

## **Therapeutic Modalities:**

- *Solution-Focused*
- *Cognitive Behavioral*
- *Motivational Interviewing*

## **Clinical Interventions:**

- *Anger management*
- *Self-Esteem Building*
- *Social skills training*
- *Coping strategies*
- *Group Therapy*
- *Individual Therapy*
- *Family Therapy*
- *Psychiatric Services*
- *Care Coordination*
- *Case Management*



## **Who We Are:**

*Bridges is a Regionally Funded, 24-7 crisis stabilization program serving youth up though age 17 from:*

*Chesapeake*

*Eastern Shore*

*Hampton-Newport News*

*Middle Peninsula*

*Norfolk*

*Portsmouth*

*Virginia Beach*

*Western Tidewater*

*Williamsburg*

## **Contact Us:**

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## **Located at:**

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**Windsor, VA 23487**



# **BRIDGES**



**A Crisis  
Stabilization  
Program:  
Building Bridges to**

## A Closer Look At Bridges:

Bridges campus is located in Windsor, Virginia. Bridges offers short-term residential crisis services for male and female adolescents up to age 17. As a Children's Crisis Stabilization Unit, Bridges provides up to 15 days of crisis services to adolescents and their families for a variety of challenges, including mood disorders, substance abuse issues, and behavioral disorders.



## Bridges' Goal:

Bridges staff is committed to providing crisis stabilization services for youth that meet the medical necessity criteria for Crisis Stabilization Services as defined by the Department of Medical Assistance Services.

**“Our goal is to teach youth and their family how to develop a plan of care that keeps the household in tact”.**



## Evidence-based Holistic-Care:

At Bridges we provide a holistic approach to the treatment and care of the youth that we serve. The program utilizes a multi-disciplinary approach to crisis intervention and the team is comprised of a psychiatrist, registered nurse, licensed and licensed eligible mental health professionals, and professional's trained in human services. We are committed to and welcome family involvement as an integral part of the healing process.

