

Region 5's Gero Community Stabilization Team

The purpose of the Gero Community Stabilization Program is to stabilize the geriatric population at jeopardy of losing their current community living situation due to behaviors that places them at risk of being hospitalized and prevent them from a state level psychiatric hospitalization. This program makes it possible to discharge older adults from the hospital to their home or nursing homes and assisted living facilities by serving as a step-down service that provides crisis stabilization and intensive mental health services.



Region 5 Service Areas:

- Chesapeake Integrated Behavioral Healthcare
- Colonial Behavioral Health
- Eastern Shore CSB
- Hampton/Newport News CSB
- Middle Peninsula-Northern Neck CSB
- Norfolk CSB
- Portsmouth Department of Behavioral Healthcare Services
- Virginia Beach Human Services
- Western Tidewater CSB



What should I do during a crisis?

- When an individual is in immediate danger, contact 911.
- Regional Crisis Hotline 888-255-2989
- National Crisis Hotline 1-800-273-8255
- 988 will be the new three-digit dialing code for the National Crisis Hotline starting on July 16, 2022.



WTCSB Gero Community Stabilization Team





Who can access this service?

- We support residents of Region 5
- Must be 65 years of age or older
- Diagnosed with a qualifying mental health disorder, Dementia or Alzheimer's with behaviors
- At risk of hospitalization or loss of placement

To make a referral to the
GERO Community Stabilization Team
please contact:

757-979-0021

gero@wtcsb.org

Regional Navigator:

Bardoro Johnson

757-374-6284

bjohnson3@wtcsb.org



**Region 5 support's an array of
psycho-educational trainings,
providing an increased
understanding of Dementia,
Alzheimer's and Parkinson's Disease,
which will enhance overall
knowledge and support.**

**Please contact us if you are interested
in scheduling a training.**

Relief is our Priority.

How does GCST provide support?

The objective is to stabilize seniors to allow them to remain near their friends, family and community by providing ongoing stabilization supports.

Services Include:

- Intensive mental health services designed to assess needs through evaluation to develop a plan of care
- Behavior management through supportive interventions
- Consult with treatment team
- Provide structured activities designed to reduce behaviors
- Training and consultations in Assisted Living Facilities and Nursing Homes
- Linkages to other services and supports
- Training & education in the community

