

MENTAL HEALTH-RELATED INFORMATION

COUNTY SERVICES: *You can get services from your county through their Community Services Boards (CSB), but some counties limit treatment services to those without insurance or who are indigent. They shouldn't do this, so don't give up. DO REQUEST SAME DAY ACCESS. That means your loved one should be assessed (not necessarily treated) the day you call, if it's a weekday.*

ALEXANDRIA CSB

- Intake: 703-746-3400
- Mental Health Emergency Services (ask to speak with Emergency Services clinician): 703-746-3401

ARLINGTON CSB:

- Intake for children or adults with mental health or substance abuse issues: 703-228-5150
 - For kids ages 14-17 ask for Transition Services for your child.
- Mental Health Emergency Services: 703-228-5160

FAIRFAX-FALLS CHURCH CSB:

- Intake: 703-383-8500
- Mental Health Emergency Services: 703-573-5679
- <http://www.fairfaxcounty.gov/csb/>
- Especially for Young Adults: "Turning Point," a First-Episode Psychosis Program for people ages 16-25, who are residents of Fairfax County or the cities of Fairfax or Falls Church, and have experienced unusual thoughts and behaviors, or are hearing or seeing things that others don't within the past two years. Operated by Fairfax-Falls Church Community Services Board, 8221 Willow Oaks Corporate Dr., Fairfax.

WASHINGTON, DC: In DC children receive services through the Department on Mental Health - (DMH) there is a central access line and you call and get an appointment. The majority of the services are through private contractors - they are called Core Service Agencies. The child would be given an appointment and services would begin. The CSA's are funded both through Medicaid and private insurances. They have a plan for children's service which can be found on their website

<http://dmh.dc.gov/dmh/site/default.asp>

DC Schools Mental Health Program:

<http://dmh.dc.gov/dmh/cwp/view,a,3,q,516043,dmhNav,%7C31250%7C.asp>

- **Mental Health Emergency Services:** (202) 481-1450 (adults or children)

- **Children's/Adult and Emergency Mental Health Services:** ACCESS Helpline at 1-888-793-4357 and talk with a mental health professional who will guide you through the process.
- **Friendship Place**, helps homeless people get housing, <https://friendshipplace.org/>

For Parents in Northern Virginia concerned about your child age 21 or younger, this should be your FIRST call in a non-life threatening emergency.

CHILDREN'S REGIONAL CRISIS RESPONSE: 844-627-4747. No cost 24-hour rapid response to all youth (21 & younger) facing a mental health and/or substance use crisis. Highly trained and compassionate counselors provide phone screening and face-to-face assessment, intervention, and support so that your child and family may continue with life as planned. 30-days of services are provided by National Counseling Group, allowing time for longer-term services to be put in place to address the child's needs. <https://www.cr2crisis.com/>

TAKE A FREE NAMI CLASS contact NAMI Northern Virginia at Info@nami-nova.org

- Family to Family (if your loved one is age 18 or over)
- NAMI BASICS (if your loved one is under age 18)
- NAMI Peer-to-Peer (for individuals with mental illness to better understand themselves and their recovery)

SUPPORT GROUPS:

- For Parents of older teens and young adults with psychiatric diagnoses or concerns. Meets the 3rd Sunday of every month at 1:00-3:00 pm at Trinity Presbyterian Church, 5533 N. 16th St., Arlington (enter through door labeled "church office"). Sign up for free e-newsletter by contacting Naomi at verdugo.naomi@gmail.com
- To find out the most up-to-date information on NAMI support groups in your area, contact NAMI Northern Virginia at Info@nami-nova.org
- There is a Spanish language support group in Fairfax County. For more information contact Rosita Kline at r.arancibiakline45@gmail.com
- Formed Families Forward offers a free support group for teens and young adults ages 14-22 and at the same time a separate group for parents. Call 703-539-2904 or go to <https://formedfamiliesforward.org>

RESOURCES:

- National Alliance on Mental Illness (NAMI) at www.nami.org
- NAMI Helpline: 1-800-950-6264. And NAMI NoVA Helpline: 1-800-273-8255
- PEATC (Parent Education & Advocacy Training Center), for advice on special education and IEPs: 100 N Washington St., Suite 234, Falls Church, VA 22046, 703-923-0010

- Treatment Advocacy Center, dedicated to eliminating legal and other barriers to timely and effective treatment of mental illness. An excellent resource for state laws governing mandatory hospitalization for those with mental illness. <http://www.treatmentadvocacycenter.org/> Sign up for their free e-newsletter or call for specific advice concerning laws in your state. (703) 294-6001
- Eating Disorders: Contact Rock Recovery, Christie Dondero at Christie@rockrecoveryed.ord

WHEN YOU CALL THE POLICE:

- Do call the police if there is violence or you have concerns about your safety or that of someone else's
- When you call, let them know your loved one has a mental illness, that it is a psychiatric emergency
- Ask for a CIT (Crisis Intervention Team) officer to respond, if possible
- If you get a good officer to respond, ask for his/her card so you can request him/her in the future
- You can call the non-emergency police number to let the police know in advance that someone with a mental illness lives in your home

We understand concerns about involving police in mental health issues. There are alternatives to calling police, if the issue is NOT life-threatening. For those ages 21 or younger, try Children's Regional Crisis Response. If they are unable to help or your loved one is older than age 21, call your CSB's Emergency Services. Most CSBs are now offering some form of clinician response to non-life threatening emergencies. (If your

VIOLENCE

- Do contact your CSB
- For children age 21 or less: Call Children's Regional Crisis Response at 844-627-4747
- For school-age children: Ask for CSB Behavior Intervention Supports. This can be a school-based or home-based service. Also let the school know as they can initiate assistance through CAT/FAPT

RULE OUT OTHER CAUSES OF ILLNESS:

- Some tests require the individual to be stable (MRI and Electroencephalogram), to rule out tumors, seizure disorders
- Lyme disease can cause psychiatric symptoms: <https://www.ilads.org/wp-content/uploads/2018/04/brochure-psychiatric-lyme-disease.pdf>

THINGS TO DO (For Parents of Children & Young Adults)

- Your child will likely require an IEP. The book *The Bipolar Child* has a whole chapter on useful accommodations for children with bipolar disorder. Some of these may be useful for other illnesses as well.
- Ask for transition assistance for your 14-17 year old
- Ask for case management assistance to ensure your child, you, your family get the services they need
- Ask whether the services offered are “evidence-based.” If not, ask if any evidence-based services are offered
- As your child gets close to age 18 try to have your child sign a Power of Attorney for educational, medical and financial matters. If your child is seriously ill, consider consulting a lawyer to obtain guardianship.
- Encourage your child to sign a release so his/her doctor/therapist can speak to you. Their providers should be encouraging this also. If not, you can still speak to them! They need the insights only you have to properly treat your loved one.
- Start thinking about services your child will need as a young adult (assistance with education, getting and keeping a job)

RESOURCES FOR YOUNG ADULTS

NAMI Programs for participants with mental illness (contact NAMI Northern Virginia at Info@nami-nova.org for up-to-date information and to sign up)

- Peer to Peer: A free, 10-session program for adults with mental illness, to better understand their condition and journey toward recovery.
- NAMI Connection: A free, peer-led support group for adults living with mental illness.
- In Our Own Voice: People with mental health conditions are trained to share their powerful personal stories with community groups and others to help reduce the stigma of mental illness
- Ending the Silence: A young adult living with mental illness is trained to tell their story to classes of middle and high school students to help them learn about mental illness and where to go if they, a friend or family member needs help.
- Be a part of NAMI Northern Virginia’s Youth Leadership Council (for those ages 16-32). Contact info@nami-nova.org

NAMI’s social website for older teens and young adults: strengthofus.org

Also Voices 4Hope: A website made by young adults for young adults.
voices4hope.net

