

# Local Interventions & Assistance for Minors Resources



## BEHAVIORAL HEALTH SERVICES RESOURCES

*The resources listed on this website are provided as options for the community. Not all of these resources are affiliated with the City of Virginia Beach or the Virginia Beach Police Department. Inclusion on this list does not constitute an endorsement, and individuals are encouraged to determine which resources best meet their needs and to conduct their own research.*

## **BEHAVIORAL HEALTH SERVICES**

### **Care Solace**

Working together with Virginia Beach City Public Schools, Care Solace aims to ensure quality, accessible care is always available to those who need it.

With a wide network of trusted providers and the ability to personalize the matching process, they help you find care that fits your life — your schedule, your insurance, your location, and your unique needs.

Phone number: (888) 515-0595

Website: <https://caresolace.com/site/vbschools>

### **Second Chances Comprehensive Services**

Behavioral health provider offering a range of mental health services including in-home counseling, mental health skill building, outpatient care, group homes, and crisis stabilization for children, adolescents, and adults. Their mission focuses on empowering individuals and families to improve well-being, build resilience, enhance home safety, and support positive life outcomes through personalized therapeutic support across the Hampton Roads area and surrounding communities.

(Virginia Beach) Phone number: (757) 531-7891

Address: 207 Business Park Dr, Virginia Beach, VA 23462

(Hampton) Phone number: (757) 262-2002

Address: 1919 Commerce Dr, Suite 330, Hampton, VA 23666

Website: <https://sccsva.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **Newport News Behavioral Health Center**

Represents a residential and acute care treatment facility in Newport News, Virginia that provides comprehensive mental health, psychiatric residential, crisis stabilization, substance abuse, and specialized treatment programs for children (ages 8-11) and adolescents. Their services include individualized therapy, family support, assessments, and evidenced-based interventions designed to help youth address emotional, behavioral, and co-occurring challenges in a therapeutic environment. \*Mental health assessments are offered 24/7 at no cost\*

Phone number: (757) 888-0400

Address: 17579 Warwick Blvd, Newport News, VA 23603

Website: <https://newportnewsbhc.com/>

### **James Bentley Treatment Program**

Mental and behavioral health agency that provides comprehensive services for at-risk children, youth, adults, and families, including mental health support, substance abuse counseling, skill building, intensive in-home care, and crisis stabilization. Their mission focuses on preserving family integrity, promoting emotional and social development, and helping individuals overcome behavioral challenges through education, therapy, and community-centered treatment.

Phone number: (757) 399-3025

Address: 1020 Leckie Street, Portsmouth, VA 23704

Website: <https://jamesbentleytreatmentprogram.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **Integrated Health Services**

Community-based mental and behavioral health agency in Virginia that offers comprehensive, customized counseling and support services for children, adolescents, adults, and families facing challenges at home, school, work, or in the community. Their programs include outpatient therapy, intensive in-home treatment, substance use counseling, trauma-informed care, and skill-building services designed to improve mental health, stabilize families, and promote overall well-being.

Phone number: (757) 838-1894

(Norfolk) Address: 6330 Newtown Rd, Suite 615, Norfolk, VA 23502

(Hampton) Address: 2 Eaton Street, Suite 1103, Hampton, VA 23669

Website: <https://www.ihsva.com/>

### **Compass**

Behavioral health agency in Virginia that has been providing clinical services to children, adults, and families since 2004, offering support for mental health, autism spectrum disorders, and other behavioral challenges through evidence-based and trauma-informed therapies. Their services include therapy, Applied Behavior Analysis (ABA), intensive in-home support, mentoring, and skill-building programs across numerous locations throughout the state to help stabilize, strengthen, and support community well-being. \*All inquiries are to be made on their website\*

Website: <https://compassva.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **Stop & Pop Youth Sports Charities INC**

Stop & Pop Youth Sports Charities offers youth sports mentoring, basketball programs, and summer camp activities aimed at improving athletic skills, behavior, and academic growth for local children and teens. It also encourages community involvement and donations to support its efforts to provide a safe, supportive environment and opportunities for youth development.

