

About the Fairfax-Falls Church Community Services Board

The Fairfax-Falls Church CSB is the public agency that plans, organizes and provides services for people in our community who have mental illness, substance use disorders, and/or intellectual disability. The CSB also provides early intervention services for infants and toddlers who have developmental delays.

We are one of 40 Community Services Board in the Commonwealth of Virginia. State law requires every jurisdiction to have a CSB. We operate as part of Fairfax County government's human services system.

Our staff and contracted services providers include psychiatrists, psychologists, nurses, counselors, therapists, case managers, peer specialists, and “behind the scenes” administrative and support staff. We partner with community organizations, faith communities, businesses, schools and other local government agencies in many ways to provide the services people need.

The CSB provides services for people of all ages who have mental illness, substance use disorders, and/or intellectual disability. Most CSB services are primarily for people whose conditions seriously impact their daily functioning. However, anyone with a related concern may contact the CSB for help in finding appropriate treatment and resources.

All children up to age three who have developmental delays and meet certain criteria are eligible for Infant and Toddler Connection services.

CSB Service Areas

Front Door – Services include entry and screening, crisis stabilization, detoxification as well as services to people who are incarcerated or court-involved.

- 1) Engagement, Assessment & Referral
- 2) Jail- and Court-Based Services
- 3) Acute Care Services

Treatment – Services include outpatient and day treatment as well as intensive treatment in residential settings and in the community.

- 4) Community-Based School Transition
- 5) Outpatient Services
- 6) Residential Treatment Services
- 7) Therapeutic Residential Services
- 8) Intensive Community Treatment Services

Community Living – Services include daytime supported employment, group homes, support coordination, education and outreach.

- 9) Community Residential and Contractual Services
- 10) Supportive Residential Services
- 11) Intensive Service / Support Coordination
- 12) Employment and Day Support Services
- 13) Wellness & Health Promotion Services

Front Door

Engagement, Assessment & Referral

The goal of the engagement, assessment and referral service area is to help people get appropriate treatment that meets their needs, and triage people for safety. People may be referred to CSB services, if appropriate, or to community resources outside the CSB. Engagement, Assessment and Referral services include:

- **CSB Entry & Referral Call Center** (703-383-8500, TTY 711) – This is the starting point for accessing intellectual disability, mental health or substance abuse services through the CSB.
- **Assessment and Referral Center** – Provides comprehensive screening, assessment, referral and stabilization services for adults who have or believe they may have an addiction to alcohol or drugs, serious mental illness or a co-occurring disorder. Individuals receiving assessments may be referred for further services within the CSB or receive a referral to a private provider.
- **Engagement Center** – Offers services to people who are reluctant to enter CSB services but who could benefit from medication-assisted treatment (for substance use disorders) and time-limited supportive counseling.
- **Project for Assistance in Transition from Homelessness (PATH) and Hypothermia Services** – Provides outreach services to individuals who are homeless and unsheltered.

Jail- and Court-Based Services

Jail- and Court-Based Services are provided for youth and adults who have problems related to mental illness, substance use disorder or intellectual disability and have come into contact with the juvenile or criminal justice system. CSB staff members deployed to the Fairfax County Adult Detention Center provide services including: assessment, engagement, psychiatric stabilization, suicide prevention, clinical intervention, medication and referrals. CSB staff deployed to the Juvenile Detention Center and various Juvenile & Domestic Relations Domestic Court programs provide court-ordered assessments, clinical interventions and diversion service.

Acute Care Services

For people who have mental illness, substance use disorder, and/or intellectual disability and are in acute distress needing immediate help. Services are provided 24 hours a day, seven days a week, and include:

- Walk-in emergency psychiatric services at the Woodburn Center (3340 Woodburn Road, Annandale).
- One Mobile Crisis Unit that responds to crises throughout the community.
- Fairfax Detoxification Center (4213 Walney Road, Chantilly). Short-term residential substance abuse program for adults to safely detoxify from the effects of drugs and/or alcohol. Services include medical detoxification, buprenorphine detoxification, outreach/diversion and social detoxification.
- Woodburn Place – Crisis stabilization services, an alternative to hospitalization for adults experiencing psychiatric crisis. Provides a structured, supportive environment with 24-hour counseling support to help people gain stability and emotional strength to move into a more independent living arrangement.

