

# 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.

### Paula Woods

Paula has served as the Prevention Specialist since Spring 2012. A New Jersey native, Paula is proud to reside in Augusta County after graduating from Bridgewater College with a B.S. in Psychology. Paula's inspiration and enthusiasm comes from the many elementary and middle school students she has encountered and worked with during her career.

**To inquire about any of our services, contact Erin 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](http://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

### Youth Program



## Substance Abuse 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.



# Substance Abuse 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.

### ◆ **All Stars Jr. Community >>**

All Stars Jr. Community is a curriculum administered in the classroom, focusing on six character words: forgiving, respectful, helpful, responsible, honest, and caring. This curriculum is targeted towards 4th and 5th grade students.

### ◆ **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.



### ◆ **LifeSkills Training >>**

LifeSkills Training is a classroom-based substance abuse prevention program for elementary/middle school students. LST teaches personal and social skills to promote individual competence and aims to decrease young people's vulnerability to pro-substance use social influences from peers and media. The program develops self management skills that help students examine their self-image and its effects on behavior. LST is offered in numerous schools in Staunton, Waynesboro, and Augusta County, as well as in community settings.

### ◆ **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.