Phone number: (757) 504-2855

Email address: [jamoice@gmail.com](mailto:jamoice@gmail.com)

Address: 539 Harriett Street, Hampton, VA 23669

Website: <https://stopandpopysc.org/>

### **BEST Autism Services**

B.E.S.T. Autism Services offers Applied Behavior Analysis (ABA) therapies — both “Comprehensive” (covering multiple developmental domains: cognitive, communicative, social, emotional, and adaptive) and “Focused” (targeting a limited set of behaviors) — to children with autism. They provide services in multiple settings: primarily in-home sessions, but also community outings, school shadowing, parent training, and telehealth support. The organization emphasizes individualized, supervised programs overseen by trained staff (including different levels of supervision) to ensure consistency and quality of care. \*Accepts many major health insurance plans, which can help make these services accessible for families\*

Phone number: (252) 435-1665

Email address: [contracts@bestautismservices.com](mailto:contracts@bestautismservices.com)

Website: <https://bestautismservices.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **Beach Counseling Center**

Beach Counseling Center is a mental-health and medication-management practice in Virginia Beach that offers personalized care for individuals across a wide range of ages and needs. They treat issues including depression, anxiety, trauma/PTSD, ADHD, bipolar disorder, and life stressors, offering services like individual, child/teen, couple, and family counseling, psychological evaluations, and medication management. \*Must schedule appointment, accepts several insurance plans \*

Phone number: (757) 233-1500

Email address: [vabeachcounseling@gmail.com](mailto:vabeachcounseling@gmail.com)

Address: 1064 Laskin Rd Suite 14C, Virginia Beach, VA 23451

Website: <https://www.beachcounseling.com/>

### **Envision**

Envision Family Services is a mental-health provider in Norfolk, VA offering family-centered care to children, adolescents, and families. They provide services like school-based Therapeutic Day Treatment, Intensive In-Home support, and outpatient therapy all tailored to each client's needs. Their goal is to help clients feel supported, stable, and cared for while improving overall quality of life.

Phone number: (757) 350-3020

Address: 500 E Main St. Suite 1600-12 Norfolk, VA 23510

Website: <https://www.envisionfamilyservices.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **Center for Child & Family Services**

CCFS is a nonprofit organization (serving children, adults, and families) offering a wide range of counseling and support services. They provide individual and group therapy, trauma-informed counseling, parenting education/coaching, supervised child visitation, substance-use treatment, anger-management programs, and various family support services. They also help with financial counseling, workforce/job-readiness support, specialized outreach (e.g. services in Spanish, support for youth aging out of foster care), and community-based programs.

(Williamsburg) Phone number: (757) 229-7940

Address: 348 McLaws Circle, Suite 1 Williamsburg, Virginia 23185

(Newport News) Phone Number: (757) 838-1960

Address: 739 Thimble Shoals Blvd, Suite 400, Newport News, Virginia 23606

Email address: [info@kidsandfamilies.com](mailto:info@kidsandfamilies.com)

Website: <https://www.kidsandfamilies.com/>

### **Virginia Beach Department of Human Services**

Same-day mental health assessments, therapy, and crisis intervention for youth. Walk-ins are welcome Monday through Friday from 8am to 12 noon, make sure to bring a form of ID, proof of Virginia Beach residency and income.

Phone number: (757) 385-0850

Address: 297 Independence Blvd, Pembroke 6 Building, Suite 300, Virginia Beach, VA 23462

Website: <https://hs.virginiabeach.gov/behavioral-health/child-youth-behavioral-health-services>

## **BEHAVIORAL HEALTH SERVICES**

### **Peninsula Child & Family Services**

Peninsula Child & Family Services is an outpatient mental-health practice in Hampton Roads, Virginia that provides therapy for children, teens, and families. They offer a variety of services — including child counseling (often via play or art therapy), teen counseling, anxiety, OCD and ADHD treatment, family therapy, group therapy, medication management, and parent coaching. They use evidence-based methods like cognitive behavioral therapy (CBT), solution-focused therapy, motivational interviewing and structural family therapy depending on age and needs. Services are available both in person and via online/telehealth across Virginia.

