



FAIRFAX - FALLS CHURCH

## Community Services Board

# New Horizons Treatment Center

*A community-based residential treatment program*

The **New Horizons Treatment Center** is a supportive community residential services program that provides individualized treatment and support services for individuals who have severe mental illness and co-occurring substance use disorder. The center is a Fairfax County facility, located in Alexandria, Virginia, and operated by the Fairfax-Falls Church Community Services Board (CSB).

New Horizons provides intensive residential treatment that includes education about mental health and substance abuse, development of coping skills, vocational/educational skill development, illness self-management, medication management and the development of life skills to enhance the individual's ability to live independently in the community.

The goal of the program is to support individuals in their recovery process so that they can be successful in a community living setting of their choice. The program provides a continuum of services in several phases; individuals may enter or leave services at any point along the continuum.

New Horizons has a bed capacity to serve 16 individuals in the treatment program.

### ***Services Provided***

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- Ongoing assessment
- Education and support for independent living skills
- Medication management and monitoring
- Group and individual psychotherapy
- Treatment for mental health disorders and substance use disorders
- Recreation and social activities
- Case management services, including linkages to day treatment, self-help groups, vocational and educational programs, public assistance benefits, health care and housing
- Peer-to-peer support
- Family group support

To learn more about New Horizons, contact Martha McCue, 703-799-9552, [Martha.McCue@fairfaxcounty.gov](mailto:Martha.McCue@fairfaxcounty.gov).

To learn more about the Fairfax-Falls Church Community Services Board, visit our website at [www.fairfaxcounty.gov/community-services-board](http://www.fairfaxcounty.gov/community-services-board).