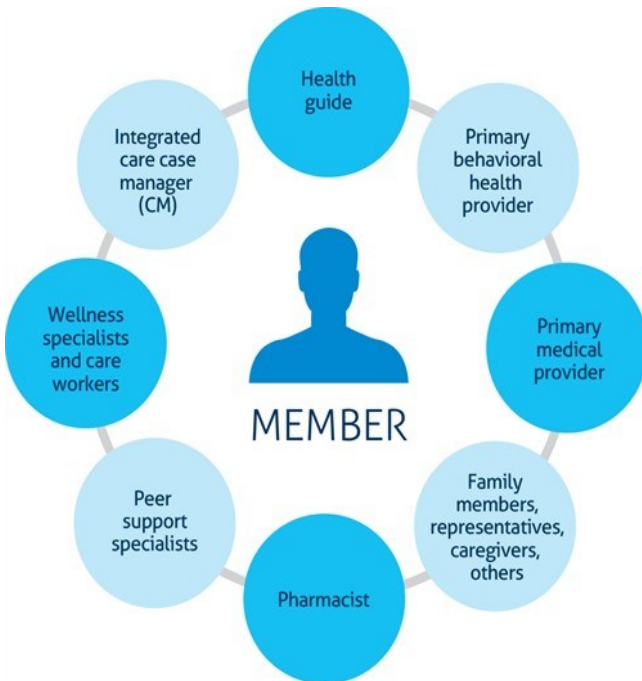


## Mission Statement

It is the mission of Western Tidewater Community Services Board to provide a coordinated system of quality recovery oriented care in Mental Health, Intellectual Disability, and Substance Abuse Services to the citizens of the cities of Franklin and Suffolk and the counties of Isle of Wight and Southampton. We continually strive to value staff, support diversity, and promote excellence in the provision of consumer care.



## What should I do during a crisis?

*When an individual is in immediate danger, contact 911.*

**Western Tidewater CSB Emergency Services**  
757-925-2484

### Life Management Program

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**The Purpose of Life is a Life With Purpose**

## Life Management Program

**Western Tidewater Community Services Board**

**5268 Godwin Blvd.  
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**757-255-7134  
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# Life Management Program

## What is The Life Management Program?

Life Management Program (LMP) provides service and support for young people ages 16-25 experiencing a first episode of psychosis (FEP).

## The Role of Life Management Team

- Coordinate a combination of person centered services.
- Provide the individual with active outreach and community engagement.
- Provide services in the home, community, and clinic setting.
- Provide support during or following a psychiatric crisis.
- The Life Management Team will enhance the quality of life for the individual through continuous monitoring of treatment.



## Life Management Program's Goals:

The LMP team goal is to employ multi-disciplinary approach to case management and active coaching ,with supportive intervention occurring in clinic, community, school, home and work setting as required. The overall goal is to transition an individual to least restrictive services to enhance independent functioning.



The LMP Team meets with each individual (and family if applicable) to establish their needs, wishes and aspirations. If the client has communication difficulties, we will strive to find the most effective form of communication for them. Ultimately the LMP team strives to convey hope for recovery using a person centered approach and peer support.

## Services Provided By Life Management Program

- Pharmacotherapy
- Psychotherapy
- Case Management
- Primary Care Coordination
- Mental Health Skill Building
- Supportive Employment/ Education
- Family Education and support
- Community Integration
- Peer Support
- Use of Interactive Technology Linkage

