



Wellness Circle

A Community Alternative to Psychiatric Hospitalization

Crisis Stabilization Unit

A 16-bed regional program that provides an alternative to psychiatric hospitalization for Northern Virginia residents.

► **Services Include:**

- Crisis intervention/stabilization
- Medical Detoxification from alcohol, opiates and/or benzodiazepines
- Medical assessment and care
- Psychiatric and medication evaluation/management
- Individual and group counseling
- Sensory Room
- Coordination with other service providers
- Short-term discharge planning
- Horticulture Informed Therapy
- Art Informed Therapy
- DBT Informed Therapy



FAIRFAX - FALLS CHURCH

**Community
Services Board**

Recovery, Wellness and Hope

Trauma Track

Wellness Circle offers a clinical track for individuals who are experiencing symptoms of trauma. This structured, specialized program includes groups and individual therapy. Trained clinicians use cutting-edge neurobiological informed interventions to assist individuals in expanding their somatic, cognitive, and behavioral capacities.

To be eligible for services, an individual must:

- Be at least 18 years old.
- Be experiencing a mental health crisis.
- Be willing (voluntarily) to receive treatment and psychiatric stabilization.
- Be a resident of Arlington, Fairfax, Loudoun or Prince William Counties, or the cities of Alexandria, Fairfax or Falls Church.

To access services at Wellness Circle, call the Emergency Services Unit of your local Community Services Board:

- Alexandria - 703-746-3401
- Arlington - 703-228-5160
- Fairfax-Falls Church - 703-573-5679
- Loudoun - 703-777-0320
- Prince William - 703-792-7800 (Manassas)
703-792-4900 (Woodbridge)

Our staff includes behavioral health clinicians, substance abuse counselors, peer recovery specialists, a psychiatrist, nurse practitioners, nurses, and chefs.

Wellness Circle Crisis Stabilization Unit
4410 Shirley Gate Road
Fairfax, VA 22030

(P) 703-205-9452
(F) 703-653-1389

