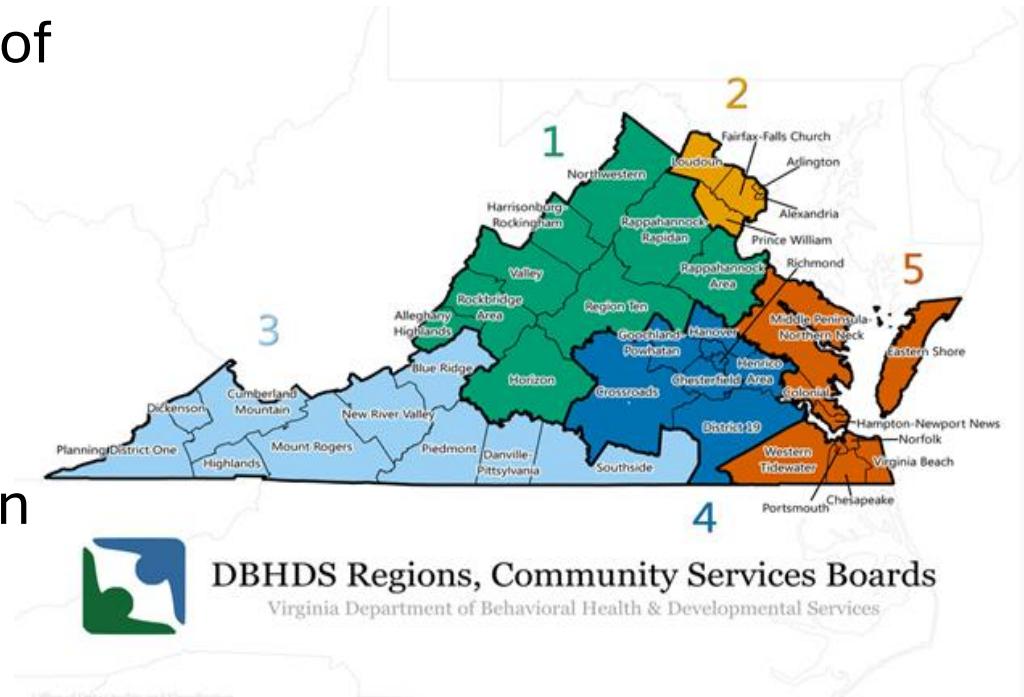




Ellen Harrison, CEO

# Community Services Boards (CSB)

- CSBs are responsible for ensuring the delivery of community-based services to individuals with mental health, substance use, and developmental disability needs.
- CSBs serve as the single point of entry for access to state facilities through pre-admission screening, case management, service coordination, and discharge planning.



# Northwestern's Mission

*It is the mission of Northwestern CSB to strengthen our communities, ensuring that our behavioral healthcare and developmental services foster recovery and self-determination.*

# Northwestern's Values



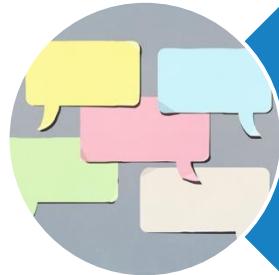
Collaboration



Compassion



Accountability



Communication

# Who Do We Serve?



Serves the localities of:  
The counties of Clarke,  
Frederick, Page,  
Shenandoah, Warren and  
the City of Winchester

Provides services to  
children, youth, families,  
and adults

Serve over 5,600  
residents annually

Individuals  
in crisis

Children at-risk for  
serious emotional  
disturbance and adults  
with a serious mental  
illness and/or substance  
use diagnosis

Persons with a  
Developmental Disability  
or Intellectual Disability

# Our Services

## Same Day Access (Adults and Children)

- Access to an initial screening for services without an appointment. Persons can walk in and be assessed on that same day for clinically appropriate services.

## Crisis Services

- Crisis Services – 24/7 response for adults and children in behavioral health crisis
- Crisis Intervention Training (CIT) – Partnership with law enforcement to improve crisis response and safety through training opportunities

## Developmental Services (Adults and Children)

- Intellectual Disability and Developmental Disability Case Management
- Waiver screening and waitlist monitoring

## Children, Youth and Family Services

- **Mental Health Services**
  - **Mental Health Case Management** – Coordinated support and linking children with, or at risk of, serious emotional disturbance to community resources by supporting caretakers in the process
  - **Mental Health Therapy** – Individual and family therapy offered in-person and virtually
  - **School Based Therapy** – Partnership with local schools to provide onsite therapy
- **Family Support Partnership** – Trained family support partners with lived experience in caring for a child with serious emotional disturbance, supporting the caretaker while the child receives services
- **Medication Management** – Psychiatric evaluation and ongoing medication oversight as part of team-based care
- **Prevention** – Early intervention and education offered throughout the communities to promote resilience and prevent behavioral health challenges before they begin
- **Collaborative therapist positions** with the local Juvenile Detention Center and the Department of Juvenile Probation
- **Partnership with the National Center for Missing and Exploited Children (NCMEC)**

