



"our philosophy"

We use a person-centered strengths-based treatment approach with an emphasis on crisis stabilization and identification and utilization of coping skills. Wellness is a safe and supportive environment with a team of kind and caring professionals.



Get in touch

504 Old Lynchburg Road
Charlottesville, VA 22903
(434) 972-1800

Wellness Recovery Center
Crisis Stabilization
Program

Program Description

The Wellness Recovery Center is a 16 bed residential crisis stabilization program for individuals 18 and older who are experiencing an acute mental health crisis. Length of stay can be up to 2 weeks and many individuals resolve their issues in less than 2 weeks.

Services Offered

- Psychiatric Assessment
- Individual, couples, and family counseling
- Groups in mindfulness, distress tolerance, relationship skills, and managing emotions.
- Movement therapies.
- Auricular Acupuncture.
- Links to community Resources

Services are provided by a team of psychiatrists, social workers, counselors, nurses, case managers, and residential technicians.

ADMISSION

Admission is through your local Community Services Board (CSB). Region Ten is the CSB for persons in the City of Charlottesville, Albemarle, Fluvanna, Greene, Louisa, and Nelson Counties. Call 434-972-1800 for admission and ask for emergency services.

COST

We accept Medicaid and some other insurance for services. We use a sliding scale to determine fees for individuals with no insurance, Medicare, or for those that have other private insurances that we do not bill.