

# THERAPEUTIC RESOURCES



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

## CONSULTATION SERVICES

**VHBG's child welfare and behavioral health experts offer consultation and information to families and professionals seeking solutions to appropriate interventions;**

- They are knowledgeable about Virginia's human service resources and understand the struggles of individuals seeking help.
- Free consultation is provided to families and professionals seeking clarification, direction, community resources, and placement options for young people in their care.

For placement, consultation, program tours, or program presentations, kindly reach out to Christopher Campbell, Director of Advocacy and Program Advancement, via email at [ccampbell@vhbg.org](mailto:ccampbell@vhbg.org)

## CLINIC SERVICES

**VHBG provides counseling, consultation, and psycho-education services to individuals, families, and groups;**

- These services are available through the Therapeutic Resource Center conveniently located on the VHBG campus.
- Licensed Clinicians within VHBG's network of trusted providers are identified to appropriately match clients when psychotherapy is warranted.

## TRAINING SERVICES

**Workshops are regularly offered to adults in the community who want to better understand and respond to youth experiencing mental health concerns.**

- VHBG offers adult certification in Youth Mental Health First Aid, and two skills based and emotional support workshops. One based in the Community Resiliency Model of the Trauma Resource Institute and the other program being Everyday Strong in collaboration with the United Way
- Arrangements can be made to train private groups as well.

Our Therapeutic Resource Center is directed by Karen Rice, LCSW. She has more than 30 years of experience counseling youth and their families.

Call (804) 270-6566, ext. 1590 or visit [vhbg.org/resources/](https://vhbg.org/resources/) for more information.

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