



FAIRFAX - FALLS CHURCH

Community Services Board

During the COVID-19 pandemic, CSB has transitioned mainly to telehealth services by phone or video. If visiting one of our locations, please call in advance, if possible. Visit our website (www.fairfaxcounty.gov/csb) for details.

Behavioral Health Services for Adults

For overcoming mental health challenges and substance use disorders

What are behavioral health services?

Behavioral health services help individuals and families manage challenges related to mental illness and substance use disorders. People often struggle with mental health disorders and dependence on substances like drugs or alcohol at the same time. Our staff is trained to help people with these “co-occurring” conditions.

The goal of our behavioral health services is to help you live a fuller, healthier life. Recovery IS possible. You CAN feel better!

What is the Fairfax-Falls Church Community Services Board?

The Fairfax-Falls Church Community Services Board, or “CSB” as it is commonly called, is one of 40 such agencies throughout Virginia that provide services for mental illness, substance use disorders, and intellectual and developmental disabilities. The Fairfax-Falls Church CSB operates as an agency of the Fairfax County government.

How do I find out if CSB services are for me?

If you or someone you care about needs help because of challenges related to mental health and/or substance use, our Entry and Referral staff can talk with you about your situation and suggest services that may be of help.

You can either call our staff at **703-383-8500** or just come in, without appointment, to the CSB Merrifield Center, at 8221 Willow Oaks Corporate Drive in Fairfax. Call center and walk-in hours are Monday through Friday, from 9 a.m. to 5 p.m. Free parking is available in the garage behind the building. Bring personal identification, such as a driver’s license or other proof that you are a resident of Fairfax County or the cities of Fairfax or Falls Church.

What if it’s an emergency?

The CSB provides emergency behavioral health services 24/7, 365 days a year for all residents of Fairfax County and the cities of Fairfax and Falls Church.

You can call CSB Emergency Services at **703-573-5679**. Or just come directly to Emergency Services at the Merrifield Center, day or night, without appointment. CSB Emergency Services is located on the lower level (back entrance) of the Merrifield Center, at 8221 Willow Oaks Corporate Drive in Fairfax, near Inova Fairfax Hospital.

For substance use emergencies, you can call the Fairfax Detoxification Center at **703-502-7000**. This number is also answered 24/7, 365 days a year.

If the situation is immediately life-threatening, **dial 911** and ask for a Crisis Intervention Team (CIT) officer.

→ Turn the page over to learn about different types of services and what you can expect.

What types of services are available?

Screening and assessment staff help identify the problem and work with you to develop a plan to support you with your recovery. Emergency services and crisis supports are there to help you get through the immediate crisis. Turning Point, a program for young adults (ages 16-25), provides rapid intervention after a first episode of psychosis and subsequent wraparound services. Our staff goes out into the community to help people who are homeless or not yet engaged in services. People who are in recovery themselves and understand what it's like to live with behavioral health challenges provide peer support. Outpatient therapy can help you better understand and manage challenges and support your recovery. Case management helps you access practical resources important to your recovery.

Other services include: psychiatry and medication services; psychosocial rehabilitation to help you learn or refresh social and self-care skills; employment services to help you prepare for, find, get, and keep a job; and residential support to help you learn and practice skills that will equip you to live successfully in the community.

CSB services are provided at various locations throughout the community.

Our staff can also help you connect with other resources and people in the community to help you build your network of support for sustained recovery.

Will I have to pay for my services?

Fees are charged to offset the cost of providing treatment services. The CSB also accepts insurance (including Medicaid) and other sources of payment. Fees are based on a sliding scale, according to your ability to pay. You will not be denied services if you are not able to pay. Most of the funding for CSB services comes from local tax dollars.

What else can I expect with CSB behavioral health services?

You will be deciding, with the help of your counselor, which services you think best meet your needs and goals. You will be fully involved in decisions about your care. This is your life, your service plan.

If you receive medication as a part of your treatment, you can expect to receive educational information with the medication. You are encouraged to ask questions and share any concerns you may have with the prescribing physician.

You can expect to be treated with dignity and respect, and your confidentiality will be carefully protected.