

For more information  
about the **CPIT Program**  
call **360-419-3640**

9:00 am – 12:00 am 7 days a week

Or call **1-800-584-3578**  
**24/7 365 days-a-year**



## How to Refer?

- ▶ **Individuals may contact the CPIT office directly at 360-419-3640** to speak with a chemical dependency professional or a mental health professional. CPIT is available 9:00 am – 12:00 am, every day.
- ▶ **Anyone may call the VOA Care Crisis Response Services 'the Care Crisis Line' at 1-800-584-3578** 24/7 – 365 days-a-year to speak with a licensed mental health professional who will assess the situation, make appropriate referrals, and/or dispatch the CPIT community based outreach team.
- ▶ **VOA Access Online**  
[www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)

## Compass Health CPIT

*Crisis Prevention & Intervention Teams*

Promoting Recovery & Resiliency  
Through Active Support

360-419-3640

Peer support for people living with mental illness



1-877-500 WARM (9276)

Compass Health  
P.O. Box 3810, MS 49  
Everett, WA 98213-8810  
425-349-6200

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[www.compasshealth.org](http://www.compasshealth.org)  
[development@compassh.org](mailto:development@compassh.org)



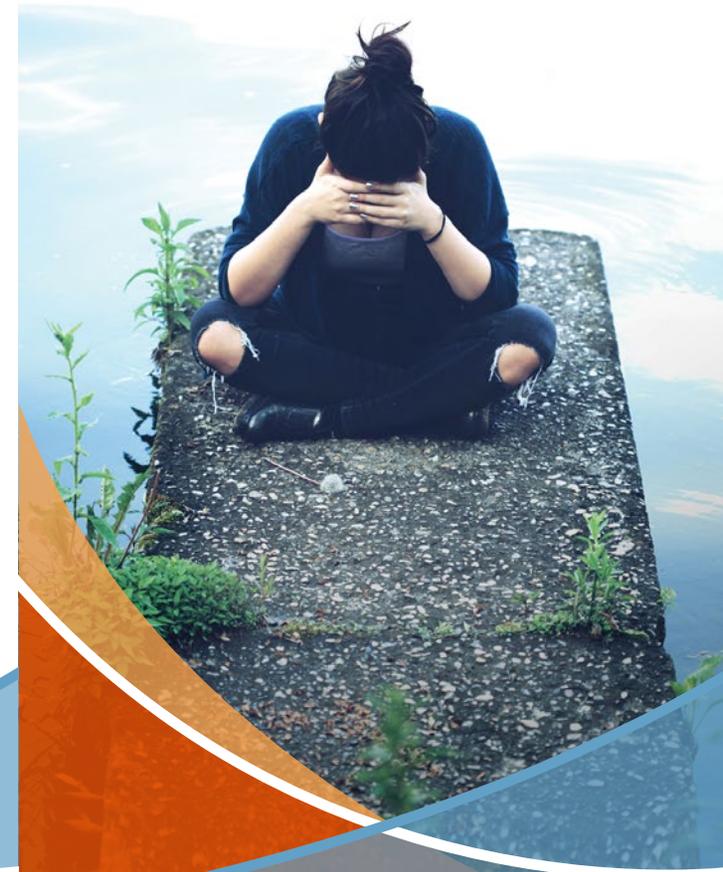
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Skagit County



## What is CPIT?

The Compass Health Crisis Prevention and Intervention Team (CPIT) is a **community based outreach team with the ability to respond to and provide services in the community** (e.g., homes, schools, or hospitals).

- ▶ CPIT serves adults, adolescents, and children who are located in Skagit County and are experiencing a behavioral health crisis or chemical dependency issue.
- ▶ CPIT offers short term crisis intervention and prevention services utilizing strength based, solution focused, culturally competent, trauma informed, and recovery oriented interventions.
- ▶ CPIT consists of a team of behavioral health professionals, chemical dependency professionals, and peer counselors who work in tandem, collaborating with the individual in crisis and their family and friends to develop a plan to get through the current crisis, manage future crises, and move towards recovery.



## Who is Eligible?

Anyone who is physically located in Skagit County and is experiencing a behavioral health crisis or substance use related crisis, or is in a pre-crisis situation that seems to be deteriorating and without intervention could result in a behavioral health or substance use related crisis.

## What services do we offer?

- ▶ Urgent 'Walk-in' office appointments during business hours
- ▶ Urgent follow up appointments
- ▶ Care planning services for up to 2 weeks
- ▶ Community Outreach
- ▶ Chemical Dependency Consultation

## Additional Resources

### Care Crisis Line

800-584-3578

Access the Triage Center, Involuntary Mental Health, and Outpatient Treatment services

### Access Line

888-693-7200

Access to behavioral health services for persons who have Medicaid or an Apple Health medical benefit package

### Teen Link

866-833-6546

A confidential teen-answered help line  
Every evening 6-10 PM

### Washington Recovery Help Line

866-789-1511

24-hour help for Substance Abuse, Problem Gambling & Mental Health

*Language interpretation available*

### Veterans Crisis Line

800-273-8255

Press 1 to talk to someone **NOW**  
Text to 838255 to Get Help **NOW**

### Crisis Chat

ImHurting.org

A 24/7/356 online crisis chat

