

About Us

Early Intervention Services

700 Kenmore Avenue
Fredericksburg, VA 22401
540-372-3561

DARE To Be You, Media Ready/ Media Detective, Second Step & Too Good for Drugs

Bowman Center
3302 Bourbon Street
Fredericksburg, VA 22408
540-374-3337

Healthy Families - Rappahannock Area

Bowman Center
3302 Bourbon Street
Fredericksburg, VA 22408
540-374-3366

Project LINK

Ronald W. Branscome Building
600 Jackson Street
Fredericksburg, VA 22401
540-891-3132

Program for Teen Parents

Bowman Center
3302 Bourbon Street
Fredericksburg, VA 22408
540-374-3337, ext. 5
(Spotsylvania County Only)

Rappahannock Area Kids on the Block (RAKOB)

Ronald W. Branscome Building
600 Jackson Street
Fredericksburg, VA 22401
540-940-2325

The Rappahannock Area Community Services Board (RACSB) is an agency of local government which was established in 1970 under Chapter 10 of the Code of Virginia. RACSB provides community-based mental health, intellectual disability, substance abuse, prevention, and early intervention services for the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.

The Board is composed of 15 volunteer members who are appointed by the local governing bodies. The Board members are people from the community with various occupations and interests, who serve three-year terms of office.

Mission

The Rappahannock Area Community Services Board is committed to improving the quality of life for people residing in Planning District 16 with mental health, intellectual disability and substance abuse problems and preventing the occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to individual needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families.

Internationally Accredited

The following RACSB programs are internationally accredited by CARF (Commission on Accreditation of Rehabilitation Facilities): mental health and substance abuse outpatient programs; adult mental health and adult substance abuse case management; child/adolescent outpatient and case management; crisis stabilization program; psychosocial rehabilitation; adult and child/adolescent drug court treatment; and mental health community housing.

State Licensure

RACSB programs are licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS).

Outpatient Clinic Locations

RACSB Administrative Offices & Fredericksburg Clinic

Ronald W. Branscome Building
600 Jackson Street
Fredericksburg, VA 22401
540-373-3223

RACSB Caroline County Clinic

Patricia K. Spaulding Building
19254 Rogers Clark Boulevard
Ruther Glen, VA 22546
804-633-9997

RACSB King George County Clinic

Marie O. Kunlo Building
8479 St. Anthony's Road
King George, VA 22485
540-775-9879

RACSB Spotsylvania County Clinic

Edith O. Fleming Building
7424 Brock Road
P.O. Box 277
Spotsylvania, VA 22553
540-582-3980

RACSB Stafford County Clinic

Charles A. Cooper Building
15 Hope Road
Stafford, VA 22554
540-659-2725

No one is denied services based on inability to pay. Financial assistance is available.

RACSB complies with the Americans with Disabilities Act. Equal access to programs, services and employment is available to all persons.

Information current as of 9/2015 and subject to change without notice.

Child and Adolescent Services



**Rappahannock Area
Community Services Board**

600 Jackson Street
Fredericksburg, VA 22401
540-373-3223



Child and Adolescent Services

Outpatient and Psychiatric Services

- Individual and family therapy
- Specialized counseling and psychiatric services for children with severe emotional disturbances and their families
- Psychological consultation and assessment
- Medication management services
- Assessment, goal setting and ongoing treatment in the local juvenile detention center

Case Management Services

- Link children and families to community resources and programs
- Provide assessment and planning services to identify additional needs of children and families
- Create service plans that are family-driven and child-focused
- Identify and support family and child strengths
- Coordinate care for children and adolescents who are placed in residential facilities or group homes
- Develop discharge and transition plans for individuals returning to the community from psychiatric facilities
- Educate and support parents in advocating for their children in the community
- Provide an important link for individuals as they transition from child and adolescent services to adult services

Intensive Care Coordination

Intensive Care Coordination is a more comprehensive, focused intervention that collaborates with other child-serving agencies to preserve or resume home placements for youth who have been placed in treatment settings outside of the home or are at risk of such placements.

