



NEW RIVER VALLEY COMMUNITY SERVICES



Business & Non-Emergency Calls: 540.961.8300 | 700 University City Boulevard | Blacksburg, VA 24060 | info@nrvc.org

EMERGENCY SERVICES

24-HOUR EMERGENCY/CRISIS LINE: 540.961.8400

Emergency Services are available with 24-hours-a-day, 7 days a week availability for phone and face-to-face intervention that includes: crisis intervention; prescreening for hospitalization; working with the legal, judicial, healthcare and other referral sources; and securing inpatient beds or alternative services.

SERVICES for ADULTS: MENTAL HEALTH

Revised 12-16-15

PROGRAM	DESCRIPTION
Outpatient Services	Outpatient Services may include individual, as well as family and group therapy. Services may be tailored to meet the particular needs of each individual, which may include: attachment issues, substance abuse, and/or trauma. Psychological testing can also be made available, depending on the individual's needs.
Crisis	Crisis services are provided to adults who are in a mental health crisis. Services are designed to help stabilize mood and behavior in order to prevent hospitalization or any other disruption to their life. Teams provide initial screenings, assessments, intakes and short term case management and mental health skill building services for individuals new to Adult & Family Services. Psychiatric evaluation and medications services are provided in conjunction with the NRVCS Psychiatric team. Also provide intensive crisis intervention and crisis stabilization for individuals served by other AFS teams who are experiencing psychiatric and/or behavioral problems which jeopardize their community living situation.
Mental Health Case Management	Case Managers work with individuals with serious mental illness to provide resource management to help manage the variety of services available to meet their needs and work toward independent living and better quality service provision. This service can also provide care coordination as a step down service to individuals who have completed clinical treatment and still need assistance in accessing psychiatric services.
Mental Health Skill Building	This is a home based service that is designed to provide increased individual skills to enable high risk individuals with serious mental illnesses and functional limitations to increase their ability to maintain living in their community as independently as possible.
New Horizons Crisis Stabilization	New Horizons is a crisis stabilization unit (CSU) that provides short term residential and day treatment Crisis Stabilization (for up to 15 days) and day treatment Crisis Intervention (up to 30 days) to adults with a serious mental illness or co-occurring disorders who are at risk for hospitalization due to psychiatric crisis. This includes individuals under Temporary Detention Orders (TDO's) and/or commitment orders.
PACT (Program for Assertive Community Treatment)	This is a multidisciplinary service team that provides services to individuals who, because of their serious mental illness, are either unable or unwilling to participate in services in a traditional office setting. Services are primarily in the individual's home and can include up to daily medication assistance services when needed.
Psychiatric Services	NRVCS' psychiatric services team conducts psychiatric assessments and evaluates referred individuals for medication to stabilize them within the community.
Psycho-social Rehabilitation (Recovery Center)	Focuses on teaching individuals with serious mental illnesses the life skills needed to maximize independence, build and maintain social support networks and participate in paid or volunteer employment as desired. An agency operated mini-business which provides competitive wage jobs for participants, called GMB.
Psycho-social Rehabilitation (ECHO)	A team approach to providing individual supports to individuals with serious mental illness, sometimes with a dual diagnosis (MH/ID-DD). This program provides psycho-social rehabilitation in small groups allowing for individualized education and support. There is also a focus on finding employment or volunteer opportunities to meet the needs and abilities of the individuals participating in the program.

SERVICES for ADULTS: SUBSTANCE ABUSE

PROGRAM	DESCRIPTION
Drug Court	Designed as an alternative to incarceration for non-violent offenders with substance abuse-related charges, participants enter this program on a voluntary basis and receive substance abuse treatment while being subjected to intensive judicial supervision and frequent drug screenings. Participants must also complete community service, pay a portion of the program's cost, and either be employed or pursuing educational goals before they can graduate.
Intensive Outpatient Services	NRVCS' Intensive Outpatient Program (commonly known as "Stepping Stones") is a group-oriented treatment model provided to individuals who do not require the intensive level of care of inpatient, residential, or day treatment services, but do require more intensive services than outpatient services. The program is offered at three different levels, depending on the individual's level of need.
New Life Recovery Center	Located in Fairlawn, New Life is a residential treatment facility for adults living with substance use disorders. A 30-day program, New Life has ten beds and serves both males and females who are 18 years of age or older with a primary diagnosis of alcohol and/or drug dependence. Residents may also have co-occurring mental health disorders.

