

# Turning Point



Frontier Health's newest facility offers 24/7 access and care to anyone experiencing a non-medical psychiatric emergency or seeking assistance for treatment of a substance use disorder. Our services include a 24-hour walk-in center, crisis stabilization unit, medically monitored detoxification, residential rehab beds as well as a vast array of outpatient programs. Turning Point offers over 70 beds for those in need of support on your recovery journey!

## Walk-In Center

Our 24/7 voluntary program provides a safe and secure environment when you are experiencing a crisis or a psychiatric emergency. You will have access to a variety of services including a nursing assessment, mobile crisis assessment, discharge planning, coordination with your outpatient team, prescriber evaluation, peer support, 23-hour observation, and transportation services.

## Crisis Stabilization Unit (CSU)

The CSU is a 24/7 voluntary program to those who do not require psychiatric hospitalization, but need stabilization. Adults over the age of 18 are served for 3 to 5 days and offered supportive services. Placement at CSU is voluntary and a joint decision between the person served and the mobile crisis staff completing the assessment. Services include:

- 24 Hour Nurse and Supportive Staff
- Daily Rounding by a Physician or Nurse Practitioner
- Discharge/Case Management Services
- Co-occurring Group
- Individual Therapy
- Family Therapy
- Safety Planning

## Detoxification Unit

A 16 bed medically monitored detoxification unit serves adults over the age of 18 in need of detoxification from drugs and or alcohol . 24/7 nursing and close monitoring by a physician or nurse practitioner provides safe and effective treatment. Daily groups and discharge planning are provided to move individuals toward recovery and continued treatment. Residents transition to residential services (Magnolia Ridge Unit or Willow Ridge) or intensive outpatient services. Individuals can self refer to detox and services are voluntary.

## Magnolia Ridge Unit

Our residential rehab program offers 48 beds serving males over the age of 18 with addiction and co- occurring mental health needs. While most referrals are step down from the detox unit, referrals are accepted from all sources. Magnolia Ridge Unit offers a multi disciplinary approach, using evidenced based practices to move individuals toward recovery.

Services include:

- Co- Occurring Mental Health & Addiction Treatment
- Daily Nursing and Physician Availability
- Individual and Group Therapy
- Family Education
- Case Management and Aftercare Planning

*\* Females are served in residential treatment at:*

*Willow Ridge 900 Buffalo Street, Johnson City, Tn.*

## Intensive Outpatient Program (IOP)

IOP services are offered at Turning Point for adults age 18 and over in need of substance use treatment. The program provides intensive group therapy, education, and supportive services to promote ongoing recovery from substance use and mental health disorders. Traditional IOP is 3 hours per day, 4 days per week. There are groups offered in the mornings and afternoons to accommodate different schedules.

Mother Child Connection, a specialty IOP for pregnant women and mothers with children under 18 is also offered every morning 5 days per week. While some people step down from detox or rehab programs to our IOP, many prefer a direct referral to IOP services as their path to recovery. **Frontier Health offers ongoing treatment through our outpatient continuum of care, with offices located throughout our region.**

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## Turning Point

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**For questions about Turning Point,  
call our 24 hr Crisis Hotline  
(877) 928-9062**

This division receives funding from the Tennessee Department of Mental Health and Substance Abuse Services.