

Confidentiality

Employees of Valley Community Services Board adhere to standards of professional ethics, including confidentiality. Your records and information will not be shared with anyone outside of VCSB without your written permission. When federal or state laws provide for disclosure of information without your permission, we will release records and/or information, as well as in emergency situations.



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.



August 2021

Valley Community Services Board

All Ages



Crisis Support Services



Services

- ◆ Screening Assessment
- ◆ Therapeutic Support
- ◆ Group Counseling
- ◆ Individual Counseling
- ◆ Behavioral & Symptom Management
- ◆ Coordination of Care & Referrals

Examples of a Crisis

- ◆ Grief and/or Loss
- ◆ Experiencing a trauma
- ◆ Stress from life transitions, such as loss of a job or relationship
- ◆ Adjusting to a new medical or psychiatric diagnosis
- ◆ Increase in depression, anxiety, manic, or psychotic symptoms

Hours of Operation

Crisis Support Services sessions are scheduled during the hours of 8am—5pm Monday through Friday.

Crisis Support Services

Welcome to Valley Community Services Board (VCSB). The mission of the Crisis Support Services program is to provide therapeutic support to consumers who are experiencing a psychiatric crisis. We serve the Counties of Augusta and Highland and the cities of Staunton and Waynesboro.

Overview

The Crisis Support Services Program focuses on addressing short term, achievable goals to assist in reducing the current crisis.

Services are offered for a brief period of time.

Therapeutic sessions will be scheduled to fit the individual's needs and desired level of support.

Goals of the Program

- ◆ Provide therapeutic support
- ◆ Avoid psychiatric hospitalization
- ◆ Provide a secure and familiar environment
- ◆ Stabilize the current crisis of the individual
- ◆ Mobilize community supports

Referral Process & Payment

To be eligible for Crisis Support Services, a person must be experiencing an identifiable psychiatric crisis. The person will have an assessment with the Emergency Services Department at VCSB in order to determine if the person meets the necessary requirements. Contact Emergency Services at **(540) 885-0866** and ask to speak with someone about Crisis Support Services. Valley CSB charges fees for our services. We accept most insurances and offer sliding scale fees for those with no insurance based on ability to pay.