Phone number: (757) 977-0889

Email address: [JoeFarrell@PeninsulaChildandFamily.com](mailto:JoeFarrell@PeninsulaChildandFamily.com)

(Hampton) Address: 4410 E Claiborne Suite #211/234 Hampton, VA 23666

(Norfolk) Address: 555 E Main Street #1100 Norfolk, VA 23510

Website: <https://www.peninsulachildandfamily.com/>

### **Tidewater Learning Center**

Offers tutoring across all school levels, academic coaching, ACT/SAT prep, and specialized educational therapy for learning disabilities and ADHD, including psycho-educational evaluations, advocacy, and study skills workshops. Tutoring is available year-round for students from age 5 through adulthood, with flexible scheduling and no contracts required.

Phone number: (757) 437-0936

Email address: [nmayo@tidewaterlearningcenter.org](mailto:nmayo@tidewaterlearningcenter.org)

Address: 3701 Pacific Avenue, Suite 500, Virginia Beach, VA 23451

Website: <https://tidewaterlearningcenter.com/>



## **BEHAVIORAL HEALTH SERVICES**

### **Kempsville Center for Behavioral Health**

They provide a personalized approach to treatment by providing individual treatment, medication management and education/skill building/clinical therapy and other allied group therapy through a cognitive behavioral therapy approach. Their [Residential Treatment Program](#) serves youth, ages 11 to 18, who suffer from chronic mental health challenges. The [Partial Hospitalization Program \(PHP\)](#) is a day program that helps youth, ages 8 to 18 better manage anxiety, emotions, behavior and mental health challenges and their Acute Crisis Stabilization Program focuses on stabilizing/caring for youth, ages 4 to 18, in acute crisis situations. You may call 24/7 to schedule a confidential assessment at no cost. Walk-ins welcome. \*No referral or emergency room visit is required. \*

Phone number: (757) 461-4565

Address: 860 Kempsville Road, Norfolk, VA 23502

Website: <https://kempsvillecbh.com/>

### **Family Insight, P.C.**

Offers counseling for mental health and substance use disorders using evidence-based interventions and support programs. Their services support children, adolescents, adults, and families through intensive in-home care and mental health programs. They also provide Behavioral Therapy (ABA) for children with Autism.

\*Must make an appointment\*

Phone number: (757) 233-0003

Address: 4445 Corporation Ln Suite 245, Virginia Beach, VA 23462

Website: <https://familyinsight.net/>

## **BEHAVIORAL HEALTH SERVICES**

### **Virginia Department of Behavioral Health and Developmental Services (DBHDS)**

DBHDS provides information about behavioral health crisis support available to individuals and families across the state. It outlines Virginia's statewide crisis response system including the 988 - crisis line, mobile crisis teams, crisis stabilization units, and community-based care options.

DBHDS helps people understand when and how to access help during a mental health or developmental disability-related crisis, including through specialized programs like REACH for those with developmental disabilities. The REACH program offers 24/7 mobile crisis response and short-term crisis stabilization services for both residential and nonresidential.

\*Requirements: no qualifying individual will be turned away for inability to pay for services, but the program does not serve individuals who are actively under the influence or detoxing from substances including alcohol. If you meet the eligibility criteria, you can access REACH at no cost. \*

Phone number: 988 or Hampton Roads REACH (888) 255-2989

Email address: [reachmanagers@wtcsb.org](mailto:reachmanagers@wtcsb.org)

Website: [https://dbhds.virginia.gov/crisis-services-for-individuals-and-families/?fbclid=IwdGRjcANOBliGbGNrA04EkmV4dG4DYWVtAjExAAEee13ly1PSlIB5e\\_w083X8MGjTRMbdtvp1V\\_zkCA3seLs7yxiyZ\\_007Jt91Mw\\_aem\\_O7yF1JtLrVUsUSql2gN8oQ](https://dbhds.virginia.gov/crisis-services-for-individuals-and-families/?fbclid=IwdGRjcANOBliGbGNrA04EkmV4dG4DYWVtAjExAAEee13ly1PSlIB5e_w083X8MGjTRMbdtvp1V_zkCA3seLs7yxiyZ_007Jt91Mw_aem_O7yF1JtLrVUsUSql2gN8oQ)

### **The Barry Robinson Center**

Residential treatment center for youth 11-17 struggling with trauma, anxiety, or behavioral challenges. Offers 24/7 nursing care and facilities such as a 24-acre open campus with dormitories, gym, cafeteria, and clinic.

