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For more resources on Prevention
Treatment or Recovery go to:

www.cmcsb.com

www.StopSubstanceAbuse.com



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Adolescent Substance Abuse Services

Cumberland Mountain
Community Services

Serving the Counties of Buchanan,
Dickenson, Russell and Tazewell
Virginia

Cumberland Mountain Community
Services

Adolescent Substance Abuse Services

Prevention Services

Prevention services focus on intervening early to prevent emotional, behavioral, or substance abuse problems from developing. Certified Prevention Professionals are active in the schools and in the community teaching researched based programs and leading alternative community and after school programs.

Education Services

CMCSB's Child and Family Services Division offer educational services to referrals from the 29th District Court Service Unit. The program uses a closed group model in which each group meets weekly for 60 minutes for six weeks. This Substance Abuse Educational Program is developed from The Adolescent Recovery Program by Hazelden and Group Activities for Teenagers At-Risk for Chemical Dependence or Related Problems by The Johnson Institute.

Case Management

Case management is the core service of the Child and family Services Program. Our Case Managers are able to work with children at school, at home, or in other community settings in order to make sure their emotional and behavioral needs are met. Services include assessing needs, coordinating services, making referrals, solving problems, and providing supportive counseling.

Counseling Services

Counseling is offered for individual, group and family services. Includes treatment includes referrals from community partners, i.e., families, schools, social services, hospitals, private providers and probation. Our therapists are Master's level clinicians who provide office based services to assist children and their parents with particularly difficult issues. In most situations children are able to continue working with their Case Manager even while receiving therapy.

Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and behavioral growth. MRT takes the form of group and individual counseling using structured group exercises and prescribed adult criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive homework assignments. The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning. Participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months.