

Therapeutic Resources

Our Therapeutic Resource Center provides therapeutic services to meet the needs of the young people we serve in our Transitional Living programs.



THERAPEUTIC RESOURCES

VHBG's Therapeutic Resource Center provides counseling, consultation, and psycho-education services to individual youth, families, and groups. All of these services are supervised by a licensed professional. These services effectively and directly meet the needs of youth and families served through VHBG and better mirror a youth's Individual and Family Service Plan (IFSP). These services are included as part of our Transitional Living programs (Group Care Services and Independent Living) and are not billed separately to Medicaid, HMOs, or CSA. VHBG does not provide psychotherapy services, but if a youth's or family's presentation warrants psychotherapy, is clinically indicated by our or other assessment, or is otherwise noted on the youth's IFSP, VHBG will identify Licensed Clinicians within our network of trusted providers to appropriately match the client with said provider, particularly in the case of CSAC or CSOTP needs.

YOUTH MENTAL HEALTH FIRST AID WORKSHOP

VHBG offers a Youth Mental Health First Aid workshop free of charge to the general public.

YMHFA is an eight-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis, select interventions and provide initial help, and connect young people to professional, peer, social, and self-help care.

We help young people learn new skills and strategies to manage life's stresses and challenges.

We are a safe place for young people to find restoration and hope in their own way, at their own pace.

Whether strengthening an individual or family or helping an individual or family navigate transitions, we can help.



Virginia Home for Boys and Girls (VHBG) has been helping children in crisis since 1846. Our Therapeutic Resource Center, located on our 30+ acre campus, is directed by Karen Rice, LCSW. She has more than 30 years of experience counseling youth and their families.

Payment Types Accepted: Aetna, Anthem, Cigna, CSA/FAPT, MHNNet/Coventry, Optima, Private Pay, and Virginia Medicaid.



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