ADVOCACY

Make the system better for your child and others

- Be involved with NAMI – join and attend their events
 - NAMI Northern Virginia <https://www.nami-northernvirginia.org/>
 - NAMI Virginia <https://namivirginia.org/>
 - NAMI (National) <https://nami.org/>
- Volunteer to serve on your Community Services Board (every county/city in Northern Virginia has one)
 - Fairfax-Falls Church
 - Arlington
 - Alexandria
- Live in Arlington? Join (it's free) and advocate with Arlington Mental Health & Disability Alliance at amhda.org
- Every county in Virginia has a Special Education Advisory Committee working to improve educational outcomes for children with IEPs or special needs. Volunteer with the Committee to improve your county's educational services for kids with mental illness
- Volunteer with Partnership for Children—work with them to improve services and inclusion of kids with mental illness and to improve their social opportunities
 - Arlington: <https://www.arlingtonpartnershipfoundation.org/>
 - Fairfax: <https://www.volunteermatch.org/search/org77412.jsp>

RESOURCES AND SERVICE PROVIDERS

CASE (Center for Adoption Support and Education): 703-425-3703

Multi-Cultural Services - All the CSBs in NoVA should have multicultural capability

- Northern Virginia Family Service Multicultural Center, Arlington and Falls Church, VA
571-748-2800
- Multi-Cultural Clinical Center, Springfield, VA
703-354-0000

National Rehabilitation Information Center: 800-346-2742, www.naric.com (they provide helpful resources)

National Association for Dual Diagnosis, www.nadd.org -- a national association for persons with developmental disabilities and mental health needs

Families Anonymous: A 12-step support group some parents have found helpful. Most of the parents who attend are dealing with their child's substance abuse issues, though some have a young adult whose primary issue is mental illness. It teaches you to detach from your loved one's problems and live your own life. It is run by Stanley Verrocchio, his email address is: stanley.verrocchio@yahoo.com It meets at Christ Lutheran Church, 3810 Meredith Drive, Fairfax, VA Mondays from 8:00 - 9:30

Powerless Parents: A 12-step program run by Al-Anon. Some parents have found this helpful. Here's the link to find a meeting: <https://www.vaaanon.org/find-a-meeting>

A free Yoga app: Insight Timer

FREE DROP IN CENTERS

These are places where people with mental illness can stop by to enjoy a cup of coffee, socialize or just hang out in a low stress, low demand environment. Staffed with volunteers and paid peer-staff who ensure a safe, comfortable and friendly atmosphere. People come to the centers to connect with (and find hope and inspiration from) a community of people in recovery. Peers encourage one another toward independence in housing, education and jobs. Call first as some hours have changed.

- **Annandale Consumer Wellness Center** – 703-531-4650

Heritage Center, East Building
7611 Little River Turnpike, Suite 260, Annandale, VA 22003
Open Monday through Thursday, 10 a.m. to 4 p.m.
Bottom floor, look for CWC signs.

- **Laurie Mitchell Empowerment and Career Center** – 703-461-3886

8221 Willow Oaks Corporate Drive, First Floor East, Fairfax, VA 22031
Computer classes. Call for hours and activities.

- **Merrifield Peer Resource Center** – 703-559-3100

8221 Willow Oaks Corporate Drive, First Floor East, Fairfax VA 22031
Currently closed but call for more information.

- **Reston Drop-in Center** – 703-481-4171

1850 Cameron Glen Drive, Suite 200, Reston, VA 20190
Open Monday through Friday, 9 a.m. to 2:30 p.m.
Call for information on recovery groups and activities.

- **South County Recovery and Drop-in Center** – 703-341-6890

8794-S Sacramento Drive, Alexandria, VA 22309
Open Monday and Thursday, 3 to 7:30 p.m., Saturday and Sunday, noon to 7:30 p.m.
Serves Route 1 corridor, Eleanor Kennedy Shelter and homeless; provides mental health and substance use disorder groups, meals, laundry, shower and other resources.

Arlington County Peer-Run Recovery Center

<https://www.aphpr-rpsva.org/home.html>

3219 Columbia Pike

Arlington, VA 22204

Phone: 703-567-1346

Hours: Monday – Thursday 10 a.m. – 3 p.m.