

# Healing, recovery begin here

## Help is available anytime

The CALM (Child and Adolescent Life Management) Center is a safe and caring place for children and adolescents ages 10-17 needing immediate assessment and stabilization for an emotional, behavioral or substance abuse crisis. Children and adolescents receive intense residential treatment, counseling and education for three to five days. A formal referral is not necessary but helpful. No one is turned away due to an inability to pay. Families receive counseling, education and treatment in order to improve communication and relationships. During the child's stay, the child and family are evaluated for participation in Wraparound Tulsa.



## Dedicated, professional staff

Dedicated nurses, physicians, life skills coaches and therapists provide treatment and identify community services, benefits and agencies to meet additional needs.

## Progress continues in aftercare

When leaving, youth will be linked to community services for continued therapy, education and support. Families may also develop a support system of professionals and friends. This support system averts future problems so children and adolescents can remain at home and out of the hospital or foster care.

## Supported by the community

The CALM Center is a result of efforts by ACT, the Tulsa Children's Behavioral Health Community Team and the Oklahoma Department of Mental Health and Substance Abuse Services to eliminate gaps in services for children, adolescents and families.

## The CALM Center provides:

- Crisis intervention
- Trauma-focused assessment
- Substance abuse and addiction screening
- Physician assessments and daily visits
- Round-the-clock professional care
- Medication services
- Behavioral health assessments
- Individual, group and family therapy
- Structured group activities
- Life skills training
- Behavior management training
- Community service referrals

## Admission criteria

*Admission is based on bed space and eligibility criteria including:*

- Medically stable
- DSM-IV AXIS I primary diagnosis (excluding V-Codes)
- Condition directly attributable to trauma or mental disorder
- Danger to self or others
- Binging or excessive use of alcohol or drugs resulting in harmful behaviors
- Extreme distress with history of suicidal/homicidal ideations/behaviors
- Trauma, family or social environmental disruptions

## Exclusion criteria

- Medically unstable
- Blood alcohol levels above 0.3
- Criminal behavior or status offenses
- No placement at discharge
- Chronic sexual perpetrator



Associated Centers for Therapy

*...a place for youth in a behavioral health crisis to calm down, learn new skills and return home within a few days with a plan for change.*



A non-profit community mental health center

Helping build better lives  
through behavioral health  
and substance abuse services

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*25 years of caring*



Oklahoma Department of Mental Health  
and Substance Abuse Services



- Crisis intervention
- Help & healing
- Life skills learning
- Residential setting
- Youth ages 10-17