

# What is the Acute Treatment Unit?

The Acute Treatment Unit (ATU) is a 15-bed inpatient facility for men and women 18 years of age or older who are in an emotional crisis or have a psychiatric need. Individuals are referred to the ATU from the Health Solutions Crisis Services Program.



Health Solutions provides behavioral health services at no cost to Health First Colorado members.

These members may be charged a co-pay for medical services. Please ask our support staff for more details.



**Acute Treatment Unit**  
1302 Chinook Lane  
Pueblo, CO 81001  
719.545.2746



[www.Health.Solutions](http://www.Health.Solutions)

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## ATU STAFF

The ATU is staffed by the following: bachelor level healthcare specialists, culinary aides, master level clinical staff, psychologist, nurses and a psychiatric prescriber who is licensed to provide psychiatric services.

The ATU provides a safe and secure environment for clients who do not require hospitalization.

Staff can work more closely with each client, providing group therapies including: mindfulness exercises, distress tolerance techniques, interpersonal effectiveness skills and emotional regulation strategies.

While in the ATU, clients are offered individual and family collaborations with staff to create a treatment plan that includes medication evaluation and management if needed. This treatment plan is updated throughout their stay.



## LENGTH OF STAY

The average stay at the ATU is around five days, and individuals are provided with:

- Meals and snacks throughout the day
- Hygiene necessities
- A laundry facility
- Journals with writing materials

Upon admission, the ATU team works with the client to determine what community resources they may benefit from; oftentimes including ongoing physical and mental health care.

Family involvement is encouraged, and with the clients and providers permission, the family will be consulted with about their loved one's recommended follow-up services.

## VISITATION

Visitation is allowed daily between 6:00pm and 7:00pm. Phone calls can occur by calling Health Solutions Connect 2 Care at 719.545.2746, and asking for the ATU. The call will then be directed to the ATU client phones.

## NON-PERMITTED ITEMS

Family and friends are welcome to bring items to the client during their enrollment to the ATU, however items not permitted include:

- Belts
- Clothing with strings
- Razors
- Electronic devices
- Spiral notebooks
- Aerosol sprays
- Blankets
- Stuffed animals
- Outside food or drinks

Individuals who are violent and require restraint are not suitable for the ATU, as well as individuals who are intoxicated, withdrawing from substance use, immobile or incontinent.

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