

## Criteria

This is a program for persons age 18 and over who are experiencing a mental health crisis that may put them at risk of hospitalization, homelessness or isolation from social supports.

## Referral Process

Persons in crisis may call their local Community Services Board's emergency services 24/7 and speak to a crisis clinician. The crisis clinician will review options and if appropriate will make the referral to the Wellness Recovery Center.

In the Charlottesville area please call Region Ten's emergency services at (434) 972-1800. If you live outside of the Region Ten service area, please call your region's Community Services Board (see the list with phone numbers on back).

If you have questions about the center, please call the program staff at (434) 972-1876 and we will be happy to provide information.

## Other Available Crisis Services

Region Ten offers other crisis services accessed through Emergency Services. The Emergency Services clinician can assess appropriate level of intervention for persons in crisis. They can provide referrals to the Emergency Room, hospitalization, outpatient services, and referral regional detoxification programs.



## Regional Community Services Boards

### Harrisonburg-Rockingham

Rockingham county; City of Harrisonburg  
540-434-1941  
Emergency services: 540-434-1766

### Horizon

Amherst, Appomattox, Bedford & Campbell counties; Cities of Bedford & Lynchburg  
434-847-8050  
Emergency services: 434-897-8000

### Northwestern

Clarke, Frederick, Page, Shenandoah & Warren counties; City of Winchester  
540-636-4250  
Emergency services: 540-635-4804

### Rappahannock-Rapidan

Culpeper, Fauquier, Madison, Orange & Rappahannock counties  
540-825-3100  
Emergency services: 540-825-5656

### Rappahannock Area

Caroline, King George, Spotsylvania & Stafford counties; City of Fredericksburg  
540-373-3223  
Emergency services: 540-373-6876

### Region Ten

Albemarle, Fluvanna, Greene, Louisa & Nelson counties; City of Charlottesville  
434-972-1800  
Emergency Services: 434-972-1800

### Rockbridge Area

Rockbridge & Bath counties; Cities of Buena Vista & Lexington  
Emergency services: 540-463-3141

### Valley

Augusta & Highland counties; Cities of Staunton & Waynesboro  
540-887-3200  
Emergency services: 540-885-0866

## Wellness Recovery Center

### Region Ten CSB

504 Old Lynchburg Road  
Charlottesville, VA 22903

Phone: (434) 972-1876  
Fax: (434) 296-6157

<http://regionten.org/hpr-i-portal/hpr-i-regional-programs-and-services>

Mary A. Schlimm, LPC, Director

## Wellness Recovery Center

### Region Ten Community Services Board

### Acute and Crisis Stabilization Programs



The Wellness Recovery Center is a 16 bed residential crisis stabilization program with interventions and support for individuals who are experiencing an acute mental health crisis.

# regionten

innovative services for mental health, developmental disabilities and substance use disorders

a better life, a better community

## Program

We believe recovery is possible for each individual and that having a sense of hope lies at the foundation of recovery. The goal of the program is to assist individuals in mobilizing their own inner resources and community supports to aid in their ongoing journey of recovery. Participation in this program offers people an alternative to inpatient hospitalization.

The Wellness Recovery Center strives to instill hope and to make appropriate, individualized referrals for each person who participates in the program. Program staff assists each individual to identify their goals while assuring their safety in a thorough, expedient, professional, and humane manner.

## Acute Stabilization

For those needing a low stimulus, quiet, supportive setting with constant staff presence, security, and added safety features, we have added a 4-bedroom unit specifically to meet these needs. Safety, support, assessment, medication adjustments, and improving patterns of sleep and appetite are the primary focus for brief stays of 2-3 days. Persons on Temporary Detention Orders stabilize quickly, and appreciate the added comfort, security, and privacy.



## Program Hours

The program is residential and operates 24 hours a day, seven days a week.

## Services

The Wellness Recovery Center offers a full range of services in both individual and group settings. Services include:

- Psychiatric assessment.
- Medication and symptom management.
- Individual and group counseling and education.
- Mental health recovery education.
- Movement Therapies.
- Auricular Acupuncture
- Skills training in mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation.
- Links to community resources.

Services are provided by a team of psychiatrists, social workers, counselors, nurses, qualified mental health providers and residential technicians.

## Groups

**Recovery Topics:** An introduction to mental health recovery that emphasizes empowerment and self responsibility. Topics include finding hope, creating a wellness toolbox, and preparing crisis and discharge safety plans that are based on evidence-based concepts from Wellness Recovery Action Planning (WRAP®).

**Body Movement:** Research has demonstrated that exercise and keeping the body in motion is effective in returning individuals to mental health. Activities include walking, yoga, qigong, Wii fitness and Xbox games, basketball, elliptical, and other fun recreational activities.

**DBT:** Dialectical Behavioral Therapy (DBT) is an evidence-based treatment modality, adapted for the crisis stabilization setting, that helps people create more balance and stability in their lives through teaching and practicing four sets of skills: mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

**Topics Groups:** Groups are based on the needs of residents and the expertise of staff and include: assertiveness, anger management, depression, anxiety, self-esteem building, motivation, exploring the impact of substance use, the neuroscience of mental health and substance use, relaxation, sleep, nutrition, and medication education.

## Substance Use Groups

**Seeking Safety:** Evidence-based coping skills focused on co-occurring Post Traumatic Stress Disorder (PTSD) and substance use.

**Choices:** Evidence-based relapse prevention skills based on concepts from the SAMHSA Matrix Program and the Hazelden/Dartmouth co-Occurring IDDT Program.

**Process Group:** An end-of-the-day open discussion format for support and group psychotherapy that provides participants an opportunity to share their progress and challenges and get support from one another.

**Auricular Acupuncture:** This is an evidence-based acupuncture treatment that aids in reducing substance cravings and symptoms of withdrawal as well as promoting overall relaxation, assistance with anxiety and stress reduction, and that aids sleep.

