

Cumberland Mountain Community Services Board

offers comprehensive mental health, developmental disability, and substance abuse services to residents of Buchanan, Russell, and Tazewell Counties. The focus of our programs is to assist individuals with serious, persistent, and multiple problems. Priority populations have been established within each disability area. An initial assessment is conducted to determine eligibility based on severity of need.

Case Management Services

Case management provides overall care and resource coordination by addressing the total needs of the individual. This service assists individuals with long term needs to cope with their condition and gain a higher level of functioning. **Project LINK** provides intensive case management services for females with substance use disorders who are pregnant, postpartum, parenting and/or of child-bearing age.



Counseling Services

Counseling services are available for all age groups and include individual, family and group approaches. Services are provided to those who are experiencing prioritized mental health or substance use disorders and conditions.

Emergency Services

Professional staff are available at any time, including nights, weekends and holidays. Immediate crisis intervention is provided based on the needs of the individual. Our **Crisis Intervention Therapeutic Assessment Center (CITAC)** operated by the emergency services staff, in conjunction with law enforcement, provides seamless crisis intervention to individuals living in Buchanan, Russell and Tazewell Counties.

**Emergency Services can be
obtained by calling the nearest
Crisis/Counseling Office
(or satellite office)
After hours please call
1-800-286-0586**

Directory

Crisis/Counseling/Case Management/ Infant Intervention

- Main Office.....(276) 964-6702
- Grundy Satellite Office..... (276) 935-7154
- Lebanon Satellite Office..... (276) 889-3785
- Tazewell Satellite Office..... (276) 988-7961
- After Hours Crisis1-800-286-0586

Support Services/ Psychosocial Rehabilitation

- DD Support Services.....(276) 964-6702
- Providence House.....(276) 964-0410
- Clinch Mountain House.....(276) 889-1384
- O.U.R. House.....(276) 935-7489

Residential Services

- ICF Services.....(276) 498-4549
- Cumberland Mountain Home...(276) 963-5550
- Elk Garden Group Home.....(276) 889-5173
- Lebanon Group Home..... (276) 889-3047
- PleasantView Group Home.....(276) 873-5393
- Residential Recovery(276) 889-3063
- The Laurels Recovery Center ...(276) 889-3063
- The Overlook(276) 873-5394
- The Hickman House(276) 880-2129



Providing
Mental Health
Developmental Disability
Substance Use Disorder
Child & Family
Services

196 Cumberland Road
Post Office Box 810
Cedar Bluff, VA 24609

Tel. (276) 964-6702

Fax (276) 964-0265

<http://www.cmcsb.com>

Mental Health Skills-building Services (MHSS) is a training service for adult individuals with significant mental illnesses. The service is designed to train individuals in activities of daily living; use of community resources; and improve behavior related to health, safety, nutrition, physical condition and medication adherence so that they may achieve and maintain community stability and independence.

Psychosocial Rehabilitation Services

Adults experiencing mental illness can recover through participation in opportunities that instill self-esteem and provide support. Personal plans for wellness are carried out at our three Psychosocial Rehabilitation Programs: **Clinch Mountain House**, located in Lebanon; **Providence House** in Cedar Bluff; and **O.U.R. House** in Grundy.

Deaf Services

The Regional Deaf Services Program provides mental health and substance abuse services to persons who are deaf, hard of hearing, and deaf-blind. Program staff are fluent in American Sign Language, sensitive to deaf culture, and able to offer a wide range of services to individuals of all ages.

Psychiatric and Medication Management Services

Medically-based services provide psychiatric evaluation and medication management for eligible individuals. Psychiatric services occur in conjunction with counseling or case management. Clinics are held by a psychiatrist and licensed nurse practitioner in designated offices.

Office Based Opioid Treatment Services (OBOT) / Medication Assisted Treatment

Office Based Opioid Treatment Services include the provision of Medication Assisted Treatment (MAT) Services which is the use of medication (Suboxone, Sublocade, and Vivitrol) in combination with counseling and behavioral therapies for the treatment of substance use disorder.

The Laurels Recovery Center

The Laurels Recovery Center is licensed to provide ASAM Level 3.7 Medically Monitored Intensive Inpatient Services and ASAM Level 3.5 Clinically Managed High-Intensity Residential Services for adults age 18 or older who are diagnosed with substance use disorder and co-occurring disorders. The Laurels Recovery Center is also licensed to provide Crisis Stabilization Services, which provide intensive short term mental health care to non-hospitalized individuals who are experiencing an acute crisis of a psychiatric nature.

Recover Support Services

Recovery Support Services are peer driven support services provided by Certified Peer Recovery Specialists (CPRS) who are in active recovery. CPRS have “lived” experience, have long term sobriety, are knowledgeable about the recovery community and its resources, and give a “face” to recovery. Recovery Support Services provide an important alternative for individuals who are not yet ready for treatment and are an important support for individuals in treatment and post treatment.

Prevention Services

Focusing on intervening early to prevent the onset of emotional, behavioral, or substance abuse problems is the key to prevention. Certified Prevention Professionals are active with implementing researched-based school programs, community coalitions, and environmental strategies and leading alternative activities. View web based resources at www.StopSubstanceAbuse.com.

Child and Adolescent Services

Outpatient Mental Health and Substance Use Services are offered to children ages 3-18 and are provided as part of a community continuum of care. Services include: **Case Management**, **Short-term Counseling**, **Intensive In-Home Services**, **Substance Abuse Groups** for adolescents on probation, **Parenting and Therapeutic Day Treatment Services** in the school setting and at the **Cottage**, a center-based program in Russell County.

Day Support Services / Community Engagement

Day Support Services provides training in activities of daily living and community integration for individuals with developmental disabilities.

Developmental Disability Residential Support Services

Congregate residential services for adults with developmental disabilities are offered at multiple locations. **Baxter House** and **Mountain View**, intermediate care facilities located at Keen Mountain, provide twenty-four hour intensive services for the severely developmental disabled.

Cumberland Mountain Home, located in Wardell, **Lebanon Group Home**, located in Lebanon, **Elk Garden Group Home**, located in Elk Garden, **Hickman House**, located in Belfast, and **Pleasant View / The Cottage and The Overlook Group Home**, located in Honaker, offer twenty-four hour care for individuals with less intensive needs.

Residential Support Services are available to adults and children living in their own homes or with family members. These services offer assistance in all areas of personal and community living and are aimed at maximizing independence.

Early Intervention Services

This program was initiated to address the needs of developmentally-delayed infants from birth through two years of age. Staff provide home visits to diminish the child's delay and to enhance the parent's ability to foster development.