

Southwestern VA Mental Health Crisis Resources

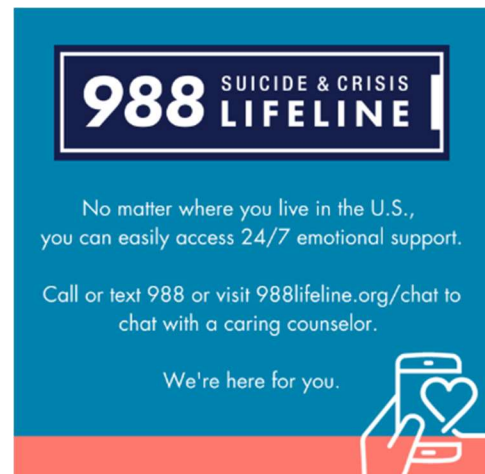
Compiled as a resource for VMAP Project ECHO participants
Updated 5.24.2022 | email projectecho@vmap.org with updates



State/County/City Resources

Crisis Text Lines:

- **988** (call, text, chat)
National Suicide Prevention Lifeline (<https://988lifeline.org/>) has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.
- **741-741** (text, chat, WhatsApp)
Crisis Text Line (<https://www.crisistextline.org/>) is free, 24/7 support for those in crisis.



Virginia Suicide Prevention website offers resources including training for health care providers.
<http://www.vdh.virginia.gov/suicide-prevention/>

CSBs/Community Service Boards are located in every city and county in Virginia and provide services for mental health, substance abuse, and developmental disabilities, including: crisis intervention; counseling; case management; prescreening for psychiatric hospital admissions; support for adults needing assistance in independent living skills and group home living; substance abuse; medication management; and other services.
www.dbhds.virginia.gov/community-services-boards-csbs; or www.vacsb.org

Southwest VA CSBs

Planning District One (Lee, Wise and Scott County)
(276) 679-5751 Crisis: 877-928-9062

Dickenson County CSB (Dickenson County)
276-926-1680 Crisis: 276-926-1650

Cumberland Mountain CSB (Russell, Buchanan, and Tazewell County)
276-964-6702 Crisis: 800-286-0568

Highlands Community Services (Washington County and City of Bristol)
276-525-1550 Crisis: 833-442-7272

Mount Rogers Community Services (Smyth, Wythe, Bland, Grayson, Carroll County and City of Galax)
276-223-3200 Crisis: 866-589-0265

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New River Community Services (Pulaski, Giles, Montgomery, and Floyd County)
540-961-8300 Crisis: 540-961-8400

Piedmont (Patrick, Henry, and Franklin County)
(276) 632-7128 Crisis: 888-819-1331

Local school systems can provide educational and sometimes psychological testing for children upon teacher or parent request. The results can be used to develop an IEP or 504 educational plan.

CINS/CHINS/Court Services for out-of-control children and teens (e.g., defiant kids, curfew violators, runaways, substance abusers). Parent asks their local Juvenile Court for a Child in Need of Services Petition, or CINS (also seen as CHINS). If accepted, this allows the Juvenile Court System to have an intake meeting with the parent and child to discuss the problem behaviors and to have a probation officer assigned who will enforce rules (e.g, random drug testing, drug treatment, community service).

Each county or city has a **Department of Social Services** which provides many services for our mental health clients, including Foster Care with Group Home, Therapeutic Foster Care, Individual Home Placements and monitoring. DSS can serve as a gateway to case management for children at risk. www.dss.virginia.gov ("Find Your Local Department")

Intensive In-Home Services: Various agencies, including local CSBs, offer intensive, in-home services for children at risk of needing placement outside the home. This can involve home visits several times a week, for several hours at a time, to help assess and intervene with behavioral problems and provide role modeling and training to parents on effective parenting skills. Medicaid usually covers while commercial insurance does not. TDT, or **Therapeutic Day Treatment**, may also be part of the package, with assistance in the school to mentor, assist, and redirect kids with issues.

Crisis Management

- A child needing evaluation for psychiatric hospitalization can be seen at the CSB for Crisis Intervention Screening or the ED for evaluation.
- Those screened by CSB to meet the meeting the criteria for a Temporary Detention Order, or involuntary hospitalization, are admitted to:
 - Commonwealth Center, in Staunton
 - Tucker Pavilion, in Richmond
 - Virginia Baptist, in Lynchburg
 - Virginia Treatment Center for Children, in Richmond
 - Other sites.
 - Cumberland Hospital is an in-patient setting for children with combined psychiatric and medical issues.
- UVA does **not** have in-patient psychiatric service for Children and Teens.
- Beds are often not available throughout the State when a child needs admission, and a child might be contained in an Emergency Dept for hours or days, in a safe environment.

