



WESTERN TIDEWATER COMMUNITY SERVICES BOARD

“The Purpose of Life is a Life with Purpose”

Agency Mission

Western Tidewater Community Services Board serves the Cities of Franklin and Suffolk and the Counties of Isle of Wight and Southampton. We are the single point of entry for access to mental health services, supports for intellectual disability, and services for a substance use disorder. CSBs advocate for people who are receiving or are in need of services. We act as community educators, organizers and planners. We also advise local governments about behavioral health and developmental services and needs.

It is our mission to provide a coordinated system of quality recovery oriented care to the citizens we serve. We continually strive to value staff, support diversity, and promote excellence in the provision of consumer care.



The purpose of life is a life with purpose



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Our Services

Below you will find a complete list of services offered by Western Tidewater Community Services Board.

- ❖ Adult Case Management – Intellectual Disabilities
- ❖ Adult Case Management – Serious Mental Illness
- ❖ Adult Mobile Counseling
- ❖ ASAP
- ❖ Child & Adolescent Outpatient Services
- ❖ Child & Adolescent Prevention Services
- ❖ Children's Assessment Service (Virginia Independent Clinical Assessment – VICAP)
- ❖ Children's Case Management
- ❖ Children's Mobile Crisis Program
- ❖ Court Services Liaison



Our Services

- ❖ Crisis Intervention
- ❖ Crisis Intervention Team (CIT)
- ❖ Day Support Services for Individuals with Intellectual Disabilities
- ❖ Emergency Services
- ❖ Group Home Residential Services
- ❖ ID/DD Children's Crisis
- ❖ Integrated Healthcare
- ❖ Jail Based Services
- ❖ Medical
- ❖ Mental Health Skill-building Services (MHSS)
- ❖ Mentoring Services – Children and Adolescent TIME (Teaching, Inspiring, Mentoring & Empowering)



Our Services

- ❖ Mentoring Services - Adult
- ❖ Nurturing Parenting Program
- ❖ Outpatient Medical Detoxification
- ❖ Outpatient Mental Health & Substance Abuse Counseling
- ❖ PACT (Program of Assertive Community Treatment)
- ❖ Psychiatric Services
- ❖ Psychosocial Rehabilitation
- ❖ Quality Assurance & Compliance
- ❖ Respite Services
- ❖ School Counseling Intervention Program (SCIP)
- ❖ Telemedicine Services
- ❖ Virginia Veteran & Family Support (Formerly Virginia Wounded Warrior Program)



Community Training

- ❖ **Adult Mental Health First Aid** is similar to First Aid and CPR. Mental Health First Aid helps individuals to support those experiencing mental health problems and aids in getting people professional help and support.
- ❖ **Youth Mental Health First Aid** introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.
- ❖ Each course is approximately 8 hours. To learn more about Adult and Youth MHFA, please visit: www.mentalhealthfirstaid.org.



Community Training

- ❖ **ASIST (Applied Suicide Intervention Skills Training)**, developed by Living Works Education, is a workshop designed for members of all care giving groups. The emphasis is on teaching suicide first-aid to help a person at-risk stay safe and seek further help as needed. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. It is a **2 day** interactive workshop that provides a practical guide for the average person on how to provide suicide interventions.



Community Training

- ❖ Adult Mental Health First Aid, Youth Mental Health First Aid, and ASIST are **free** and open to the public. A light breakfast and lunch are provided.
- ❖ The trainings begin at 8:30 a.m. and end by 5:00 p.m. and are held at WTC SB's Administration Building, 2nd floor conference room, 5268 Godwin Blvd., Suffolk, VA, 23434. Space is limited so register as soon as possible by calling Terry Carroll at **757-942-1971** or by emailing her at: **tcarroll@wtcsb.org**.
- ❖ Visit **WTC SB's Calendar of Events** for all free training dates and events at: **www.wtcsb.org**.
- ❖ Behavioral/mental health trainings are provided to the public on a variety of topics upon request.



Region-V: Child REACH

Trainings Currently Offered by Child REACH Program

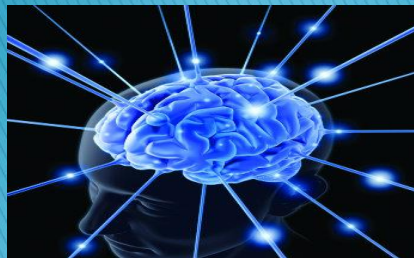
- ❖ **Long-term Care Planning for Parents of Children with Special Needs:** If your head is filled with more questions than answers about how to proceed with Long-Term Care Planning: the process, dealing with emotional & financial barriers, or you are helping someone create such plans, then join us for an insightful look at steps you can take today to prepare for tomorrow.
- ❖ **Relationships: Desire, Intimacy, Respect & Rights** – What happens when the body matures beyond the mind's ability to understand yearnings & physical needs? Join us for an insightful look into this topic so you can learn how to help your child navigate through the maze of maturity.
- ❖ **Behavior Interventions + Behavior Plans:** Breaking it down to the basic elements: Who, What, When, Where, Why, and How.



Region-V: Child REACH

Trainings for CSB Emergency Staff & Other Evaluators

- ❖ **DM-ID – Overview of Diagnostic Manual-Intellectual Disabilities:** the DM-ID offers adaptations of the Diagnostic criteria contained in the DSM-V for individuals with Intellectual Disabilities. The manual is intended for use by qualified professionals. It was created to provide guidance for accurate diagnosis of individuals who are dually diagnosed with Mental Disorders & ID thus directing more appropriate treatment goals & objectives.
- ❖ For more information, please contact Taya Champigny at tchampigny@wtcsb.org or visit our website at <http://www.wtcsb.org/our-services/id-dd-childrens-crisis>



Agency Contact Numbers

- ❖ VICAP/Children's MH: (757) 942-1978
- ❖ Adult Mental Health: (757) 942-1990
- ❖ Substance Abuse: (757) 942-1988
- ❖ Intellectual Disabilities: (757) 942-1069

- ❖ Administration: (757) 255-7133
- ❖ Franklin Center: (757) 562-2208
- ❖ Saratoga Center: (757-925-2222)
- ❖ Smithfield Center: (757) 357-7458
- ❖ Suffolk Center: (757) 942-1069

- ❖ **24 HOUR BEHAVIORAL HEALTH EMERGENCY LINE: 757-925-2484**
- ❖ **ID/DD CHILDREN'S CRISIS SERVICES (up to age 18): 1-888-255-2989**

