

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, mental retardation, alcohol/drug abuse, prevention and early intervention services for the City of Fredericksburg and the Counties of Spotsylvania, Stafford, Caroline and King George.

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, mental retardation 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.

Nationally Accredited

RACSB's mental health and substance abuse outpatient programs, adult mental health and adult substance abuse case management; child and adolescent outpatient and case management; psychosocial rehabilitation; and mental health community housing programs are nationally accredited by CARF (Commission on Accreditation of Rehabilitation Facilities).

State Licensure

All RACSB programs are licensed by the Department of Mental Health, Mental Retardation and Substance Abuse Services of the Commonwealth of Virginia.

RACSB Administrative Offices & Fredericksburg Clinic

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

RACSB Caroline Clinic

Pitts & Manns Realty Building
204 North Main Street
P.O. Box 298
Bowling Green, VA 22427
(804) 633-9997

RACSB King George Clinic

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

RACSB Spotsylvania Clinic

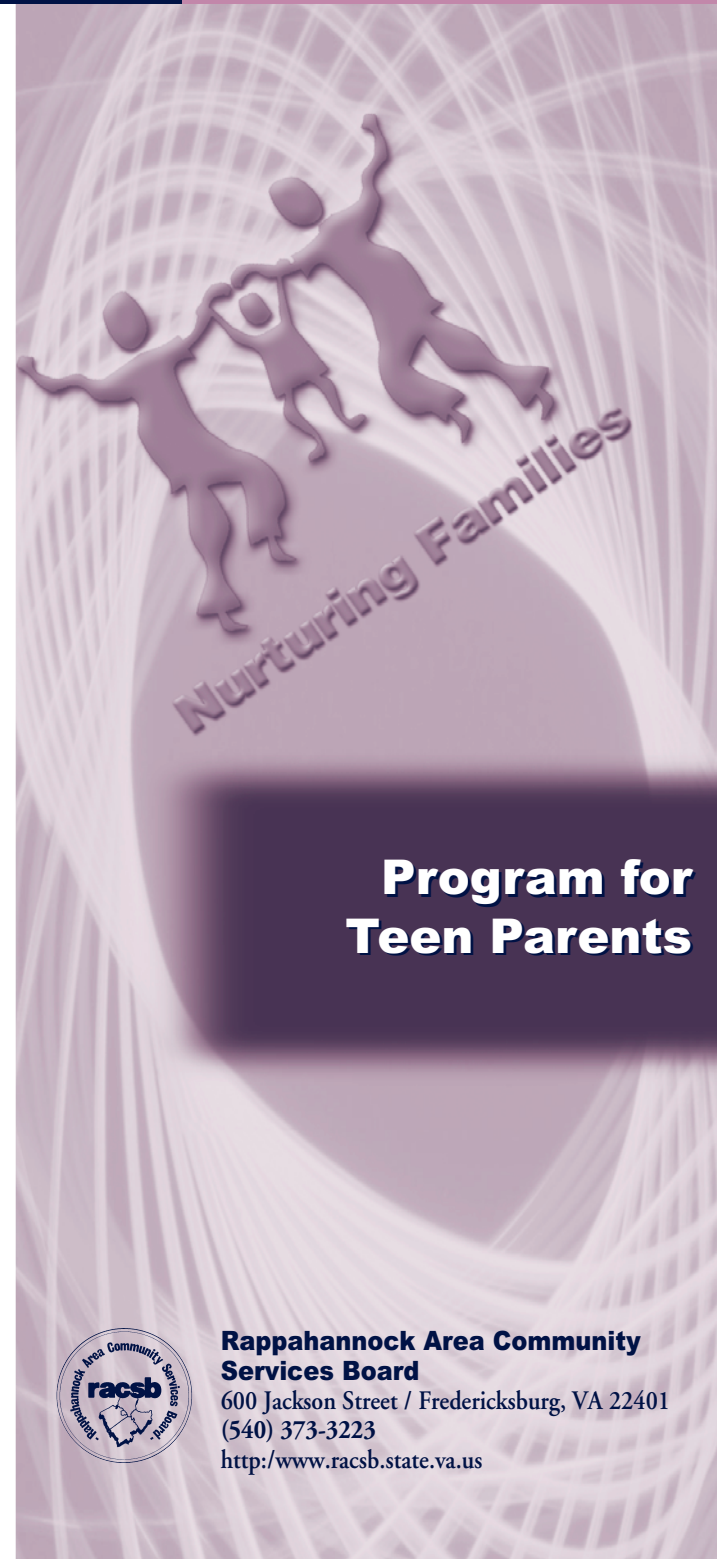
Edith O. Fleming Building
7424 Brock Road
P.O. Box 277
Spotsylvania, VA 22553
(540) 582-3980

