



# Caring for Youth Behavioral Health

## Preserving Connecticut's Crisis System

As rates of youth suicide and mental health needs rise in Connecticut, community-based youth crisis services **provide lifesaving support** and are **essential for a well-functioning behavioral health system**. Connecticut has four best-in-class crisis services for youth that operate as a comprehensive system to improve behavioral health.

### Investing in crisis services saves \$\$ and improves care:

- ✓ prevents escalation of mental health and substance use concerns
- ✓ helps youth avoid more costly and unnecessary care
- ✓ links families to services and supports statewide
- ✓ improves long-term outcomes

**CT MOBILE CRISIS USERS** are up to **25% LESS LIKELY** to use **EMERGENCY DEPARTMENTS**

A school-based program using **CT MOBILE CRISIS** demonstrates a **25% REDUCTION IN COURT REFERRALS**

## Connecticut's Nationally-Recognized Youth Crisis System

*Someone to Talk To* ---> *Someone to Respond* ---> *A Safe Place to Be*

**988/211  
Crisis Line**



**186,000+  
calls per year**

**Resources Needed:**

**\$1.3m/year**  
in new money  
(\$2.4m total) in  
upcoming biennium

**Mobile Crisis  
Intervention  
Services**



**11,346  
episodes per year**

**Resources Needed:**

**\$8m/year**  
in new funds to replace  
ARPA (\$23m/year total)  
  
Increase Medicaid +  
commercial  
insurance rates

**Urgent Crisis  
Centers**



**1,119  
episodes per year**

**Resources Needed:**

**\$13.6m/year**  
to replace ARPA  
  
Finalized Medicaid  
payment model + rate

**Subacute Crisis  
Stabilization Centers**



**new in 2024**

**Resources Needed:**

**\$5.8m/year**  
in new money to  
replace ARPA  
  
Additional \$5.8m/year  
(per original plan)

**Part or all of these services are currently supported with American Rescue Plan Act (ARPA) funds that are set to expire before the next state biennium.**

*View data and recommendations for action in the full Policy Brief at [www.chdi.org](http://www.chdi.org)*



Without sustained state support, Connecticut’s youth crisis services will be significantly compromised or could close altogether, reversing years of progress. Consequences of inaction could include:

**ACTION IS NEEDED TO SUSTAIN LIFESAVING SERVICES**

- **Access to youth behavioral health services will be greatly reduced**, despite high need
- Mobile Crisis services may be **unable to maintain 24/7/365** capacity
- Youth with behavioral health needs and **at risk of suicide** will be at higher clinical risk
- **More youth will present to hospital emergency departments**, leading to overcrowding, negative care experiences, and poor outcomes
- Connecticut will be **out of compliance** with federal guidance and national best practices

## Recommendations

- 1 Identify sustainable funding** that supports best practice implementation of 988, Mobile Crisis, Urgent Crisis Centers, and Sub-Acute Crisis Stabilization Centers
- 2 Invest annually in marketing and advertising with an equity lens** and focus on promoting 988/211 as a central access point to reduce confusion (\$300k/year)
- 3 Invest in training, data collection, reporting, and quality improvement activities** to ensure crisis services are working as intended to improve outcomes. (\$1 million in each year of the upcoming biennium)

View our full Policy Brief for more data, funding details, and recommendations for action:



[www.chdi.org/CTcrisis](http://www.chdi.org/CTcrisis)

### Questions? Contact Us:

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