



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 Children, Youth and Families

The Fairfax-Falls Church Community Services Board (CSB) provides behavioral health services for children, youth and their families. These include services for emotional disability, mental illness, substance use and co-occurring disorders for children and youth from ages 3 to 18.

Accessing services

- **In an emergency**, call CSB Emergency Services – **703-573-5679**. Available 24/7.
If the emergency is immediately life-threatening, **dial 911**.
- To schedule a **screening/assessment** for a mental health or substance use issue, call 703-383-8500.
- Or come directly to the [Merrifield Center](#) for a screening or same-day assessment Mon. – Fri., 9 a.m. to 5 p.m.

Fees are charged to offset the cost of providing treatment services. The family is responsible for paying the full fee or a parental co-payment for services not covered by their insurance or another funding source. If families are unable to pay the full fee, they may be eligible for a subsidy and/or an extended payment plan.

Outpatient services

Outpatient services include case management, mental health and substance use disorder treatment. Services are provided for children and youth (and their families) who have an emotional disability or who are at risk for emotional disability, or for those who have substance use or substance dependency issues. Youth may be experiencing emotional or behavioral challenges, difficulties in family relationships, or alcohol or drug use.

- [Student Assistance Program \(SAP\)](#) services are offered in all high school pyramids in partnership with Fairfax County Public Schools and the Juvenile and Domestic Relations District Court's Diversion Program. Prevention activities are provided for all students, and substance use assessments and treatment are provided for students who are at risk or who are actively using substances. Call the school and ask for SAP, or call CSB's SAP Case Manager at 703-866-2121 for additional information.
- [Outpatient sessions for mental health](#) are usually conducted weekly or once every two weeks for 4 to 6 months, or longer when needed. Medication appointments may be part of the treatment. Services decrease or cease as improvement occurs and they are no longer needed, if the youth and/or family stop working on treatment goals, or if they no longer desire the service.
- [Substance use/substance dependency outpatient services](#) are available for middle and high school-aged youth and their families. The goal is to reduce and then stop the youth's use of alcohol and/or drugs. Group therapy is held twice weekly for 10 weeks, with additional individual appointments available as needed.
- Youth who have [co-occurring mental health and substance use issues](#) receive services to address [both](#) issues scheduled accordingly.
- [Turning Point](#), a program for adolescents and young adults, provides rapid intervention after a first episode of psychosis and subsequent wraparound services (ages 16-25), as well as services for individuals (ages 14-25) who are at high risk for psychosis. Call 703-559-3000 and ask for the Turning Point program.
- [Family therapy](#) is an important part of the treatment, helping families learn methods to effectively address their child's needs.
- [Youth peer support](#) for parents and teens (ages 14-17) is available in weekly concurrent sessions of "Heads Up" and "Talk It Out." Teens talk about successful, sustainable recovery and resilience through mental health or substance use challenges. Parents discuss ideas on how to help their teen live their healthiest, fullest lives in the aftermath of trauma or through times of emotional distress.

Intensive treatment services

- One **residential program** is available for adolescents who need 24-hour support for a significant mental health crisis. [Leland House](#) is an 8 bed, 45-day crisis stabilization program for girls and boys, ages 12-17, who are experiencing a psychiatric crisis. The program is operated by United Methodist Family Services, with the CSB providing oversight as the county liaison. The program includes services by licensed mental health clinicians, a psychiatrist, and on-site education from Fairfax County Public Schools. Each youth receives individual, group and family therapy weekly, as well as case management services during their stay. In addition to treatment services, all youth are eligible to receive Intensive Care Coordination services. Call 703-222-3558 or 703-207-7782 with questions.
- The **Juvenile Forensic Program** provides a range of services to youth involved with the Fairfax Juvenile and Domestic Relations District Court. Services include psychological evaluations by licensed psychologists, as well as mental health and substance abuse assessments and treatment. Staff also provides case management to help the youth and family access appropriate community-based services as they transition from a Juvenile Court facility and/or need to comply with a court order for services. The program staff serves the Juvenile Detention Center, Shelter Care II, Boys Probation House, Foundations, and the Beta Program, as well as court-involved youth who are in the community. Case consultations and training are provided to all Court staff as well. Referrals come through Juvenile Court staff. Call 703-246-3446 with questions.
- **Wraparound Fairfax** provides an intensive level of support for youth who are at high risk for residential or out-of-home placement, or who are currently served away from home and transitioning back to their home community. Services are provided for up to 15 months and are designed to enable youth to remain safely in the community with their families. Wraparound Fairfax staff works closely with families and service provider teams to identify the youth's underlying needs and strengths. The facilitator shares the information in the team setting, facilitates the team planning process and monitors the outcomes through a monthly review process. Families receive supports that are matched uniquely to their situation, and that are designed to support the youth's continued progress after other services have ended and to keep the youth safely in the community and prevent out of home placement. County case managers make the referrals, and approval for services is determined by Comprehensive Services Act (CSA) utilization review staff. Call 703-207-7782 with questions.
- CSB's **Youth and Family Resource Team** attends multi-agency meetings to provide behavioral health guidance and expertise to youth, their families and multi-agency team members. Staff helps meeting participants understand care options available for youth who have significant mental health and/or substance abuse problems and helps match services and supports to family needs. Depending on the youth and family's needs, resource team staff may provide case support services for accessing community-based services and more intensive services through a team-based planning process. The Resource Team also helps youth transition back to the community after they have been hospitalized at the state hospital for youth, the Commonwealth Center for Children and Adolescents. Call 703-207-7782 with questions.
- [Healthy Minds Fairfax](#) is an initiative of the Fairfax County Board of Supervisors to expand the Children's Services Act (CSA) System of Care to improve access to behavioral health services for children and youth in the community who have significant behavioral health issues but are not eligible for other CSA or CSB services. CSB participates in interagency planning, monitoring and implementation of services.