

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, 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 consumer 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

All 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 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 3/2015 and subject to change without notice.



Rappahannock Area
Community Services Board

Prevention Services



**Rappahannock Area
Community Services Board
Prevention Services**

3302 Bourbon Street
Fredericksburg, VA 22401
540-374-3337

www.racs b .state.va.us

Prevention Services

Get to Know Our Programs

Whether you're a parent looking for some helpful tips on raising a spirited three year-old; a service provider wanting to refer a family; a daycare provider seeking programming for preschoolers or training for staff; or a community group exploring resources for substance abuse and violence prevention and youth programs, the Prevention Programs of the Rappahannock Area Community Services Board (RACSB) are here to help you.

RACSB Prevention Programs offer a range of programs and services to meet the needs of local families, daycare providers, schools, and community groups. Programs are complimentary, flexible and engaging. We travel to schools, daycare centers, churches, and community centers to facilitate fun, informative, and valuable programs. Share your goals and we're happy to provide one of our evidence-based programs to best fit your needs.

DARE To Be You

This is a fun learning opportunity for the entire family. Parenting topics covered include effective discipline, communication, self-esteem building, developmental stages and more. Parents participate in the adult program while children enjoy a fun skill-building curriculum just for them.



DARE To Be You typically consists of 8-10 weeks. Food and drinks are provided at every session (full meal provided depending on the session time). Sessions are held at various times and locations throughout the year. Every adult participant receives a \$50 gift card incentive upon completion of this program (based on attendance). Additionally, children receive incentives throughout the program and a gift at the completion of the program.

Too Good for Drugs

This is an evidence-based prevention curriculum that focuses on the connection between goal-setting, decision-making, choosing a positive peer group, and effective communication. The goal is to help children avoid substance abuse later in life.

HALO or Healthy Alternatives for Little Ones

This evidence-based, hands-on prevention program for 3 – 6 year olds is designed to provide information and facilitate skill-building while emphasizing the importance of growing in healthy ways. Through HALO, children learn to strengthen their self-esteem, practice communication skills, learn to say “no” to harmful choices and substances. They learn the importance of good nutrition and physical activity as well as safety precautions for medicine and so much more!

Second Step

This evidence-based prevention program helps participants build a foundation for a healthy life through increased social skills, effective problem solving, decision making, communication, impulse control, anger management, empathy and more.



Media Detective and Media Ready

This interactive new program helps kids in grades 3-5 or grades 6-8 to navigate and explore the media messages all around them. By increasing students' media literacy, they become smarter consumers, better able to resist the appeal of alcohol and tobacco advertising they are exposed to on television, in magazines, stores and anywhere they go! This program consists of 10 hour-long sessions. It is great for afterschool programs, summer camps or any community youth group.

Learn More

There is no cost or training involved for you or your staff. A trained RACSB Prevention Specialist will travel to your location at the time and frequency that meets your needs. The RACSB Prevention Specialist will facilitate the lessons as well as provide any necessary supplies and incentives.

If you're interested but not sure if these programs will meet your needs, call 540-374-3337 today to learn more.

RACSB Prevention Specialists are also available to provide staff trainings, speak at meetings, or facilitate information sessions. Contact us at 540-374-3337.