# Our Services

## Adult Services

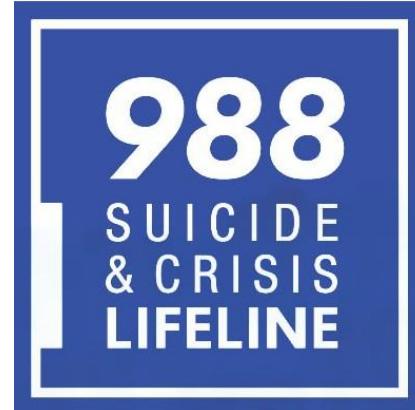
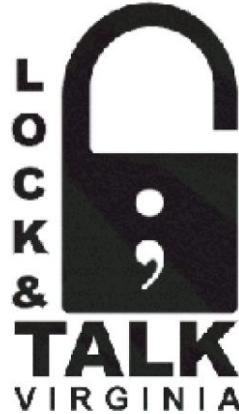
- **Mental Health Services**

- **Mental Health Case Management** – Coordinated support and linking persons with serious mental illness to community resources
- **Mental Health Therapy** – Offered in-person or via telehealth in every location
- **Assertive Community Treatment (ACT)** – Multidisciplinary team that provides intensive community-based supports to individuals with serious mental illness
- **Psychiatric Rehabilitation Services (Clubhouse)** – Sunshine House and Our Family – promote skill building and social engagement for adults with serious mental illness
- **Housing Services** – Assistance securing and maintaining stable housing for persons with serious mental illness or pregnant and parent women with substance use and mental illness challenges
- **Peer Support** – Certified peers offer support by way of training and lived experience in both mental health and substance use programs

- **Within Reach Peer Recovery Center** – A Winchester based drop-in center for individuals struggling with mental health challenges
- **Jail Services** – Provide case management and forensic discharge planning for community-based care upon release
- **Substance Use Services**
  - **Substance Use Case Management** – Coordinated support and linking adults with substance use to community resources
  - **Substance Use Therapy** – Group and Individual therapy offered in-person or via telehealth
  - **Office Based Opioid Treatment** – Medication assisted treatment combined with counseling and case management
  - **Recovery Court Collaboration** – Therapy, case management and peer support for participants in local recovery courts
- **Medication Management** – Psychiatric evaluation and ongoing medication oversight
- **Prevention and Wellness Services** – Works closely with community coalitions to provide education, support, and training around suicide awareness, substance use and overdose, and problem gambling.

# What Can You Do to Help Support Our Mission?

# Mental Health Awareness Programs



- Lock and Talk Virginia ([Lock & Talk Virginia](#))
- Promotion of 988 ([Virginia is here to help - Virginia 988 Suicide & Crisis Lifeline](#)) and Youth Resource Alliance (currently being updated) ([Youth Resource Alliance](#))
- Rx Safety and Lethal Means distribution (Med Lock Boxes, Drug Disposal Bags, Med organizers, rx vial locking caps, gun locks)

# Training, Education, Resources

- Youth and Adult Mental Health First Aid - [Mental Health First Aid Training for All | MHFA USA](#)
- Adverse Childhood Experiences Training - [Adverse Childhood Experiences \(ACEs\) | Virginia Prevention Works!](#)
- REVIVE trainings - [REVIVE! - Virginia Department of Behavioral Health and Developmental Services \(DBHDS\)](#)
- Suicide Prevention Specific Trainings (Lock and Talk, QPR, SafeTALK, ASIST)
  - Lock and Talk Presentation
  - SafeTALK [LivingWorks safeTALK - LivingWorks](#)
  - ASIST [LivingWorks ASIST - LivingWorks](#)
  - QPR [QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute \(en-US\)](#)
- Wellness Presentations (available for various ages.) [Activate Your Wellness | Virginia Prevention Works!](#)

# Partnerships and Coordinated Community Outreach

You can partner to coordinate any of the previously mentioned community trainings.

AND/OR

Partner to create an activity and/or event for:

- Substance Use Awareness (October)
- International Overdose Awareness (August)
- Mental Health Awareness (May)
- Fentanyl Awareness & Autism Awareness (April)
- Problem Gambling Awareness (March)



# How to Support and Contribute

- Support Suicide Prevention Ride and Awareness Event (3rd Saturday in September) helping to promote and providing food for riders, resource vendors and volunteers
- Financial Support of Triumph Over Trauma Annual Summit [Triumph Over Trauma Northern Shenandoah Valley Resiliency Initiative | Facebook](#)



NWCSB Prevention

# Question and Answers

