

OUR MISSION

Empower persons served to develop healthy and responsible functioning through psychiatric treatment and healthier life of recovery.

This is accomplished by championing opportunities to change through prevention, education, intervention and treatment.

PAYMENT OPTIONS

The CSU accepts Arkansas Medicaid, Medicare, private insurance (policy permitting) and self-pay. A sliding-fee scale, based on family income and size, is also available. The Guidance Center serves all clients regardless of ability to pay.



CONTACT US

5 WEST CRISIS STABILIZATION UNIT
TEL: 479-785-9480 FAX: 479-452-6657

24/7 Mental Health Urgent Care
479-785-9480

24 HOUR CRISIS HOTLINE
479-999-9911



ACCREDITATION

Western Arkansas Counseling and Guidance Center is accredited by CARF, the Commission on Accreditation for Rehabilitation Facilities. Its mission is to promote the quality, value and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served.



3113 S. 70TH STREET
FORT SMITH, AR 72903
OPEN 24 HOURS

The Guidance Center



WACGC.ORG | 479-785-9480

EXHIBIT B1

5 WEST CRISIS
STABILIZATION UNIT
SEBASTIAN COUNTY



ABOUT US

Sometimes life can feel overwhelming. You are not alone! The Crisis Stabilization Unit (CSU) is a come as you are environment, where we will take care of the rest. Upon admission, clients receive a nice warm shower, fresh clean clothes and all the toiletries they need during their stay.

The CSU offers an inviting, home-like setting for stays that may range between less than 24 hour stays or up to 96 hours, based on need. We serve individuals 18 and older from the state of Arkansas, who are experiencing a psychiatric and/or substance abuse related crisis; and who may pose an escalated risk of harm to self or others.

Referrals from the community are accepted including walk-ins, people referred by emergency rooms, EMS and other first responders, family members, someone in their support system, and/or physicians.

The CSU incorporates a multidisciplinary approach to the treatment of behavioral health and co-occurring mental health and substance use disorders and provides medical detox services. Our program integrates evidence-based therapy and intervention approaches, as well as trauma-informed care. Our treatment team includes a staff psychiatrist, APRNs, RNs, and licensed mental health professionals, including licensed substance abuse treatment providers.

Aftercare planning and follow up is provided for all individuals who are either completing treatment or transitioning to other services. Care coordination and case management help link clients to vital resources in the community such as housing, placement, childcare or resources for improving issues related to social determinants of health and wellness.

24/7 BEHAVIORAL HEALTH URGENT CARE



Our urgent care for behavioral health is exactly what it sounds like, a place you can walk into any time, day or night, if you're experiencing a mental health crisis. You don't need an appointment or referral. Our crisis therapist are trained to assess your situation, stabilize immediate concerns, and connect you with ongoing care. This service helps people avoid unnecessary emergency room visits and ensures they get help from professionals who understand mental health emergencies. It's not just about addressing the crisis in the moment; it's about creating a bridge to longer-term support.

Urgent care clients will receive:

- Immediate crisis intervention and stabilization while assessing the individual's needs
- Medication initiated if needed
- Connections with follow-up mental health care and/or substance use treatment

"While I was doing the Recovery Recliner Program they were very welcoming. Everyone I met with had a great attitude and assured me I was in a safe environment where I could be free to express what's been troubling me. They were determined to get me the help I was looking for. They put a plan in place and took care of me well during my stay. I definitely recommend the Program." - S.J.



As a private, non-profit licensed and accredited Community Mental Health Center and Certified Behavioral Health Clinic (CCBHC), The Guidance Center provides a wide range of coordinated health care services to treat mental, emotional, behavioral, physical and substance use disorders. Our goal is to contribute positively to making our 6 county region including Crawford, Sebastian, Franklin, Logan, Scott and Polk counties a healthier and safer environment in which to live. It is our aim to offer hope, recovery, and wellness.