

Cumberland Mountain Community Services Board

offers comprehensive mental health, intellectual 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 substance abusing women.

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 abuse disorders and conditions.

Crisis 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 **Community Recovery Team** provides support to individuals who are at risk of homelessness or hospitalization due to an acute crisis of a psychiatric nature. Short periods of more intensive supports are provided by **Residential Recovery**, located at The Laurels Recovery Center.

**During normal office hours,
Crisis Services can be obtained
by calling the nearest
Crisis/Counseling 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

- ID 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



Providing
Mental Health
Intellectual Disability
Substance Abuse
Child & Family
Services

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

Tel. (276) 964-6702
Fax (276) 964-5669 TDD 800-347-4939

<http://www.cmcsb.com>

Mental Health

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 Programs

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.

Peer Support Staff with lived experience are employed for the purpose of assisting the agency in creating a recovery environment. They also act as advocates for the needs and rights of other individuals receiving services.

Psychiatric 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.

Veteran's Services

Utilizing Interactive Telecommunication Technology, the telepsychiatry clinic offers outpatient services via link to the Veteran's Administration providers. Veterans receive medication management, trauma treatment, along with individualized services. CMCS also participates in the Virginia Wounded Warriors Program.

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.

MH & SA Child and Adolescent Services

Outpatient Mental Health and Substance Abuse 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.

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.

Adult Substance Abuse Services

Outpatient Services focus on recovery from addiction. A group treatment approach assists individuals with learning healthier approaches to daily living and promotes a recovery focused lifestyle. Specialized services address the needs of individuals referred by probation, drug courts, VASAP, social services, individuals/families, physicians, and Dept. of Mines Minerals & Energy (DMME).

Residential substance abuse services are provided at **The Laurels Recovery Center** in Lebanon. The program provides medically supervised detoxification and rehabilitation services and includes group education and counseling, case management, and discharge planning.

Day Support Services

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

Intellectual Disability

Residential Support Services

Congregate residential services for adults with intellectual 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 intellectually disabled.

Cumberland Mountain Home, located in Wardell, **Lebanon Group Home**, located in Lebanon, **Elk Garden Group Home**, located in Elk Garden, 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.

Infant 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.