

Community Stabilization and Reintegration Unit (CSRUI)



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Program Overview

The Community Stabilization and Reintegration Residential Unit (CSRU) is a specialized, short-term residential treatment program serving adults aged 18 and older who are dually diagnosed with a mental health disorder and an intellectual or developmental disability. The program is designed to provide intensive, integrated supports that promote stabilization, skill development, and successful reintegration into community settings.

The primary goal of the CSRU is to increase independence across personal, home, community, and social domains while effectively managing challenging behaviors associated with co-occurring conditions. Through structured interventions and individualized care, the program aims to equip individuals with the tools necessary to lead productive and fulfilling lives within their home communities.

An additional core objective is to divert individuals from unnecessary admissions to state hospitals, inpatient psychiatric units, or state centers. The program emphasizes stabilization, permanency, and continuity of care through coordinated services and strong aftercare planning.

Length of stay is individualized based on clinical need, with an average duration of approximately 120 days.

Target Population

The CSRU serves adults with dual diagnoses (mental health and intellectual/developmental disabilities) who are at risk of placement in the most restrictive levels of care, including inpatient psychiatric units, state hospitals, and state centers.

Many individuals referred to the program present with complex emotional, behavioral, physical, and social challenges that exceed the capacity of traditional community supports. These challenges often place individuals at risk of institutionalization, repeated hospitalizations, or involvement with the criminal justice system.

Qualified Professional Staff

Individuals admitted to the CSRU receive care and services from multiple professionals including, but not limited to, the following:

- Psychiatrists
- Psychologist
- PA-C and/or CRNP
- Program Director
- Operations Manager
- Masters Level therapists
- Nurses
- Consumer Advocate
- Service Coordinators
- Trained Direct Support Professionals

Clinical Approach and Interventions

The CSRU utilizes a multidisciplinary and person-centered approach to treatment, grounded in the principles of self-determination and collaborative care. Individuals, along with their families and community supports, play an active role in guiding the treatment process.

Clinical interventions include:

- Intensive individual therapy
- Group psychotherapy sessions
- Family sessions
- Special Curriculums (e.g. food preparation, recycling, horticulture, housekeeping, cosmetology, Safety Brigade, etc.)
- Sensory awareness and integration strategies
- Crisis intervention and stabilization services
- Applied Behavior Analysis (ABA)
- UKERU Trauma-Informed model of care
- Safe Crisis Management (SCM)
- EMDR
- DBT
- Coordination with formal mental health systems and providers

When appropriate, the CSRU team collaborates closely with Dual Diagnosis Treatment Teams (DDTT) to ensure comprehensive and integrated care.

A key component of treatment involves identifying environmental stressors and psychiatric symptoms that contribute to maladaptive behaviors. The program focuses on developing effective intervention strategies, strengthening adaptive functioning, and promoting pro-social behaviors. Additionally, emphasis is placed on building sustainable support networks to maintain long-term stability.

Benefits to Clients, Consumers, and the Community

The CSRU provides a unique and innovative alternative to institutional care within the Commonwealth. Many individuals served by the program have a history of, or are at significant risk for, placement in highly restrictive settings such as state hospitals or psychiatric units.

By offering intensive, short-term residential treatment, the program:

- Stabilizes individuals in crisis
- Reduces reliance on high-cost inpatient and institutional services
- Supports successful transition back into community-based settings
- Enhances individual independence and quality of life

Through coordinated care and skill development, individuals are better prepared to maintain stability and engage meaningfully in their communities. At the same time, the program strengthens community systems of care and promotes safer, more inclusive environments for individuals with complex needs.

Admission Criteria and Eligibility

Individuals considered for admission must meet the following criteria:

- Diagnosis of both an intellectual/developmental disability and a co-occurring mental health disorder, as defined by current DSM criteria
- Fulfillment of medical necessity requirements for this level of care as determined by the applicable managed care organization
- Current crisis status or frequent utilization of crisis services
- Risk of losing community placement due to factors such as:
- Repeated behavioral health hospitalizations
- Admission to a state hospital or state center
- Involvement with correctional or detention systems
- Documented risk of harm to self or others, or inability to safely function in a community setting, without requiring acute inpatient hospitalization
- Co-occurring medical conditions that, in combination with psychiatric and developmental needs, create significant risk for instability if treated at a lower level of care
- Impaired judgment or functional capacity that significantly impacts self-care, daily living, or occupational functioning
- Worsening symptom severity indicating that a less intensive level of care is insufficient

Admission Status Requirements

Individuals admitted to the CSRU must meet one of the following legal criteria under the Mental Health Procedures Act:

- Voluntary Admission (Section 201): A physician must complete a clinical evaluation and preliminary treatment plan either onsite or on the same day prior to admission, with documentation provided to the CSRU.
- Involuntary Admission (Sections 303 or 304): Individuals may be admitted under applicable involuntary commitment procedures.

Exclusionary Criteria

The CSRU may not admit individuals who:

- Require medical care beyond the scope of the facility
- Exhibit persistent or severe high-risk behaviors that cannot be safely managed within the program
- Present in a manner that is clinically incompatible with the current treatment environment or population
- Lack an Intellectual Disability diagnosis
- Are diagnosed with an Intellectual disability listed as "Severe" or "Profound"
- Formal enrollment in public education can pose a barrier

The Treatment Team reserves the right to determine appropriateness for admission based on safety and clinical considerations.