The purpose of Intensive Care Coordination services are to safely and effectively maintain, transition, or return the child home or to a

relative's home, family like setting, or community at the earliest appropriate time and addresses the child and family's needs and identifies strengths. Specific services and supports are identified and implemented to meet those needs and build on strengths utilizing a wraparound model and working closely with the local Family Assistance Planning Team (FAPT) and community agencies. This service is provided to children identified by the local FAPT teams.

Early Intervention Services

The Parent Education - Infant Development Program (PE-ID) is the service provider for the Infant & Toddler Connection of the Rappahannock Area, part of Virginia's outreach program to increase awareness of early intervention services throughout the state. The PE-ID program provides developmental, physical, occupational, and speech therapies, as well as service coordination to infants and toddlers with developmental delays aged birth to 36 months and their families.

Prevention Services

DARE To Be You - Rappahannock Area

DARE To Be You - Rappahannock Area is a free program for families. This fun-filled, strengthening-families program focuses on improving communication, decision-making, academic success and problem-solving skills within the family. Free in-service trainings are also available for preschools and daycares.

Healthy Families - Rappahannock Area

Healthy Families - Rappahannock Area mission is to offer long term in-home family strengthening services to new parents who have been identified with poor parenting (i.e. child maltreatment and abuse) risk factors and need additional support and education. Healthy Families services help high risk families shift their behavior toward positive parenting to provide a safe home environment,

build self-esteem, increase self-sufficiency and understand maternal and child development. In addition, the program supports families by helping them acquire medical insurance and a primary care physician; offering early developmental screenings; and teaching them appropriate use of the healthcare system. RACSB serves as the fiscal agent. Healthy Families is a member agency of the Rappahannock United Way.

Media Detective & Media Ready

Media Detective (3rd-5th grade students) and Media Ready (6th-8th grade students) are evidence and activity-based media literacy programs designed to delay or prevent tobacco and alcohol use. Through 10 lessons of interactive activities, hands on practice and small group work, students discover the media world around them and develop critical thinking skills to better understand media messages (particularly those about tobacco and alcohol products) so that they may apply those critical thinking skills to everyday situations. These free programs are available for interested after-school programs, schools, youth groups, and summer camps.

Program for Teen Parents

Program for Teen Parents provides education and support to pregnant and parenting teenagers in Spotsylvania County to facilitate healthy pregnancies, healthy babies, and nurturing relationships between parent and child. The program works within the schools to encourage parenting teens to finish high school.

Project LINK

Project Link, an interagency project, helps pregnant and parenting women with risk factors for substance abuse or personal histories of chemical dependency. Its mission is to link individuals to resources that foster their physical, emotional, spiritual, and

family well-being through home visits and support/education groups. Project LINK uses a supportive, nonpunitive approach to preventing and treating perinatal substance abuse.

Rappahannock Area Kids on the Block

The Rappahannock Area Kids on the Block (RAKOB) teaches children and teens with humor, candor, and sensitivity about important issues using the unique medium of puppetry. RAKOB creates awareness and understanding in our community for people with differences and provide educational information on important health and safety concerns such as bullying, problem-solving, and childhood obesity. RACSB serves as the fiscal agent.

Second Step

Second Step is a classroom-based skills training program for children from preschool through high school that teaches social and emotional skills aimed at reducing impulsive or aggressive behavior while building skills for social and academic success. This free program is available for interested after-school programs, classrooms, preschool, camps, and daycare centers.

Too Good for Drugs™

Too Good for Drugs™ is a school-based program for children from preschool through high school. The free 10-week program is designed to reduce risk factors and enhance protective factors related to alcohol, tobacco, and other drug use among students. The program is available to interested schools, organizations, summer camps and civic groups.

