

Counseling

Our Therapeutic Resource Center has expanded to provide therapeutic services to meet the needs of the youth we serve on campus, as well as those residing in surrounding communities.



MENTORING

VHBG offers mentoring services for youth ages 11-21 who have been referred through DSS, Juvenile Justice programs, or their local FAPT (Family Assessment and Planning Team). Our mentors provide one-to-one, strength-based support services that address communication, daily living social skills and problem-solving. Services take place in the home and community, and can be tailored to meet specific goals.

We help youth learn new skills and strategies to manage life's stresses and challenges by working alongside you and your family.

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

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

OUTPATIENT COUNSELING

Outpatient individual therapy or family therapy is provided by VHBG licensed, trauma-informed therapists. These therapies are designed to support a family's social and emotional well-being. We help families work through stressors sometimes associated with finances, death, relationships, and trauma. Services are strengthened through coordination with our on-campus nursing and psychiatric staff.

HOME-BASED SERVICES

When more than Outpatient Counseling is needed, Qualified Mental Health Professionals implement best practice Intensive In-Home and Home-Based Counseling services with a goal of identifying stressors and supports to best meet a family's needs. At VHBG, we can help families navigate often complex systems in order to keep them together under one roof. We want to keep families healthy, whole, and together at home whenever possible.

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, MHNet/Coventry, Optima, Private Pay, and Virginia Medicaid.

