

Western VA Mental Health Crisis Resources

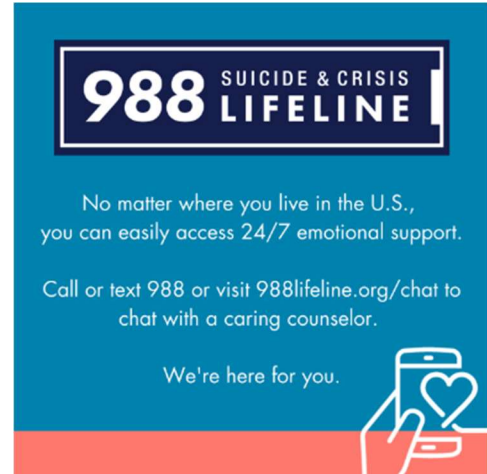
Compiled as a resource for VMAP Project ECHO participants
Updated 5.31.2022 | email projectecho@vmap.org with updates



Crisis Prevention and Management

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.
- 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
 - Cumberland Hospital is an in-patient setting for children with combined psychiatric and medical issues.
 - Other sites as available.
- 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.



REACH is a crisis prevention, intervention and stabilization system to support individuals with intellectual and/or developmental disabilities, as well as a mental health condition or challenging behavior that is negatively affecting their quality of life.

Call 888-908-0486

<https://dbhds.virginia.gov/developmental-services/crisis-services/>

National Counseling Group offers mobile crisis support across the state in certain localities. The Harrisonburg-area number is 540.339.3772. They also offer follow up services.

<https://www.ncgcommunity.com/mobile-crisis>

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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.

****This is not an exhaustive list of CSBs.**** To find your local CSB, please visit: www.dbhds.virginia.gov/community-services-boards-csbs; or www.vacsb.org

Region Ten CSB

Charlottesville/Albemarle: (434) 972-1800

Louisa County: (540) 967-2880

Fluvanna County: (434) 589-8276

Nelson County: (434) 263-4889

Greene County: (434) 985-5220

Danville-Pittsylvania CSB

Call 434.793.4922

Horizon Behavioral Health

City of Lynchburg and the counties of Amherst, Appomattox, Bedford, and Campbell

Call 434-477-5000, or the after-hours emergency number 434-522-8191

Blue Ridge Behavioral Healthcare

Cities of Roanoke and Salem, and the Counties of Botetourt, Craig, and Roanoke

Call 540-981-9351, the 24-hour crisis line

Rockbridge Area Community Services

Rockbridge and Bath County, and the Cities of Buena Vista and Lexington

Call 1-855-222-2046

Valley Community Services Board

Staunton, Waynesboro, and Augusta and Highland Counties

Call (24-hour): 540-885-0866, 540-943-1590 or Toll Free 866-274-7475.

Alleghany Highlands CSB

County of Alleghany, City of Covington, towns of Clifton Forge and Iron Gate

Call 540-965-6537; Emergency Services (After 5PM) 1-800-446-0128

Harrisonburg Rockingham CSB

Call 540.434.1766

Northwestern CSB

Page, Shenandoah, Frederick, Clarke, and Warren County, and the city of Winchester

Call 540-635-4804 or 800-342-1462

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State/County/City Resources

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

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 (for example, may include random drug testing, drug treatment, or 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.

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.