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SERVICES for ADULTS: SUBSTANCE ABUSE (continued)

PROGRAM	DESCRIPTION
FLASH (Families Learning And Staying Healthy)	FLASH is a support group for families of persons with substance use disorders. Family members must attend FLASH meetings in order to visit their loved one at New Life during the designated weekly visitation hours. The group, which is free and confidential, is also open to anyone in the community. FLASH meets Monday evenings at the NRVCS Montgomery Center from 6:00 - 7:30 p.m.
Bridge Program	Bridge is a jail diversion program that provides treatment for individuals who are involved in the criminal justice system and have mental health disorders or co-occurring mental health and substance use disorder. The program offers two groups that address these issues: Seeking Safety is an evidence-based practice that was specifically developed for individuals with a trauma history – and who may have Post-traumatic Stress Disorder -- as well as substance use disorders; and Beyond the Bars is a group designed to teach coping skills for mental health problems and substance use disorders, and to address criminal conduct. Participants are challenged to engage in more pro-social behaviors.
Jail Services	Provides assessment, referral for psychiatric services (including medication evaluation and management), psychiatric services, case management, group treatment, and crisis services to incarcerated individuals with mental health disorders.
Medication Assistance Therapy (MAT)	MAT is the use of medications, in combination with counseling and behavioral therapies, to provide a research-based approach to the treatment of substance use disorders that has proven to be most successful. Suboxone/subutex is being used at NRVCS in conjunction with participation in group and/or individual counseling.
Additional Groups	Additional, less intensive, SA (substance abuse) outpatient groups are also offered at NRVCS. They include: Continuing Care - 4 hours per week Relapse Prevention - 2 hours per week Early Decisions (MET 1,2) - 1.5 hours per week Women's Circle - 2 hours per week Conscious Choices - 2 hours per week Action (MET 3) - 2 hours per week

SERVICES for ADULTS: DEVELOPMENTAL SERVICES

PROGRAM	DESCRIPTION
Community Living Day Support	This service includes individualized training, support and supervision promoting peer interactions, opportunities for independent living and social skill development, and community participation for individuals with primary Intellectual Disability (ID) diagnosis. The CABLE group is a sub-group of day support that provides members of the group with community focused activities which puts emphasis on life skills needed to promote independence.
Community Living Residential	These services provide individualized residential support services to individuals who are living with one or more other individuals and who need continuous supports available 24 hours per day. These are provided in a large or small group homes. Sponsored residential (host home) are residential supports for individuals who prefer living in a family setting. It allows one or two individuals per home to receive individualized residential supports.
Fairview Home	Fairview Home serves adults of at least 18 years of age who meet with criteria for Assisted Living on the Virginia Uniform Assessment Instrument (UAI) and are eligible for the Department of Social Services (DSS) Auxiliary Grant. The Virginia UAI is typically completed by the case manager, DSS or other social worker. Residents must be ambulatory and have a current diagnosis or history of mental illness, intellectual disability, and/or substance abuse disorder in remission. We do not have accommodations for residents with serious cognitive impairments.
Intellectual Disabilities Case Management	This team supports individuals with intellectual disabilities that either currently receive or are on the waiting list for ID Waiver services to access and maintain resources needed in the community. Services include referral/accessing/and monitoring resources for all facets of life; family support and education, discharge planning and community networking and education. This team can also coordinate screenings for ID Waiver criteria.
REACH (Regional Education Assessment Crisis Services Habilitation)	REACH utilizes a team approach to provide: clinical assessment; crisis prevention, stabilization and intervention planning and education; Community and home based crisis intervention and stabilization available to both adults and children; facility based therapeutic emergency and limited planned stays available for individuals 18 and over. The goal of REACH is to stabilize current or emerging crisis events, strengthen the individuals' support systems with intervention and training to increase capacity to support individuals served and promote person centered positive outcomes. REACH serves adults and children with an intellectual or developmental disability and a co-occurring behavioral health need or challenging behavior that is affecting their quality of life.

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