

About Us

The Rappahannock Area Community Services Board (RACSB) is an agency of local government which was established in 1970 under Chapter 10 of the Code of Virginia. RACSB provides community-based mental health, intellectual disability, substance abuse, prevention, and early intervention services for the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford.

The Board is composed of fifteen volunteer members who are appointed by the local governing bodies. The Board members are people from the community with various occupations and interests, who serve three-year terms of office.

Mission

The Rappahannock Area Community Services Board is committed to improving the quality of life for people residing in Planning District 16 with mental health, intellectual disability and substance abuse problems and preventing the occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to consumer needs and choices. We respect and promote the dignity, rights, and full participation of individuals and their families.

Internationally Accredited

The following RACSB programs are internationally accredited by CARF (Commission on Accreditation of Rehabilitation Facilities): mental health and substance abuse outpatient programs; adult mental health and adult substance abuse case management; child/adolescent outpatient and case management; crisis stabilization program; psychosocial rehabilitation; adult and child/adolescent drug court treatment; and mental health community housing.

State Licensure

All RACSB programs are licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS).

Outpatient Clinic Locations

RACSB Administrative Offices & Fredericksburg Clinic

Ronald W. Branscome Building
600 Jackson Street
Fredericksburg, VA 22401
540-373-3223

RACSB Caroline County Clinic

Patricia K. Spaulding Building
19254 Rogers Clark Blvd.
Ruther Glen, VA 22546
804-633-9997

RACSB King George County Clinic

Marie O. Kunlo Building
8479 St. Anthony's Road
King George, VA 22485
540-775-9879

RACSB Spotsylvania County Clinic

Edith O. Fleming Building
7424 Brock Road
P.O. Box 277
Spotsylvania, VA 22553
540-582-3980

RACSB Stafford County Clinic

Charles A. Cooper Building
15 Hope Road
Stafford, VA 22554
540-659-2725

No one is denied services based on inability to pay.
Financial assistance is available.

RACSB complies with the Americans with Disabilities Act.
Equal access to programs, services and employment is available to all persons.

Information current as of 1/2014 and subject to change without notice.

Crisis Stabilization Program at The Sunshine Lady House for Mental Health Wellness & Recovery



**Rappahannock Area
Community Services Board**

600 Jackson Street
Fredericksburg, VA 22401
540-373-3223

Mental Health Crisis Stabilization Program

The Rappahannock Area Community Services Board's (RACSB) Mental Health Crisis Stabilization Program at The Sunshine Lady House for Mental Health Wellness & Recovery is a welcoming, therapeutic residential program. Adults experiencing acute psychiatric crisis and individuals seeking safe withdrawal from alcohol, opioids, and benzodiazepines are supported and stabilized in the least restrictive environment possible.

Staff work with the individuals to mobilize a community support system for continued maintenance, rehabilitation, and recovery. This integrated program can serve up to 12 individuals at a time for up to 15 consecutive days per episode.

The mission of the Sunshine Lady House for Mental Health Wellness and Recovery is to provide interventions to avert psychiatric hospitalization of individuals experiencing an acute mental health crisis and provide safe, medically monitored detoxification. Services are provided in a safe, supportive environment.



The goals of the Crisis Stabilization Program are to:

- serve as an alternative to psychiatric hospitalization (in acute crisis);
- be a step-down transition from inpatient care;
- divert persons from jail;
- serve as a secure drop-off location in partnership with the Fredericksburg Police Department;
- provide respite services; and
- provide medically managed detoxification services.

Services provided include:

- 24-hour observation, monitoring and treatment;
- psychiatric assessment, treatment planning, and referral;
- medication evaluation, education, and management;
- assistance with self-care issues (including symptom and behavior management);
- individual and group counseling; and
- discharge planning.

Services are provided by a multidisciplinary team of psychiatrists, counselors, nurses, qualified mental health providers, and contracted healthcare professionals.

The program offers therapeutic counseling and utilizes mental health recovery concepts including Wellness Recovery Action Plan (WRAP) principles. Services directed toward the overall wellness of the individual include integrated treatment activities to serve persons with co-occurring disorders. Individual service plans

are developed together with the individual and their family, as appropriate.

Prior to admission into the Crisis Stabilization Program, individuals are screened by RACSB's Emergency Services staff. In addition to admitting residents from the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford, the program serves as a regional resource, accepting referrals from the Rappahannock-Rapidan Community Services Board.

RACSB also provides:

- **24-hour Crisis Intervention** – Clinicians provide assistance over the phone or, when appropriate, arrange to meet the individual.

Caroline County – 804-633-4148

King George County – 540-775-5064

Fredericksburg, Spotsylvania, and Stafford Counties – 540-373-6876

- **Outpatient and Case Management Services**
- **Day Support Services at Kenmore Club**
- **Residential Services**



**Crisis Stabilization Program at
The Sunshine Lady House for
Mental Health Wellness & Recovery**

615 Wolfe Street
Fredericksburg, VA 22401

Phone: 540-374-3386
Fax: 540-374-3387

The Sunshine Lady House for Mental Health Wellness & Recovery was constructed through a generous \$2 million grant from Doris Buffett and The Sunshine Lady Foundation, Inc. The facility is furnished through the generous support of individuals, civic organizations, and area businesses.