Treatment

Community-Based School Transition

- The **Infant and Toddler Connection (ITC)** provides supports and services for infants and toddlers, birth through age 3, who have a developmental delay or a diagnosis that may lead to a developmental delay.
- **Infancy, Early Childhood and Pre-Adolescent mental health services** for at-risk infants, toddlers, preschoolers and pre-adolescents (children from birth to age 12) and their parents. Services support and guide parents and treat children who are developmentally compromised, have a serious emotional disturbance or are at risk of serious emotional disturbance.

Outpatient Services

For **adolescents** and **adults** who have mental health and/or substance use issues.

Family-focused services for adolescents include assessment, therapy, case management services, and day treatment.

Adult outpatient services include:

- psychosocial education
- individual and group counseling for people with substance use disorders
- day treatment
- continuing care services
- partial hospitalization (daytime/4 times per week)
- community readiness and support program for people who need help with activities of daily living, social skills training and other aspects of integrating with the community.

Residential Treatment Services

Comprehensive services for youth and adults include: individual, group and family therapy; psychiatric services; medication management; case management; and continuing care services to assist with transition back to the community.

Services are provided in residential treatment settings matched to the level and duration of care the individual needs. Include intermediate and long-term treatment with 24-hour staffing, as well as supervised treatment services with staffing 12-18 hours per day.

Specialized treatment services are provided for people with co-occurring disorders (substance use and mental illness), for pregnant and post-partum women, and for people whose primary language is Spanish.

The residential treatment service area includes the following programs:

- **A New Beginning** – Residential substance abuse treatment/rehabilitation program for adults with substance use disorders or co-occurring substance use and mental health disorders.
- **Crossroads Adult** – Residential substance abuse treatment/habilitation program serving adults with substance use disorders or co-occurring substance use and mental health disorders.

- **Crossroads Youth** – Residential substance abuse treatment/habilitation program serving male adolescents with substance use disorders or co-occurring substance use and mental health disorders. Includes an on-site public school.
- **Leland House** (contracted service) – A public-private partnership with United Methodist Family Services and the county’s Community Policy and Management Team. Leland House is a crisis care facility that serves youth ages 12-17 who are in a psychiatric crisis or who need step-down services from an acute psychiatric setting.
- **New Generations** – A residential treatment program for women who have a substance use disorder and/or co-occurring substance use and mental health disorders. Women entering New Generations are pregnant, or enter with their child 4 years or younger, or are in a parenting relationship with a child who resides elsewhere.
- **Sojourn House** – A community-based residential program for girls aged 12 - 17 who are experiencing significant mental health difficulties and co-occurring disorders. Includes an on-site public school. Length of stay is individualized to meet the needs of the youth. Includes both a 90-day community reintegration program and a 6-12 month program.
- **Steps to Recovery** – Residential treatment program for adults with substance use disorders or co-occurring substance abuse and mental health disorders. Services and supervision are offered daily and focus on community reintegration and recovery life skills.
- **Phoenix House of the Mid Atlantic** (contracted services) – Residential, transitional and outpatient services for adults and adolescents who have substance use disorders or co-occurring substance use and mental health disorders.

Therapeutic Residential Services

Therapeutic residential programming includes a comprehensive range of services for adults in residential treatment settings, matched to the level and duration of care needed. Services include:

- Individual, group and family therapy
- Psychiatric services
- Medication management
- Case management
- Support services/independent living skills training.

Programs include long-term treatment, transitional group homes, and supervised apartment/town home programming. Integrated care is provided for people with co-occurring substance use and mental health disorders.

This service area includes the following programs:

- **Cornerstones** – Highly intensive, long-term residential treatment program for individuals with both a serious mental illness and a serious substance use disorder who require integrated and intensive treatment. A community-based apartment program is also available.
- **New Horizons** – Highly intensive, long-term residential treatment program and community-based apartment program providing individualized treatment and support services for adults diagnosed with mental illness and a substance use disorder. This program focuses on recovery and community re-integration.

