

CPEP Overview

The Department of Mental Health's (DMH) Comprehensive Psychiatric Emergency Program (CPEP) is committed to providing quality emergency mental health care to adults (18 years of age and older) in the District of Columbia. CPEP operates six programs: Psychiatric Emergency Services, Urgent Care, Extended Observation, Mobile Crisis Services, Homeless Outreach Services, and an Education/Training Program.

DC residents needing mental health services may come to CPEP at anytime. However, consumers who are already linked to a CSA are encouraged to first seek services at their CSA.

Homeless Outreach

The Homeless Outreach Program (HOP) provides a variety of services and supports adults and families who are homeless. Its primary purpose is to provide outreach to homeless individuals and families with mental health services, providing:

- Mental health assessments
- Crisis intervention
- Care coordination between mental health agencies
- Referrals to other services

HOP also provides consultation and training to the provider network most closely involved with the population.

Psychiatric Emergency Services

Psychiatric Emergency Services (PES) provides immediate access to crisis care and is responsible for the management of patients who are at extreme risk of harming themselves or others due to their illness.

Staff is prepared to care for consumers with extreme impairments in functioning due to a psychiatric and/or substance abuse-related disorder. The goal is to stabilize the consumer experiencing a behavioral emergency to determine the next level of care. PES provides consumers with:

- Psychiatric assessments
- Health screenings
- Medication management
- Extended observation
- Mental health counseling and education
- Substance abuse assessment and counseling
- Referrals/linkages to core service agencies (CSA's) and/or private resources

The PES treatment team includes: psychiatrists, nurses, social workers, mental health counselors, mental health specialists and addiction treatment specialists.

Urgent Care

Staff provides mental health services for voluntary consumers needing immediate psychiatric attention that will minimize severity and prevent further deterioration.

Extended Observation Beds

Consumers in need of a prolonged period of observation may be admitted to an extended observation bed (EOB). Admission to this unit occurs when the treatment team assesses that the consumer may benefit from further treatment and observation in excess of 23 hours with the possibility of requiring less intensive level of care. Close observation and educational groups occur to ensure a safe environment for the consumer and more insight of their mental health needs.

Services provided within the EOB include: medication treatment management, supportive counseling, therapy groups and the opportunity to conduct meetings with extended family members and/or significant others.



Mobile Crisis

Mobile Crisis Services (MCS) are rendered by professional teams that provide services to adult individuals experiencing a psychiatric crisis in the community including in the home, office or any public area. The team acts quickly as a first responder to adults who are unable or unwilling to travel to receive mental health services.

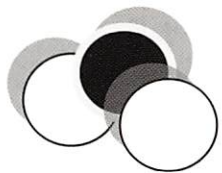
Mobile Crisis services may include:

- Skilled in-field psychiatric assessment
- Bilingual clinical consultation
- Medication management
- Linkages to on-going services
- Follow-up services to assure stability

Also, the MCS team responds to critical incidents including tragedies and disasters throughout the District.

Education & Training

CPEP offers on-going training opportunities for multiple professional disciplines.



Accessing Emergency Mental Health Services

CPEP

Psychiatric Emergency Services
24 hours a day
7 days a week
202-673-9319

Mobile Crisis Services
9 a.m. - 1:00 a.m.
7 days a week
202-673-9300

Homeless Outreach Program
9 a.m. - 9 p.m.
Monday-Friday
202-673-9124

Cynthia Holloway, LCSW
Director, Crisis & Emergency Services

Dr. Jimmy Ibikunle, MD
CPEP Medical Director

Access Help Line
1-888-793-4357
(1-888-7WE HELP)
24/7

emergency psychiatric services
for children, youth & adults

Marc Dalton, MD
DBH Interim Chief Medical Officer
Barbara Bazron, Ph.D.
Interim Director, Department of Behavioral Health

GOVERNMENT of the DISTRICT OF COLUMBIA
DEPARTMENT OF BEHAVIORAL HEALTH



Comprehensive Psychiatric



Emergency Program

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