

**YORK-POQUOSON CSA  
COMMUNITY-BASED SERVICES  
RESOURCE LIST**

AGENCY	SERVICES	INSURANCE ACCEPTED	CONTACT INFO
<b>Colonial Behavioral Health</b>	Intensive Care Coordination Intensive In-Home Medication Management Mental Health Assessments Outpatient Counseling SA Screening/Treatment	Medicaid Major Insurance Providers <sup>1</sup> CSA	757-253-4074 <a href="http://www.colonialbh.org">www.colonialbh.org</a> <a href="http://gwcac.va.networkofcare.org">gwcac.va.networkofcare.org</a>
<b>The Counseling Center</b>	Mental Health Assessments Outpatient Counseling SA Screening/Treatment	CSA Self-Pay	757-826-4600 <a href="http://www.thecounselingctr.com">www.thecounselingctr.com</a>
<b>Family Preservation Services</b>	Home-Based Counseling Mentoring Virtual Residential	Medicaid CSA	757-838-8520 <a href="http://www.fpscorg.com">www.fpscorg.com</a>
<b>Family Priority, LLC</b>	Applied Behavior Analysis Therapy Home-Based Counseling Intensive In-Home Level III: Whatever It Takes Outpatient Counseling	Medicaid CSA	757-645-3860 <a href="http://familypriority.net">familypriority.net</a>
<b>First Home Care</b>	Intensive In-Home Mental Health Skill Building Outpatient Counseling Therapeutic Day Treatment	Medicaid Medicaid MCOs Tricare CSA	757-393-7244 <a href="http://www.firsthomecare.com">www.firsthomecare.com</a>
<b>Intercept Youth Services, Inc.</b>	Crisis One Intensive In-Home	Medicaid 294-Approved <sup>2</sup>	804-440-3700 <a href="http://www.interceptyouth.com">www.interceptyouth.com</a>

<sup>1</sup> Check with your insurance provider for eligibility

<sup>2</sup> For Court Services clients only

	Life Skills Coaching Mental Health Skill Building Mentoring Parenting Skills Training Raising Our Children	CSA	
<b>National Counseling Group</b>	Intensive In-Home Services Mental Health Skills Building Therapeutic Day Treatment Community-Based Counseling	CSA Medicaid	(757) 240-5595 www.nationalcounselinggroup.com
<b>Therapeutic Intervention &amp; Heritage for Kids</b>	Intensive In-Home Services Mental Health Skills Building Therapeutic Day Treatment	CSA Medicaid	757-827-2923 www.heritageforkids.net
<b>United Methodist Family Services</b>	Supervised Visitation Therapeutic Visitation Family Finding and Engagement Family Group Decision Making Parenting Education & Coaching Home-Based Counseling	Medicaid CSA	804-353-4461 www.umfs.org
<b>The Up Center</b>	Mentoring Outpatient Counseling Parent Support	Medicaid Major Insurance Providers <sup>3</sup> CSA	757-622-7017 theupcenter.org
<b>The Virginia Home for Boys and Girls</b>	Intensive Care Coordination Intensive In-Home Services Mentoring	Medicaid CSA	807-270-6566

<sup>3</sup> Check with your insurance provider for eligibility

## SERVICE DESCRIPTIONS

**APPLIED BEHAVIOR ANALYSIS THERAPY-** a therapy proven to be successful with children on the autism spectrum. ABA replaces undesirable behavior with acceptable behavior through a system of consistently applied rewards and consequences.

**AUTISM SPECTRUM SERVICES-** an intensive in-home program that incorporates Applied Behavioral Analysis and Natural Environment Teaching techniques to improve clients' functioning and behaviors while teaching parents behavior modification through modeling.

**CRISIS ONE-** a mobile crisis service for children, adolescents & adults who are experiencing acute psychiatric dysfunction requiring immediate clinical attention and intervention, or who are at risk of psychiatric hospitalization or incarcerations due to an acute mental health crisis.

**EQUINE THERAPY:** therapeutic riding provides people with physical, mental and psychological challenges opportunities to use equine activities - adapted and individualized for them - as recreation, socialization, and skill-building.

**FAMILY FINDING & ENGAGEMENT-** a service that identifies, locates, and engages families of children who currently live in out-of-home placements. Once family members are found, an individualized engagement strategy is developed to establish a relationship between the child and the family members.

**FAMILY GROUP DECISION MAKING-** Staff facilitates a family team meeting, in coordination with a community case manager, to conduct a strengths-based assessment and develop a Wraparound Plan consistent with the needs of the family.

**HOME-BASED COUNSELING-** clinical services provided in the home to children and families' identified needs. Services may include individual and family therapy; crisis intervention and resolution; life, parenting, and community skills; teaching more effective communication; stress management; and substance abuse counseling.

**INTENSIVE CARE COORDINATION-** an intensive case management service that links families with both informal and professional resources to provide services to either prevent a child from going into an out-of-home placement or to transition a child out of placement and stabilize them in the home.

**INTENSIVE IN-HOME-**a short term, solution-focused, counseling service provided in the home for children and youth who are at-risk of being removed or who are transitioning back from an out-of-home placement due to a severe emotional or behavioral problem.

**JOB READINESS PROGRAM-** a program services to assist clients with preparing for, obtaining and maintaining employment by teaching skills such as interviewing, resume writing, and professional communication. Post-employment services are also provided to help motivate, encourage and support clients.

