

## Services Available

- Mental status assessments
- Abstinence based withdrawal management
- Individualized treatment plans
- Collaborative case-management planning including clients, family, and others
- Referrals to and linkage with other community services
- Education on a variety of topics including:
  - Substance use management
  - Mental illness diagnosis & treatment
  - Goal planning
  - Coping mechanisms
  - Stress management
  - Self-esteem
  - Assertiveness
  - Grief
  - Constructive leisure time
  - Anger management strategies
  - Relaxation strategies

**A program of Mental Health  
& Substance Use Services,  
Interior Health**

**A short stay program for  
people in emotional or  
psychiatric distress and/or  
in need of sub-acute  
withdrawal management.**

## Contact Us

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# Gateway Crisis Stabilization Program



## Criteria for Admission

The client must:

- be 19 years and older;
- be willing to admit on a voluntary basis;
- be willing to adhere to admission guidelines and house rules;
- be willing to participate in programming as part of his/her treatment plan;
- be assessed and deemed safe from any self harming behaviors;
- be medically stable and not suffering from any conditions that would warrant an acute care admission;
- be able to maintain impulse control with respect to aggressive and/or intimidating behaviors;
- be ambulatory and able to care for his/her own basic needs;
- have a discharge destination confirmed upon admission.

## Purpose of the Program

The purpose of Gateway–Crisis Stabilization Program is to provide a level of service midway between out-patient therapy and in-patient hospitalization. The program will provide assessment as well as a treatment plan focused on facilitating a swift return of the client to his/her community living arrangement. Gateway staff also provide consultation and support to other health care areas of Cariboo Memorial Hospital.

### Critical aspects of the program

Gateway has 5 beds with 24 hour nursing care. Length of stay is generally short-term, which may be extended under special circumstances. **Gateway is NOT a housing facility.**

The Program is licensed under the Community Care and Assisted Living Act.

## Referral Process

- The **Nurse in-charge** determines eligibility based on admission criteria.
- Any one can refer to Gateway, however Gateway is a physician/NP admit program and the client must receive a physician/NP assessment prior to admission. This reduces the risk of medical complications and allows for medication orders.
- Admission to the program is accessible 24 hours per day depending on the nurse's availability.
- As Gateway is a community licensed facility, clients are expected to pay for their own medications. Under special circumstances the staff can assist clients to apply for payment of mental health related medications under Plan G coverage.
- It is most helpful to have medications arranged prior to admission.

Any substance use, aggression towards staff and/or other clients, willful damage and/or theft of Gateway property will result in **IMMEDIATE** discharge and/or possible criminal charges.