RACSB Stafford 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.



Program for Teen Parents



Rappahannock Area Community Services Board

600 Jackson Street / Fredericksburg, VA 22401

(540) 373-3223

<http://www.racsb.state.va.us>

Program for Teen Parents

Program for Teen Parents supports teens prior to the birth of their child and throughout the first three years of the child's life. PTP encourages a healthy pregnancy and a nurturing relationship between the parents and their child. PTP is voluntary and offered at no charge.

Opportunities for Involvement:

School-Based Nurturing Groups

Weekly prenatal and parenting groups to provide both education and peer support in all area high schools.

Home Visits

Prearranged visits by a Parent Educator, who supports you by sharing information and resources about parenting.

Developmental Visits

Special sessions that let you find out what your child has learned so far and how to help him/her learn what's next.

Teen Lamaze

Six weekly childbirth-preparation classes offered four times per year specifically for teens and their labor partners.

Infant Massage

Help your baby sleep and eat better. Learn how to communicate through touch.

Play Groups

To play along with others is a great way for your child to learn. Come to meet other families, enjoy a healthy snack, make a fun craft, and create a memory together.

Parent Workshops

Topics include: Working Together to Raise Your Baby, Toilet Training, Discipline, and more!

To Join... Or for more information, Call us at one of the numbers listed on the front of this brochure. You can also contact your school's guidance counselor or nurse for information about Program for Teen Parents.

The mission of Program for Teen Parents is to facilitate healthier pregnancies, healthier babies and nurturing relationships between parent and child.

We discuss topics related to:

Pregnancy

- Health of the unborn child
- Physical and emotional changes
- Mother's health
- Father's role
- Labor and delivery
- Attachment and bonding

Parenting

- Ways to stimulate your child's learning
- Developmental stages of children
- Tips for nurturing your child
- Positive discipline strategies
- Local resources
- Education opportunities

Program for Teen Parents is supported by funds from the Federal Substance Abuse Prevention and Treatment Block Grant and DMHMRSAS Strengthening Families Initiative.

PTP's programs offer pregnant and parenting teens support through relationships with the parent educator and their peers.

Here's what teens have to say:

I have been part of the Program for Teen Parents...for nearly 2 years now...it offered me a lot of support throughout my pregnancy. I had my son 3 months early. During this time it helped me to have people to talk to. This group is very special. ...CW

The Program for Teen Parents taught me a lot about the responsibilities of being a young father. ...DN

Program for Teen Parents has greatly influenced my life and the life of my child. I couldn't get through the week without the support of my instructor and classmates. I can say without a doubt that I am a good mother because of the parenting classes. ...JR

Tips For A Healthy Pregnancy

1. Get Regular Prenatal Care

See a doctor as soon as you think you might be pregnant. Once you know you are pregnant, attend all scheduled visits. These visits are very important because your doctor can help you avoid problems with your pregnancy.

2. Exercise and Eat Right

It's important to stay healthy during your pregnancy. Your baby's health depends on it. Eat plenty of fruits, vegetables, whole wheat breads, and low-fat meats. This is not the time to diet. Your baby needs to grow!

3. Don't Drink Alcohol, Smoke or Use Other Drugs

Drugs, tobacco, and alcohol can all seriously hurt your baby. Consult your doctor before taking any over-the-counter medications. All illegal drugs and some medications taken during pregnancy can seriously harm your baby!

4. Build Healthy Relationships

Pregnancy is an important time full of many changes that can be exciting as well as stressful for both the expecting mother, father and family. Remember to talk about your feelings.