

# The Purpose of Life Is A Life With Purpose

## Services Provided by Western Tidewater Community Services Board

- Twenty four-hour Emergency Services
- Crisis Counseling
- Day Support Services
- Psychiatric Medical Services
- Prevention Services
- In-School Counseling
- Early Intervention for Children
- Housing for the Disabled
- Case Management Services
- Jail-Based Counseling
- Substance Abuse Counseling
- An Array of Community Outreach Advocacy and Education Services



## MR Day Support Services

MR Day Support Services provide planned combinations of individualized activities, supports, training, supervision, and transportation to individuals with mental retardation to improve their condition or maintain an optimal level of functioning.

The program provides training and support in non-vocational areas such as self-care, independent living, communication, socialization, and motor skill. The program addresses the specific needs and desires of the individual.

Specific components of this service develop or enhance the following skills:

- self-care and hygiene
- eating
- toileting
- task learning
- community resource utilization
- environmental and behavioral skills
- medication management
- transportation
- include Medicaid MRHCB Waiver Day Support (Center-Based) and Prevocational Services.

**W**estern Tidewater Community Services Board is one of forty Community Services Boards or Behavioral Health Authorities that serve the Commonwealth of Virginia. We serve the Cities of Franklin and Suffolk, and the Counties of Isle of Wight and Southampton. Our responsibility is assuring the delivery of community-based mental health, mental retardation, and substance abuse services to citizens with those disabilities.

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

## *Treatment Service Centers*

### **Suffolk Center**

1000 Commercial Lane  
Suffolk, Virginia 23434  
Phone (757) 942-1069  
Fax (757) 925-2213

### **Franklin/Southampton County Center**

200 E Second Avenue  
Franklin, Virginia 23851  
Phone (757) 562-2208  
Fax (757) 925-2296

### **Isle of Wight/Smithfield/Windsor Center**

1801 S Church Street  
Suite 6  
Smithfield, Virginia 23430  
Phone (757) 357-7458  
Fax (757) 356-1808

### **Western Tidewater CSB Emergency Services**

(757) 925-2484

### **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