

Mental Health Resources; Rappahannock Region

Presented by NAMI Rappahannock volunteer, Karen Kallay, Jan 2022

I. Live 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 free, confidential, safe phone conversation for strategizing, referring
- Mon – Sun, 7am – 11 pm, experienced local NAMI volunteer (540) 724-6393.
- For free, confidential, safe in-person peer support/social groups,
- For adults, NAMI Rappahannock; ongoing Tues. eve group www.namirapp.org
- For youth, occasional series of groups, Mental Health America, Fredericksburg mhafred.org

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

- Referrals to private local providers, although availability is challenging
- Can ask your current medical provider for possible recommendations
- If you have insurance, start with learning of your “in network” provider
- A detailed, extensive, free searchable database is available, online or through phone consultation, through local Mental Health America: Weekdays, Mon – Fri, 9 am – 2 pm, (540) 371-2704 <https://www.mhafred.org/helpline/> anytime

- Public/private provider resource *turns no one away*: RACSB, Rappahannock Area Community Services Board: www.rappahannockareacsb.org. For mental health, substance abuse, or both.

Clinics in Caroline 804 633-9997, King George 540 775-9879, Spotsylvania 540 582-3980, and Stafford 540 659-2725 Counties and City of Fredericksburg 540 373-3223.

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/limited insurance
 - Lloyd Moss Free Clinic, open daily until 9 p.m. [\(540\) 741-1061](tel:5407411061)
 - Fredericksburg Counseling Services 540 373-2320
 - 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](tel:5407413900), <https://www.marywashingtonhealthcare.com/Our-Services/Brain-Health/Behavioral-Health.aspx>

(continues...)

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
 - Snowden at Fredericksburg (see above)
 - Spotsylvania Regional Medical Center (540) 498-4344 (24 / 7) or <https://hcavirginia.com/specialties/behavioral-health/?location=spotsylvania>
- 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.
- “Hospital without walls” PACT, “Program for Assertive Community Treatment” for repeat hospitalization risks; thru RACSB above
- Serious shortage of “supported housing” units

II. **Emergency**, when there’s fear of imminent harm to someone

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, links locally **1-800-273-8255** (1-800-273-TALK) (will be simply 988, effective July 16, 2022)

C. May need physical strength? **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, usually by specially trained police officer.

III. **Online: huge growth in 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 www.mayoclinic.org
www.nimh.nih.gov www.nami.org www.mhanational.org

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

(continues...)

- Learn vocabularies and distinctions about diagnoses, treatments, practitioners
- New awareness of medical-physical-behavioral overlaps
- Self-help: guides, meditation, relaxation, mindfulness
- Peer groups

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. Sources of financial help for prescriptions, even with insurance; it's a zoo out there

- Most prescription manufacturers have a Prescription Assistance Program (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 GoodRx. Others include Blink Health, RxSaver, SingleCare, and WellRx.
 - 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.

* * * * *

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 or suggestions? Contact Karen at kakallay@gmail.com