

About Us

- **Media Detective and Media Ready** are evidence and activity-based media literacy programs designed to delay or prevent tobacco and alcohol use through 10 interactive lessons. These free programs are available for interested after-school programs, schools, youth groups, and summer camps.
- **Mental Health First Aid** training is available in both the adult and youth curriculums. These courses are designed to provide participants with the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Participants are better able to identify, understand, and respond to the signs of mental illness or addiction.
- **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.
- **Project LINK** is aimed at coordinating and enhancing existing services to meet the multiple needs of substance-using pregnant women, mothers and their infants, and at-risk women.
- **Rappahannock Area Kids on the Block, Inc.** provides disability and difference awareness through the use of creative puppet show-based educational programs.
- **Second Step** is a classroom-based skills training program for children from preschool to 8th grade 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, and daycare centers.
- **Too Good for Drugs™** is a school-based program for preschoolers through 8th grade. 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, daycare centers, and civic groups.



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 fifteen 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).

Office of Consumer Affairs

The Office of Consumer Affairs serves as a central point for individuals receiving services and their families/caregivers to bring forward ideas, issues, and concerns regarding the programs and services of the Rappahannock Area Community Services Board. This office also supports the Local Human Rights Committee. The Office of Consumer Affairs can be reached at 540-899-4616.



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 Blvd.
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 10/2014 and subject to change without notice.

Mental Health Intellectual Disability Substance Abuse Prevention & Early Intervention



**Rappahannock Area
Community Services Board**

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

Mental Health Services

Outpatient, Case Management, and Intensive Care Coordination

- Individual, group, and family therapy
- Specialized counseling and case management services for children with severe emotional disturbances and their families
- Case management services to link adults with serious mental illness to community resources and to inpatient/residential programs
- Intensive Care Coordination is a more comprehensive, focused intervention (High Fidelity Wrap Around Model) 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.
- Medication management services
- Psychological consultation and assessment
- Assessment, goal setting, and ongoing treatment in the local jail and juvenile detention center
- Outreach and support services for veterans and their families through the Virginia Wounded Warrior Program



Central Intake

Call 540-373-3223, ext. 2 to schedule appointments for outpatient therapy at any of the five RACSB clinics.

24-Hour Crisis Intervention

Crisis intervention services are provided 24-hours a day, 365 days a year. Clinicians provide assistance over the phone or when appropriate, arrange to meet the caller.

Caroline County: 804-633-4148
King George County: 540-775-5064
Fredericksburg, Spotsylvania County, and Stafford County: 540-373-6876

Day Support Services

Psychosocial rehabilitation services for adults with serious and persistent mental illness are provided at **Kenmore Club**. Members and staff operate the facility through four primary service areas: food preparation, maintenance, membership, and communications. The Club offers educational training, pre-vocational training, and supported employment with a recovery focus.



Residential Services

- **Supervised Apartments** are buildings owned or leased by RACSB and rented to individuals with serious and persistent mental illness. Staff are on-site daily and 24-hour supervision is provided when necessary.
- **Supported Living Arrangements** provide individuals with long-term mental illness the opportunity to live in their own home or apartment. Staff provide various levels of support such as assistance with budgeting, cleaning, cooking, medications, and interacting with friends, neighbors, and landlords.
- **The Crisis Stabilization Program**, at the Sunshine Lady House for Mental Health Wellness & Recovery, is an alternative to psychiatric hospitalization and provides medically managed detoxification. Individuals in acute crisis can

utilize the program for up to 15-consecutive days per episode.

Substance Abuse Services Outpatient and Case Management Services

- Evaluation of substance use disorders and need for treatment
- Services for adults and adolescents
- Treatment for individuals with co-occurring mental illness and substance use disorder
- Weekly and intensive outpatient group therapy, including specialized groups for men and women
- Individual and family therapy
- Prioritized treatment for pregnant and parenting women
- Case management to link individuals to community resources and to inpatient/residential programs
- Treatment components of adult and juvenile drug court programs
- Assessment, goal setting, and ongoing treatment for substance dependent inmates in the local jail
- Specialized treatment services for women

Residential Services

Residents of Planning District 16 may receive residential detoxification and substance use disorder treatment services at a reduced or no cost through contractual agreements with private providers through federal funds allocated through the Department of Behavioral Health and Developmental Services.



Intellectual Disability Services Support Coordination/ Case Management Services

- Coordination of care to ensure that the highest quality of services are accessed
- Assessment of the individual's needs, along with follow-up, advocacy, and other necessary assistance
- Linkage to Social Security benefits, housing, vocational training, and healthcare
- Monitoring of progress to ensure satisfaction with services and to encourage the individual's full participation in the community

Day Support Services

- Day Health and Rehabilitative Services are provided by **Rappahannock Adult Activities (RAAI)**, a community-based developmental day program that promotes the dignity, independence, individualization, inclusion, and productivity of people with intellectual disability in their community.
- Employment opportunities are contracted through several private providers including Rappahannock Goodwill Industries (RGI), Choice, and RSVP, where individuals work with counselors to develop personalized plans to maximize growth in a variety of work settings and businesses.

Residential Services

- **Group Homes** are owned or operated by RACSB and provide 24-hour intensive and structured support for people with disabilities.
- **Intermediate Care Facilities** provide residential support to individuals with more complex medical and behavioral needs.
- **Myers Drive Respite Group Home** provides respite services for up to two weeks. Guests learn new skills and experience independence while caregivers are able to tend to other obligations or commitments.

- **Supervised Apartments** are leased by RACSB and rented to individuals. Supervision is provided on a 24-hour basis.
- **Sponsored Placements** match individuals with families who provide room, board, and general supervision while teaching independent living skills.



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 statewide outreach program to increase awareness of early intervention services. The Infant & Toddler Connection of Virginia is a system of services that helps to identify and serve young children who have developmental delays or disabilities and their families.

Prevention Services

- **DARE To Be You – Rappahannock Area** is a free program for families with children ages 2 to 5 that focuses on communication, decision-making, and problem-solving skills. Free in-service trainings are also available for preschools and daycares.
- **HALO: Healthy Alternatives for Little Ones** is a hands-on health education and substance abuse prevention program for 3-6 year olds. The program provides age appropriate information and facilitate skill-building while emphasizing the importance of growing in healthy ways.
- **Healthy Families – Rappahannock Area** is a free home visitation program that supports new parents with positive parenting. Services are designed to enhance child development knowledge, understand the importance of parent-child interaction, improve maternal and child health, and increase access to community connections.