; medications for opioid use disorder and medications for alcohol use disorder
- ❑ Admits persons in any kinds of crisis, except for those with care needs that require interventions beyond that of an ambulatory level medical setting

An Overview of Crisis Stabilization Services

Crisis stabilization services reflect a range of models and care to support individuals through emergent and urgent behavioral health needs. Ideally providing no-or low-barrier access to care, crisis stabilization programs address three key needs for people in crisis: access, stabilization and follow-up.

Crisis stabilization programs with stays <24 hours will vary by setting and scope of service, according to each program's capacity to address varying levels of behavioral health acuity.

Potentially higher patient acuity; greater range of staff positions and staff:patient ratios needed



High-Intensity
Behavioral Health
Crisis Center

Hospital-Based Behavioral
Health Emergency Unit
(also known as EmPATH Units)

Moderate-Intensity Behavioral Health Crisis Center

Behavioral Health Urgent Care

Sobering Centers

Peer Living Room, Ambulatory Crisis Respite

Lower patient or guest acuity

Crisis Stabilization in Alaska

The passage of House Bill 172 allowed for the expansion and creation of different kinds of crisis stabilization and short-term stabilization programs. Licensing regulations for subacute mental health facilities finalized in December 2025, providing the necessary regulatory framework to support of crisis stabilization and short term stabilization outside of hospital settings. Communities now have the option to create programs with the capacity to evaluate and treat individuals in crisis outside of designated facilities in Fairbanks, Mat-Su, Juneau, Ketchikan and API in Anchorage. Crisis stabilization programs ranging from EmPATH Units to Moderate-Intensity Behavioral Health Crisis Centers are in development in Anchorage, Fairbanks, and Kotzebue.

What's Next?

Ongoing focused work and partnerships are in process to:

- Build out of new billing options for a continuum of place-based services through rate service description enhancements.
- Enhance the financial sustainability of crisis stabilization programs.
- Develop infrastructure to make it easier for crisis stabilization programs to coordinate care or make referrals to other programs and providers.

Crisis Now provides a framework to develop *well-coordinated systems* of behavioral health care- not standalone services. Partners are working across the state to ensure crisis stabilization centers are integrated into the behavioral health continuum of care.