

Stamping Out Suicide (S.O.S.)

Important Information about our Behavioral Health Division

Our **State Hospital Liaison Program** provides coordination of benefits that are needed immediately following discharge from a state facility. This process happens automatically through the state hospitals.

Our **Outpatient Clinics** provide individual and group counseling for those with mental health or substance use challenges. We also provide our clients with **Medication Management** for mental health and substance. To refer individuals, contact one of our clinics: Culpeper Behavioral Health Clinic: 540-825-5656 or Fauquier Behavioral Health Clinic: 540-347-7620.

Our **Young Adult Coordinated Care (YACC) program** provides a team-focused support system for individuals experiencing first episode psychosis ages 15 - 30. Referrals can be made via email at YACC@ecsva.org.

Boxwood Treatment Center offers up to a 28-day residential substance use treatment program. Group and individual counseling are utilized to improve the recovery skills of individuals using this treatment facility. For more information about Boxwood Treatment Center, call 540-547-2760. To make a referral to Boxwood Treatment Center, call 540-825-5656 and choose option 7.

Honoring your Successes

At times we can feel bogged down by some things in life that aren't going right. It is important to remind yourself, to "be in the moment" of your successes and the choices we've made to have things go right. As we honor and celebrate the successes we've had towards goals, those successes will build upon themselves. Mindfulness and gratitude over successes we've had is important in growing our mental health and appreciating our efforts in life.

Today think about recent choices you've made that have resulted in a positive, feel-good time in your life, like writing a card of gratitude to show your appreciation, scoring well on an exam after preparing for it, or finishing an overdue work item. Allow each positive-minded thought and action to work towards long-term goals.

submitted by Nicole Smith, LCSW, Clinical Supervisor of Encompass Community Supports and member of our Zero Suicide Implementation Team



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Our **Crisis Services** is available 24 hours a day, 7 days a week, 365 days a year and is focused on helping individuals deal with their immediate mental health or substance use crisis. The Crisis Services team is also available to complete screenings and coordination for substance use detox and residential services. For referrals to Crisis Services, call 540-825-5656 (choose option 7) or 540-617-0774..

Our **Co-Response** team responds with our local law enforcement agencies to mental health related calls. They work to de-escalate issues on-scene, which decreases the number of arrests or admissions to state treatment facilities. No community referrals are accepted for the Co-Response Program.

Our **Jail-Based Services** provide individual and group counseling to incarcerated individuals at the Central Virginia Regional Jail, Culpeper County Jail, and Fauquier Adult Detention Center. Our staff also aid in connecting recently released individuals with our agency, to continue their recovery journey. No community referrals are accepted for our Jail-Based Services.

Our **Peer Recovery Specialists** provide support for community members seeking resources, recovery, and access to other services offered by our agency. Our Peer team also runs the **S.E.E. Recovery Center**, a center that provides educational, supportive, and empowering groups for recovery of all types. For more information or to submit a referral, contact the S.E.E. Recovery Center at 540-825-3366 or email at SEERecovery@ecsva.org.

Our **Mental Health Skills Building Program** provides personalized skills training to help individuals achieve and maintain community stability and independence in the most appropriate and least restrictive environment. Individuals referred to this program must have had a prior psychiatric hospital stay. To refer an individual, email MHSB@ecsva.org.

Our **Liberty Transitional Housing Program** is a 12-month step down program focusing on developing skills necessary to live independently in the community. It is available to individuals that have recently been discharged from state facilities. Referrals occur automatically through state hospitals for our Liberty program.



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