

About Us

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, developmental 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.

The Rappahannock Area Community Services Board is committed to improving the quality of life for people residing in Planning District 16 with mental health, developmental 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 7/2016 and subject to change without notice.
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Mental Health Residential Services



**Rappahannock Area
Community Services Board**

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



Mental Health Residential Services

The Rappahannock Area Community Services Board (RACSB) Mental Health Residential Program assists individuals with severe and persistent mental illness in gaining or regaining the skills necessary to live independently within the community.

This RACSB program provides Medicaid licensed Mental Health Skill Building services. We deliver goal directed training to enable individuals to achieve and maintain community stability and independence in the most appropriate, least restrictive environment.

With a rehabilitative focus, training is available in skills and behaviors related to health and safety, use of community resources, and self-monitoring of medication management, nutrition, and physical conditions. RACSB Mental Health Skill Building services are provided to individuals living in several locations throughout the City of Fredericksburg.

Supported Living Arrangements

Supported Living Arrangements provide individuals with long-term mental illness the opportunity to live in apartment settings that provide various levels of support ranging from daily to a few hours a week. Supports include assistance with budgeting, cleaning, cooking, and medication management. RACSB staff also help the individual communicate with family, neighbors, property owners, and community supports.

RACSB currently delivers mental health skill building services to the following locations:

- **Liberty Street Apartments**, Fredericksburg: six (6) efficiency apartments
- **River Place Apartments**, Fredericksburg: four (4) 1-bedroom apartments

- **Lafayette Boulevard Boarding House**, Fredericksburg: eight (8) bedrooms with common kitchen and general supervision.

Supervised Apartment Program

The Supervised Apartment Program consists of buildings owned by RACSB and rented to adults with serious and persistent mental illness who require extensive assistance and training to live independently in the community. RACSB staff visit individuals multiple hours daily with 24-hour supervision available at Bridgewater Street Apartments and Home Road Apartments.

RACSB currently provides mental health skill building services to individuals living at the following locations:

- **Bridgewater Street Apartments**, Fredericksburg: two (2) 1-bedroom apartments and two (2) 2-bedroom apartments
- **Home Road Apartments**, Stafford County: six (6) 2-bedroom apartments

Eligibility Requirements

RACSB Mental Health Residential Services are coordinated by RACSB Case Management to provide a comprehensive, holistic delivery system in conjunction with medical services, day support, and employment programs. The Mental Health Residential Service Program is designed to support individuals with functional impairments in major life activities due to mental illness which often reflect a history of psychiatric hospitalizations.

The RACSB Case Manager develops a referral application with the individual and authorized representative or guardian, as appropriate. An evaluation of the individual's skills and interests in residential services is conducted by a Qualified

Mental Health Professional to determine supports and needs of the individual. A Licensed Mental Health Professional conducts assessments every six (6) months defining the medical necessity of Mental Health Skill Building as well as treatment needs. Through a series of meetings, applicants design an Individual Service Plan (ISP) to indicate their goals, objectives, and desired supports. This forms the basis for an agreement of services and supports between the individual and providers of residential and case management services.

For additional information, please call 540-899-4516.

RACSB also provides:

- **24-hour Crisis Intervention** – Clinicians provide assistance over the phone or when appropriate, arrange to meet the individual.
 - **Caroline County** – 804-633-4148
 - **King George County** – 540-775-5064
 - **Fredericksburg, Spotsylvania, and Stafford County** – 540-373-6876
- **Outpatient and Medication Management Services**
- **Case Management Services**
- **Day Support Services at Kenmore Club**
- **Crisis Stabilization Program at the Sunshine Lady House for Mental Health Wellness & Recovery**
- **Program of Assertive Community Treatment (PACT)**
- **Onsite Pharmacy** operated by Genoa (Fredericksburg Clinic location)