

# Mental Health Resources in the Rappahannock Region and Online

Listed in order of increasing urgency, effective June, 2023

## I. In person, local resources; from less involved progressing to more involved

### A. For early initial resources

- Primary health provider, pediatrician
- For students: school (including higher ed.) social worker, therapist, counselor, etc.
- For adults, free confidential, phone conversation for strategizing, referring: Mon -- Sun, 7am -- 11 pm, experienced local NAMI volunteer (540) 724-6393.
- For adults, free, confidential, safe zoom or in-person peer support groups led by trained peers
  - RACSB's Growing Health and others,
  - NAMI Rappahannock; ongoing Tues. eve group [www.namirapp.org](http://www.namirapp.org)
- For youth, occasional series of groups, Mental Health America, Fredericksburg

### B. For more specialized professional help (counselors, therapists, psychiatrists, etc.)

- Referrals to private local providers, although availability is limited and challenging
- Can ask your current medical provider for possible recommendations
- If you have insurance, start with learning of your "in network" provider
  - A , online or through phone consultation, through local Mental Health America: Weekdays, Mon – Fri, 9 am – 2 pm, (540) 371-2704 or at <https://www.mhafred.org/helpline/> anytime
- A public/private provider resource turns no one away. It is the Rappahannock Area Community Services Board, (RACSB), [www.rappahannockareacsb.org](http://www.rappahannockareacsb.org). They address mental health, substance abuse, or both.
  - Clinics in .
  - Their goal is to initiate service the same weekday as contacted "We'll explore your needs and connect you with outpatient therapy, group counseling, intensive care coordination, crisis services, medication management, recovery-based rehabilitation, and residential care." ...as appropriate.
  - Services exclusively for individuals in financial need and no or very limited insurance
  - Lloyd Moss Free Clinic, open daily until 9 p.m. (540) 741-1061
  - Fredericksburg Christian Health Center (540) 785-8500

C “Partial hospitalization” for about two weeks of intensive daytime services while living at home, is offered through “Snowden at Fredericksburg,” a facility of Mary Washington Healthcare. (540) 741-3900, <https://www.marywashingtonhealthcare.com/Our-Services/Brain-Health/Behavioral-Health.aspx>

D. Non-home environments; listed in order of increasing or subsequent levels of need

- “Crisis stabilization,” 24-hr stays, 2-14 days, “Sunshine Lady House,” through RACSB, above
- Private hospitalization, local, for safety and/or stabilizing of medications
  - o Snowden at Fredericksburg (see above)
  - o Spotsylvania Regional Medical Center (540) 498-4344 (24 /7) or <https://www.hcavirginia.com/locations/spotsylvania-regional-medical-center/specialties/mental-health-and-wellness>
- Western State Psychiatric Hospital, Staunton serves this region, a back-up option, modern facility. Access through other professionals.

E. “New-home” environments for stabilized yet chronically, seriously ill individuals,

- Private and government-owned, supervised facilities: group homes, apartments, etc. Supply is far below the need ; thru RACSB above.
- “Hospital without walls” PACT, “Program for Assertive Community Treatment” for repeat hospitalization risks; thru RACSB above
- “Supported housing” units, only for people with chronic serious illness and history of hospitalization (insufficient supply); thru RACSB above

II. Mental health emergency, when someone is in crisis or at risk of causing physical harm

A. Local 24 hour professional mental health consultation, (540) 373-6876 (staffed by Rappahannock Area Community Services Board; any call-backs are prompt.)

B. National crisis hotline, trained responders, simply dial 988, also offers links to caller’s locality

C. May also call 911 and identify as a mental health challenge. Be patient with dispatcher's questions; they are considering various responses. Help is already on the way, possibly including a specially trained police officer skilled at quieting most situations.

III. Online: huge growth in online information and resources hastened by Covid

A. Find trusted information sites, sources

Seek: major educational and medical institutions, government sites, advocacy organizations. Avoid: sites selling a product, making promises, or promoting fear.

Specific good

sources: [www.cdc.gov/mentalhealth/learn/index.htm](http://www.cdc.gov/mentalhealth/learn/index.htm) [www.mayoclinic.org](http://www.mayoclinic.org) [www.nimh.nih.gov](http://www.nimh.nih.gov) [www.nami.org](http://www.nami.org) [www.mhanational.org](http://www.mhanational.org)

B. Information and groups can help you learn, try basic strategies, and identify next steps

- Learn vocabularies and distinctions about diagnoses, treatments, practitioners
- New awareness of medical-physical-behavioral overlaps
- Self-help: guides, meditation, relaxation, mindfulness
- Peer groups are usually free, facilitated by peers with specialized training.

C. Professional help online has also greatly expanded with Covid; may be covered by insurance

- Availability, advantages, and disadvantages of online therapy
- Check what your public or private insurance covers
- An online list of providers: <https://www.verywellmind.com/best-online-therapy-4691206>

D. Smartphone tools evaluated by Dept. of digital psychology of Boston's Beth-Israel Deaconess Medical Center (based on presentation at National NAMI Conference June 15, 2022.)

Main options are hybrid and coached. Of the 600 evaluated, very few had good privacy protection. The best were very expensive. The FDA has not yet developed clear standards or protocols. Early follow-up shows that few users continued use beyond 7 – 10 days

E. Sources of financial help for prescriptions, even with insurance; worth a try

- Most prescription manufacturers have a (PAP)
- for special, pressing needs. Apply on their website.
- Online prescription discount apps can be cheaper than even insurance co-pay. The most widespread is Good Rx. Others include Blink Health, Rx Saver, Single Care, and Well Rx.
  - Search online, compare costs, fill out online form, take to local pharmacy.
  - Some pharmacists will give you verbal comparisons if you ask and handle entire process.

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Public support for mental health is increasing. More public money and attention is being applied. Online platforms are being assessed and implemented for coordinating information, referrals, and follow-up with client participation. The inter-relationship and shared importance of physical and mental health is being more broadly recognized in training and responses.

Interest in volunteering your help? Contact a nonprofit above

Questions, updates or suggestions? Contact Karen at [kakallay@gmail.com](mailto:kakallay@gmail.com)