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Community Resources

PATH – Positive Alternatives to Hospitalization

525 West Monroe Street, Wytheville, Virginia 24382

Phone: (276) 227-0489

Youth ages 5 to 17 who are experiencing a behavioral health crisis may be referred by Region 3 CSBs (Mount Rogers, New River, Highlands, Blue Ridge, Southside, Piedmont, PD 1, Dickenson, Cumberland, Danville- Pittsylvania). Admissions will be considered regardless of insurance or ability to pay.

Youth must meet at least two of the following criteria:

- At-risk for hospitalization or homelessness or isolation from social supports due to experiencing difficulty in interpersonal relationships.
- Experiencing difficulty in daily living to the degree that health or safety is jeopardized.
- Exhibiting behaviors that require interventions by behavioral health, social services, or the judicial system.
- Experiencing difficulty in cognitive ability to the degree that personal danger is not recognized, or social behaviors are significantly inappropriate.

Mount Rogers Community Services offers Walk-In Crisis Care at the following locations:

Smyth Crisis Care Center (Open 24/7/365)

1590 North Main Street Marion, VA 24354

Phone: 276-783-7499 Fax: 276-783-3426

Wythe Crisis Care Center (Open 8 a.m.-8 p.m. every day)

750 West Ridge Road Wytheville, VA 24382

Phone: 276-223-3201 Fax: 276-625-0117

Twin County Crisis Care Center (Open 8 a.m.-8 p.m. every day)

1102 East Stuart Drive Galax, VA 24333

Phone: 276-236-4263 Fax: 276- 236-4273

RAFT Crisis Hotline

540-961-8400

Raft operates 4 p.m. – 8 a.m. Monday through Friday and 24 hours on the weekends.

- The Raft Crisis Hotline is a program of New River Valley Community Services that offers free paraprofessional phone counseling services to the community.
- Crisis intervention, empathy and support, mental health and substance abuse information and referrals to the counties of Montgomery, Floyd, Giles, Pulaski and the City of Radford (including Virginia Tech and Radford University).

REACH (Regional Education Assessment Crisis Services Rehabilitation)

Toll-free emergency & information line: 1-855-887-8278

Local calls: 540-267-3435 Fax: 540-267-3403 info@swvareach.org

824 W. Main Street in Radford, VA 24141

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- Partners with families and providers throughout the region to strengthen supports, increase access to services, reduce risk of hospitalization, and keep youth in their homes.
- Eligibility includes all children and adults with a documented intellectual or developmental disability and experiencing mental health or challenging behavioral needs. REACH does not offer out of home residential crisis placement to individuals under the age of 18 years.
- REACH admissions are approved based on the team's review of individual needs, situation, and assessment information.
- REACH children's providers will be available 24/7 to provide mobile crisis intervention and stabilization as well as on-call services to eligible youth and their families – phone triage, onsite crisis stabilization, short-term follow-up/linkages to services

Mobile Crisis Supports

Mount Rogers Community Services, New River Valley Community Services and Highlands Community Services all offer Mobile Crisis supports.

Psychology Today provides a searchable listing of mental health professionals.

www.psychologytoday.com/us/therapists. *Please note, many private practitioners are out of network providers and do not accept insurance. Health insurers can provide lists of in-network providers.*

Residential Treatment

Residential Treatment Centers usually involve longer-term stays in a secure therapeutic environment for children who need more intensive mental health/behavioral treatment. Through consistent, caring, therapeutic intervention and environment, children may move out of troubling behaviors and emotional states into more productive, stable lives. Residential Treatment usually first requires attempts closer to home to help the child remain in the home, school, and community, and out of a longer term, more restrictive treatment center. DSS, Courts, and Schools are involved in these placements and usually a FAPT Team is formed to address the child's needs and to find funding for the care.

FAPT stands for Family Assessment and Planning Team, coming out of the CSA, or Children's Services Act, mandating prevention of adverse consequences from the inappropriate care of youth, including children from dysfunctional families and youth with severe emotional and behavioral problems. FAPT teams provide high quality, child-centered, family focused, cost effective community services to high-risk youth and their families. DSS, Schools, Juvenile Justice, CSB, and parents are involved. One of the listed agencies must request the FAPT. FAPT provides access to services and funding for various severe problems. See www.rockinghamcountyva.gov for a great explanation of the FAPT process.

Additional Resources

Zero to Three, Virginia Office of Early Childhood Development: includes Virginia Preschool Initiative, Head Start, Childcare Subsidies, and Provider Services. For early childhood education professionals and Infant-Toddler Educators, but full of information helpful for other professionals.

www.zerotothree.org/resources