



Sub-Acute Crisis Stabilization Program
Frequently Asked Questions

Who can refer youth and families to the SACS program?

All referrals for the SACS program must be made by Mobile Crisis, an Urgent Crisis Center, ECC, CCBHC, emergency department or an in-patient psychiatric hospital.

What are the ages of the youth who receive treatment at SACS?

The SACS program is able to treat youth between the ages of 5-18 years of age. The SACS program will utilize two buildings (Jewell & Perkins) at the 1680 Albany Ave campus.

Do you have to be DCF committed to receive services at SACS?

No. The SACS program treats all youth in Connecticut, including foster children and families.

Can youth attend school while receiving treatment at SACS?

Yes, youth are allowed to attend school after they have been assessed to be safe by the clinical team. SACS does not provide transportation to school or to any community activity for the youth. Caregivers will be required to ensure that round trip transportation is secured or work with their school system for transportation.

What are the exclusionary criteria for the SACS program?

The program is not suited for youth who have complex medical needs, present with acute psychotic symptoms which could result in immediate harm to oneself or others, have a severe intellectual disability, are at high risk of being absent without leave (AWOL) or present with substance abuse withdrawal symptoms. The program is a voluntary program so anyone not willing to come would be deemed inappropriate for admission.

Do you provide respite at the SACS program?

No. All youth and families who are admitted into the SACS program receive active treatment to focus on stabilization goals and return to the community.

What type of treatment do youth and families receive while at SACS?

SACS is a trauma informed sub-acute crisis stabilization program that provides intensive therapy to youth and their families. Therapy sessions closely examine root cause stressors that are contributing to the youth de-stabilization. Families are provided education about their youth's mental health diagnosis and taught parenting skills and strategies that support the overall stabilization of their child. Youth will also participate in individual therapy to address stabilization goals while learning coping strategies that are based on DBT theories.

How are youth and families connected to community-based services after they are discharged from SACS?

The SACS program has an Intake & Discharge Planner that works closely with the clinician and families. Prior to admission the I&D planner collects information regarding current and previous therapeutic services that have been in place. It is the role of the I&D Planner to effectively bridge families to community supports that are in-tune with the needs of the families. Referrals to such programs are completed by the I&D Planner. The team continues to follow the family during after-care to support them in securing services. After-care will last up to one week.

How long can you receive services at the SACS program?

Treatment can last up to 14 days. Stabilization goals are created for youth upon admission. Daily rounds are held to assess progress towards stabilization and projected discharge dates. Youth and families will be discharged from SACS, with community supports in place, after stabilization has occurred. Treatment and stabilization for some youth and families may vary depending on level of acuity.

What are the roles of external service provider while the youth is at SACS?

The SACS program strongly believes in creating a partnership with robust communication with external service providers. On-going communication will occur throughout the course of treatment with an emphasis on creating a warm handoff during the discharge process.

Can youth who require ADA accommodations participate in SACS treatment?

Yes, the SACS program was designed to meet the needs of all individuals.

What items are prohibited at the SACS program?

The following items are not permitted at the program: cameras, personal video games, computers, money, gaming systems, cell phones, vapes and all forms of contraband.

What are family/caregiver therapeutic expectations during treatment?

Families are expected to participate in no less than 2 family sessions per week. However, families may be required to participate in additional sessions depending on progress towards stabilization. Family sessions will be held with the youth present. However, parenting/coaching sessions are also a part of SACS treatment. The need for parenting sessions will be determined by the clinical treatment team.

What does a typical day look like at SACS?

The SACS program provides consistent therapeutic programming on a daily basis. Programming consists of recreational activities that occur both in and outdoors. All activities are designed to have therapeutic touch-point interventions where skills are built into all aspects of the day. Individual sessions with youth occur a minimum of 2 times a week in addition to family therapy and therapeutic groups.

Can medication changes be made or new medications be prescribed at the SACS program?

Yes, the SACS program provides psychiatric treatment where medication adjustments can be made.

Can youth with food allergies participate in SACS programming?

Yes, the SACS program is able to meet the dietary needs of most youths who have food allergies or unique dietary needs.

Can families bring food from the community or send care packages with food?

Bringing food from outside of the Village's campus is highly discouraged. However, SACS believes in celebrating milestone events for youth in programming. Families will be allowed to bring food for such events when approved by the clinical team.

How many days' worth of clothing does the family need to provide for the youth?

Families will be asked to bring 7 days' worth of clothing for their child. The SACS program is equipped with a washer/dryer when clothing requires laundering.

Will that SACS program allow youth to participate in religious services within the community?

Yes, youth are allowed to attend religious services in the community with their family or a trusted adult. All youth at the SACS program are assessed for physical and emotional safety on a daily basis. If the youth is assessed to be safe, they will be allowed to have access to the community. Transportation must be provided by the family caregiver.