- **Residential Intensive Care - Comprehensive** – Community-based, intensive supportive housing program for persons with severe mental illness or co-occurring substance use and mental health disorders. These services are not time-limited.
- **Group homes** – Small group home treatment programs and community-based apartment programs with co-occurring capability provide a range of services for adults who have a serious mental illness, some of whom are being discharged from hospitals to the community. Group homes provide a structured, supportive environment from which residents can later transition to a more independent living situation.

Intensive Community Treatment Services

Intensive community treatment services are available for people with acute, complex needs who require outpatient services provided in their daily environment rather than at a behavioral health services site.

Programs include:

- **Intensive Community Treatment (ICT) teams** work with people who have serious mental illness and/or co-occurring substance use disorders, many of whom are homeless. The goal is to engage the individual in services to improve their quality of life and prevent hospitalization, incarceration and homelessness. Services include: case management, wraparound services (help with housing and other basic needs), mental health supports, medication management and crisis intervention.
- The **Program for Assertive Community Treatment (PACT)** is similar to the Intensive Community Treatment Team and provides services 7 days/week.
- The **Intensive Care Coordination (ICC) team** works with youth who are at risk of out-of-home placement and their families, helping them get needed services so the youth can continue to live at home. If placement outside the community is necessary, the ICC team helps the family develop the supports needed to ensure their child's safe, successful return home.

Community Living

Community Residential and Contractual Services

- Directly-operated and contracted congregate and residential services for persons with intellectual disability, and
- Contractual long-term care residential services for persons with intellectual disability and/or serious mental illness.

Most of these residential services are provided through CSB partnerships with approved private providers under contract management oversight provided by the CSB.

Services include:

- Assisted living for persons with serious mental illness.
- Individual long-term community-based residential placements.
- For persons with intellectual disability: group homes, supervised apartments, drop-in sponsored living, respite care.

Supportive Residential Services

Supportive Residential Services are provided to individuals in community-based living situations. Services can include: assessments, case management, support services, and psychiatric medications.

Services can be provided at the local behavioral healthcare site or in individuals' homes. People receiving these services may be living in apartments or homes that the CSB leases, or they may have their own leases.

Intensive Service / Support Coordination

Intensive Service/Support Coordination, also known as “targeted case management,” provides a long-term, intensive level of service and support coordination for individuals with intellectual disability, serious mental illness, serious emotional disturbance, and/or severe substance use disorders, and for those who are at risk of serious emotional disturbance and/or substance use disorders.

Services include: assessment; collaborating with individual to develop and monitor a service plan; identifying family and community supports; counseling; crisis intervention; intake and discharge planning; helping people access publicly-funded and community-based services outside the CSB.

Employment and Day Support Services

Employment and Day Support Services provide multiple levels of supported employment and day support services for people with intellectual disability, serious mental illness, and/or substance use disorders. The CSB directly operates some services, such as the Cooperative Employment Program, while others are contracted. Partnerships are key – the CSB coordinates with partner agencies (including the Virginia Department of Rehabilitative Services and many others), private businesses, and nonprofit community organizations to provide these services.

Day support services are day activities that may include learning independent living skills, enhancing personal activities of daily living, developing pre-vocational skills, and peer-run recovery “drop in” centers.

Employment services may include job placement (which for some individuals may be in a group or facility-based setting) and employment service coordination. Depending on an individual’s needs, various levels of ongoing support can be provided.

Wellness & Health Promotion

Wellness & Health Promotion Services engage and involve the community in activities to strengthen emotional health and build community capacity to handle complications related to substance use and mental illness. Services are provided throughout the county and include classes, workshops, brief screening and intervention, and awareness-raising campaigns.

Current activities focus on priorities identified by the CSB and the community, including: suicide prevention, mental health promotion, underage drinking, tobacco cessation/prevention, primary health care integration, peer support, and safe handling of medications. Programs include: Mental Health First Aid , Girl Power, Leadership & Resiliency Program, Too Good for Drugs, Road DAWG, Al’s Pals: Kids Making Healthy Choices, and ACT Against Violence: Parents Raising Safe Kids.

For more information about CSB services, visit <http://www.fairfaxcounty.gov/csb/services/>

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-7000, TTY 711.