

About Us

Meet Our Staff!

Erin Botkin

As a native of Staunton, Erin brings a local feel to the Prevention Services department. A graduate of Virginia Tech with a B.S. in Psychology, Erin appreciates the opportunity to give back to the community that has contributed so much to her life experiences. Erin enjoys working with youth and engaging families through prevention opportunities.

Kara Rill

With Staunton being her hometown, Kara graduated from James Madison University with a B.S. in Health Sciences in 2016. Kara has served as a Prevention Specialist with our agency since the fall of 2016. She has a passion for helping people and hopes to make a difference in the lives of each person she encounters.

To inquire about any of our services, contact us at 540-213-7599.



Valley Community Services Board

85 Sanger's Lane
Staunton, Virginia 24401

Main Line: 540-887-3200
Emergency Services: 540-885-0866
www.myvalleycsb.org

VCSB does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.



6/2018

Valley Community Services Board

ALL AGES



Prevention
Services



Camp Excel

Camp Excel is an alternative summer day camp for youth considered to be at risk for substance abuse. Camp is held Mondays, Wednesdays, & Fridays at Montgomery Hall Park in Staunton. Camp begins mid June and runs through the first week of August. Campers enjoy swimming, arts & crafts, sports, and learning new skills throughout summer. Lunch, snacks, and supplies are provided. There is a \$20 fee, which also covers the required camp T-shirt. VCSB provides limited transportation options in Staunton, Waynesboro, and Augusta County. Space is limited to 30 youth ages 8-12, and 15 mentors ages 13-17. Applications are available through VCSB.



Prevention Services

Welcome to Valley Community Services Board (VCSB). VCSB Prevention Services provides a broad range of substance abuse prevention programming ranging from youth through adulthood. VCSB serves the cities of Staunton, Waynesboro, and Augusta and Highland Counties. Services are offered to clients of VCSB as well as the general public.

Programs

◆ **Presentations** >>

Prevention Services will facilitate presentations and workshops on substance abuse and other prevention-related topics in educational and other settings.

◆ **SAFE TALK** >>

Safe TALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

<https://www.livingworks.net/programs/safetalk/>

◆ **ASIST Trainings**>>

Prevention Staff offer the LivingWork's ASIST (Applied Suicide Intervention Skills Training) curriculum to anyone in a helper role. ASIST is a full 2 day training for anyone 18+years.

<https://www.livingworks.net/programs/asist/>

◆ **Mental Health First Aid**

>>
Mental Health First Aid is an 8-hour course that teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

<https://www.mentalhealthfirstaid.org/about>

◆ **Greater Augusta Prevention Partners (GAPP) Coalition** >>

The GAPP Coalition is a collaborative entity, which focuses on pressing prevention issues and initiatives in the community. Many agencies and organizations are involved in the Coalition and meetings are open to the public. For more information, contact Erin Botkin, or visit

www.valleyprevention.com