

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.

Program Mission

The Behavioral Health Wellness Promotion Department of Western Tidewater Community Services Board is committed to providing comprehensive community based services to children, adolescents and their families to help create healthy youth today for healthier adults tomorrow.

Treatment Services Centers

Suffolk Center
1000 Commercial Lane
Suffolk, Virginia 23434
(757) 942-1069

Franklin/Southampton
200 E. Second Avenue
Franklin, Virginia 23852
(757) 562-2208

Isle of Wight/Smithfield/Windsor Center
1801 S. Church Street
Smithfield, Virginia 23430
(757) 357-7458

WTCSB Primary Contact Service Lines

Mental Health (MH) Adult Services - 757-942-1990
VICAP/Children MH Services – 757-942-1978
Intellectual Disability Services – 757-942-1069
Substance Abuse Services – 757-942-1988
Emergency Services - 757 925-2484

Additional Community Resources

Suicide Hotline
1-800- SUICIDE
1-800-784-2433

**Virginia Family Violence
& Sexual Abuse Hotline**
1-800-838-8238

Alcohol & Drug Abuse Addiction Helpline
1-800-442-0971



Children and Adolescent Teaching, Inspiring, Mentoring & Empowering (T.I.M.E) Mentoring Program



**Western Tidewater
Community Services Board
Youth, Family and Community
Support Department**

**135 South Saratoga Street
Suffolk, Virginia 23434**

**757-942-1972
(Fax) 757-925-2221
www.wtcsb.org**

T.I.M.E Goals and Services



T.I.M.E Mentoring Program

Teaching, Inspiring, Mentoring &

Empowering (TIME) is a program that provides supportive mentoring services for individuals between the ages of 8 and 18. The program will help with guiding in the development of improved self-esteem, practical goal setting, generate positive life choices, enhancing social skills and cultivating healthy relationships. Services are appropriate for individuals demonstrating a need for additional supports which counteract risk factors that impair his/her ability to adequately function in daily life activities. Eligible individuals exhibit deficits in building positive/ supportive relationships, family support or caregiver bonding, community integration, self esteem, identification of life goals, school participation, basic living and independence skills, or are transitioning from a more intensive service.

The goals of TIME are to: 1) assist and teach individuals (and families) how to use existing community resources; 2) develop supports that promote community integration; and 3) foster opportunities for independent living through enhanced skill development. TIME service delivery will include:

- Education regarding self care skills, home maintenance skills, financial management, and utilization of community resources
- Monitoring of health, nutrition and physical condition
- Training and assistance with problems in school or community setting, such as bullying, truancy and managing self control
- Training and assistance with job readiness, including job search, workplace etiquette, business ethics on the job and matching skills, talents and ambitions to aspirations
- Securing identifying information, including birth certificate, social security card, driver's license or state identification card
- Encouraging and providing opportunities for community integration
- Development of appropriate use of leisure time
- Participating in therapeutic activities involving role modeling, structured socialization and skill development in individual and group settings
- Encouraging positive family communication
- Improving communication and interpersonal skills
- Instruction in learning what obligations and privileges accompany the transition into adolescence and adulthood
- Support in developing appropriate behavior management

Additional Children's Services Provided by Western Tidewater Community Services Board

- 24 Hour Crisis Intervention
- Case Management
- Early Intervention
- Therapeutic Day Treatment (TDT)
- Health Education
- Substance Abuse Prevention
- Nursing & Psychiatric Services
- Volunteerism
- Outpatient Counseling
- Parent Education

Referral Process

Any community partners and affiliates within the cities of Franklin, Suffolk, counties of Isle of Wight and Southampton County may submit referrals.

Contact Information

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