

Our staff are trained in multiple assessment tools and treatment models:

- Trauma-focused CBT
- Applied Behavioral Analysis (ABA)
- EMDR (not available in all areas)
- Juvenile Restoration Services
- Cognitive-Behavioral Therapy
- Solutions-Focused Therapy
- Mindfulness techniques
- Play Therapy Interventions
- Motivational Interviewing
- Stages of Change
- Dialectical Behavioral Therapy Techniques
- Narrative Therapy
- Structural Family Therapy
- Family Systems
- Biopsychosocial Assessment & DSM5 Diagnosing
- SASSI-A
- ASAM assessment and treatment criteria

Contact Info, Locations & Localities Served:

Riverchase

121 Broad Street
Marion, VA 24354

276/782-3948

*serves Smyth County
KJ Holbrook, LCSW
Coordinator

Wythe Youth & Family Services

540 West Main St.
Wytheville, VA 24382

276/223-3291

*serves Wythe & Bland Counties
KJ Holbrook, LCSW
Coordinator

Fernwood

6999 Carrollton Pike, Suite 2
Galax, VA 24333

276/238-5600

*serves Carroll Co. & Galax City
Laura Davis, LCSW, LSATP
Coordinator

Grayson Youth & Family Services

108 Bedwell Street
Independence, VA 24348

276/773-3515

*serves Grayson Co. & Galax City
Laura Davis, LCSW, LSATP
Coordinator

MOUNT ROGERS COMMUNITY SERVICES BOARD

Youth & Family Clinical & Community- based Services



Services Offered:

We offer a variety of services to youth and families!

- ✓ Clinical Assessment & Diagnosing
- ✓ Individual, Group, & Family Counseling
- ✓ Intensive In-Home Services
- ✓ Mental Health Skill-building
- ✓ Substance Abuse (SA) Counseling
- ✓ Psychiatric Services
- ✓ Life Coaching
- ✓ Juvenile Restoration Services
- ✓ Psychological Consultation and Testing
- ✓ Crisis Intervention and Stabilization

Our services may be helpful for youth and young adults who are struggling due to:

- Depression
- Anxiety
- Mood Issues
- Psychosis
- Past Trauma
- Behavioral Problems
- Anger Issues
- Substance Abuse
- Family Relationships & Dynamics
- Poor Coping Skills
- Risky Behaviors
- Defiant Behaviors
- Court Involvement
- Truancy
- Gang Involvement
- Undeveloped Social Skills
- Undeveloped Independent Living Skills

We also offer Caregiver Services:

- ✓ Family Counseling
- ✓ Brief Therapy
- ✓ Mental Health Skill-building for Caregivers with Serious Mental Illness

Our Caregiver-focused interventions may be helpful for parents who struggle with issues that impact the family as a whole:

- Setting Rules, Limits, & Expectations
- Past trauma, SA issues, MH issues
- Strained Family Relationships, due to—
 - financial stress
 - substance abuse
 - domestic violence
 - mental illness
 - grief
 - CPS intervention
 - divorce, remarriage, blending families; difficulty co-parenting