**LEVEL III: WHATEVER IT TAKES-** provides the highest level of therapeutic intensity within the home for children and youth who are at imminent risk of out of home placement with the goal of assisting clients and their families with growing and developing in the areas of emotional, psychological and mental well-being.

**LIFE SKILLS COACHING-** assist youth with re-entry into the community, addressing identified delinquent needs which include activities to prepare youth for self-sufficiency. Specialists work with youth on specific goals to improve behaviors and improve skills.

**MENTAL HEALTH ASSESSMENT**-an overall picture of how well a client is functioning emotionally and how well they are able to think, reason, and remember (cognitive functioning) to evaluate for mental health and/or developmental problems that may need clinical intervention.

**MENTAL HEALTH SKILL BUILDING**- provides training for individuals over the age of 17 with mental illness, resulting in significant functional impairments in major life activities, including functional skills; symptom management; appropriate behaviors; personal hygiene; nutrition and food preparation; money management; and use of community resources.

**MENTORING**- youth receive individualized services focused on improving social, emotional and daily living skills. Individualized service plans are written utilizing strength-based interventions to address areas of concern.

**OUTPATIENT COUNSELING**- a process where individuals, couples and/or families work one-on-one with a trained therapist in a safe, caring and confidential environment. People seek therapy for coping with major life challenges, childhood trauma, dealing with depression, anxiety, personal growth and developing a greater self-knowledge.

**PARENT AIDES**-provide parent aide/mentoring services to help equip parents with necessary skills to be better parents, including relationship building; involvement in children's education and activities; communication; time management; and goal setting.

**PARENTING EDUCATION & COACHING**- this prevention service seeks to provide practical parenting education, role modeling, training, and skills building. The practical parenting education may include age-appropriate behavioral management strategies, communication and conflict resolution skills role modeling, and coaching. Common areas of focus include grief and loss, attachment, and trauma processing.

**PARENTING SKILLS TRAINING**- uses a strengths-based model to teach parents about children's mental and physical development from birth and beyond to assist in building effective parenting skills.

**RAISING OUR CHILDREN PARENTING SKILLS TRAINING**- a home-based parenting skills program that utilizes the Nurturing Parenting evidence-based curriculum to reduce risk factors and enhance protective factors by teaching parents about nurturing and attachment; child growth and development; child care and safety; positive discipline; health and nutrition; and parental and family resilience.

**SUBSTANCE ABUSE ASSESSMENT**- includes a thorough assessment by a licensed professional of substance use issues as well as mental health and developmental issues.

**SUBSTANCE ABUSE TREATMENT**-services provided to help treat substance use issues, which may include detox, individual and/or group counseling, and random drug testing.

**SUPERVISED VISITATION**- service provided to provide a safe-supportive visitation environment to keep children safe and avoid unnecessary conflict. A worker observes interactions between the child(ren) and their family and ensures the safety of all participants.

**THERAPEUTIC VISITATION**- a service structured to provide a therapeutic environment during visitation in which the child(ren) and their family are working toward identified treatment goals established by the parent/family member(s), the Department of Social Services, and the UMFS Social Worker conducting the visit.

**VIRTUAL RESIDENTIAL PROGRAM**- a service that provides the structure of a residential environment in the home through the use of highly intensive, multi-systemic in-home services. The focus is on defusing imminent risk factors and implementing crisis stabilization plans.

**JAMES CITY COUNTY OUT-OF-HOME PLACEMENT RESOURCE LIST**

<b>THERAPEUTIC FOSTER CARE</b>		
<b>AGENCY</b>	<b>LOCATION</b>	<b>REFERRAL NUMBER</b>
<b>Families First of Virginia</b>	Virginia Beach	757-689-3818
<b>First Home Care</b>	Portsmouth	757-393-7244
<b>Heritage for Kids/Therapeutic Interventions</b>	Hampton	757-827-2923
<b>Intercept Youth Services, Inc.</b>	Richmond Newport News	804-440-3700
<b>Lutheran Family Services</b>	Hampton	757-722-4707
<b>United Methodist Family Services</b>	Richmond	804-353-4461
<b>The Up Center</b>	Norfolk	622-7017
<b>GROUP HOMES</b>		
<b>AGENCY</b>	<b>LOCATION</b>	<b>REFERRAL NUMBER</b>
<b>Grafton Integrated Health Network</b>	Winchester Richmond	888-955-5205 804-674-8888
<b>Intercept Youth Services, Inc.</b>	Richmond	804-440-3700
<b>The Virginia Home for Boys and Girls</b>	Richmond	807-270-6566
<b>RESIDENTIAL TREATMENT FACILITIES</b>		
<b>AGENCY</b>	<b>LOCATION</b>	<b>REFERRAL NUMBER</b>
<b>Barry Robinson Center</b>	Norfolk	757-455-6100
<b>Cumberland Hospital</b>	New Kent	800-368-3472
<b>Grafton Integrated Health Network</b>	Berryville	540-542-0200
<b>Harbor Point Behavioral Health Center</b>	Portsmouth	757-393-0061
<b>The Hughes Center</b>	Danville	434-836-8508
<b>Intercept Youth Services- Fresh Start</b>	Richmond	804-440-3700
<b>Newport News Behavioral Health</b>	Newport News	757-888-0400

<b>Center</b>		
<b>Phoenix House of the Mid-Atlantic-Substance Abuse Treatment &amp; Recovery Services</b>	Arlington	540-446-3929
<b>Riverside Behavioral Health Center</b>	Hampton	757-827-3117
<b>United Methodist Family Services</b>	Richmond	804-353-4461