

## 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



## Nurturing Parenting Program



**Western Tidewater  
Community Services Board**

**Wellness and Promotion  
Department**  
135 South Saratoga Street  
Suffolk, Virginia 23434

757-942-1945  
(Fax) 757-925-2221  
[www.wtcsb.org](http://www.wtcsb.org)



## **Nurturing Parenting Program**

The Nurturing Parenting Program (NPP) was designed by Dr. Stephen J. Bavolek, a recognized leader in the fields of child abuse and neglect, treatment and prevention, and parenting education. The program targets all families at risk for abuse and neglect with children birth to 18 years. The Nurturing Parenting Programs are family-centered, trauma informed initiatives designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are:

- to prevent recidivism in families receiving social services
- lower the rate of multi-parent, teenage pregnancies
- reduce the rate of juvenile delinquency and alcohol abuse
- stop the intergenerational cycle of child abuse by teaching positive parenting behaviors

## **Nurturing Parenting Program Philosophy**

The philosophy of Nurturing Parenting Programs emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures and the environment.

## **Nurturing Parenting Program Foundation**

The foundation of Nurturing Parenting Programs is that parenting is learned. The way we raise our children is directly influenced by the way we were raised. Changing behaviors requires changing attitudes and developing or strengthening skills in positive parent interaction.

### **FOUNDATIONAL POINTS**

1. The family is a system.
2. The major focus of the Nurturing Parenting Programs is to build empathy among all the family members.
3. Parenting exists on a continuum.
4. Adults, children and adolescents learn on two levels: the cognitive (knowledge) level and the affective (feeling) level.
5. Adults, children and adolescents who feel good about themselves as men and women or boys and girls, stand a better chance of becoming nurturing parents.
6. Given a choice, all families would rather engage in happy, healthy interactions than abusive, problematic ones.

## **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**

**Anderson Wright**  
**Nurturing Parenting Coordinator**

**757-646-6039**  
**awright@wtcsb.org**