

For more information
about the **CPIT Program**
call **425-349-7447**

Monday – Friday 8:00 am – 4:00 pm

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



Compass Health CPIT

Crisis Prevention & Intervention Teams

Promoting Recovery & Resiliency
Through Active Support

425-349-7447

Peer support for people living with mental illness



1-877-500 WARM (9276)

Compass Health
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Compass Health is a 501(c)(3) non-profit organization
with a volunteer Board of Directors
Tax ID: 91-1180810



Crisis Prevention & Intervention Teams

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Through Active Support

Snohomish County



How to Refer?

- ▶ **Individuals may contact the CPIT office directly at 425-349-7447** to speak with a chemical dependency professional or a mental health professional. The team is available 24 hours, 7 days a week.
- ▶ **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.

What is CPIT

The Compass Health Crisis Prevention and Intervention Team (CPIT) is a **24 hour 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 Snohomish 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 Snohomish 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