\*Military-connected families only and recommendation from licensed clinical professional required. \*

Phone number: (757) 455-6100 (Local) or 1(800) 221-1995 (Toll-Free)

Email address: [admissions@barryrobinson.org](mailto:admissions@barryrobinson.org)

Address: 443 Kempsville Rd, Norfolk VA 23502

Website: <https://tidewaterlearningcenter.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **Azz•ertUrself!**

Azz-ert Urself! provides culturally rooted, trauma-informed mental health services for ages 16-99 through secure telehealth, with a focus on Indigenous peoples and other underserved communities. Led by Dr. Danita Morales Ramos, the organization blends traditional wisdom with evidence-based care to help clients overcome burnout, trauma, and disconnection. Therapy begins with a comprehensive evaluation and supports lasting healing, resilience, and self-determination.

\*Schedule your appointment online, Insurance and Tricare accepted. \*

Phone number: (757) 937-2123

Address: 900 Commonwealth Place Suite 104 Virginia Beach, VA 23464

Website: <https://azzerturself.com/>

## **BEHAVIORAL HEALTH SERVICES**

### **The UP Center**

The UP Center offers a free adolescent substance use treatment program, New Visions. This community-based program offers free, confidential services to youth under 18 across Hampton Roads including Suffolk, Newport News, Hampton, Portsmouth, Virginia Beach, Norfolk, and Chesapeake. Support is provided in the home or another safe location, making services easily accessible and flexible. Each family receives personalized care through a dedicated clinician and a Family Support Partner. There is no waitlist, allowing families to access help immediately. The program follows the evidence-based Adolescent Community Reinforcement Approach (A-CRA), which is proven to support positive outcomes for youth and their families.

Offers trauma-informed in-home therapy, youth counseling, and violence prevention support. Focuses on strengthening families and reducing youth conflict and mental health crises. \* If you require Mental Health Skill Building services or Intensive In-Home Counseling, please contact your insurance company for providers in your network, including options for counseling for youth. \*

Mediation Center of Hampton Roads

Phone number: (757) 624-1916

Address: [424 West 21 St Street, Suite 101 Norfolk, VA 23517](#)

Family Enrichment Center

Phone number: (757) 472-4982

Address: 5505 Indian River Rd. #100 Virginia Beach, VA 23464

Website: <https://theupcenter.org/>

Center for Child and Family Services

Phone number: (757) 838-1960

Address: 2021 Cunningham Drive, Suite 400 Hampton, VA 23666

## **BEHAVIORAL HEALTH SERVICES**

### **City of Virginia Beach Community Services Board**

The Office of Consumer and Family Affairs in Virginia Beach offers free education, support groups, advocacy, and resources for individuals and families affected by behavioral health, substance use, and co-occurring disorders. Programs include classes like *Friends and Family Education*, *Help Me Understand*, *NAMI Family-to-Family*, *NAMI Basics*, and *WRAP*, all designed to provide practical tools, education, and support for recovery and caregiving. The office also manages the Virginia Beach Community Trust, which helps families establish special needs trusts for loved ones with behavioral health disorders.

\*Requirements- Must make an appointment, some services have no residency requirements. \*

Phone number: (757) 385-0800 (Main) (757) 385-0888 (Emergency)

Email address: [VB311@vbgov.com](mailto:VB311@vbgov.com)

Address: 289 Independence Blvd, Suite 120 Virginia Beach, VA 23462

Website: <https://hs.virginiabeach.gov/about/community-services-board>

### **Boys Town National Hotline**

Boys Town is one of the largest nonprofit, nonsectarian child and family care organizations in the country. The hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. Spanish- speaking counselors and translation services for more than 100 languages are also available 24 hours a day. They also offer a broad spectrum of child and family services, community programs, and crisis services. They also provide health and medical care through Boys Town National Research Hospital and other resources; conduct research on child behavioral issues; and provide services for children with severe behavioral problems through their Outpatient Behavioral Health programs and residential care programs.

Hotline: (800) 448-3000 or text VOICE to 20121

Phone number: (531) 355-1111

Email : [hotline@boystown.org](mailto:hotline@boystown.org)

Address (Headquarters): 14100 Crawford St. Boys Town, NE 68010

Website: <https://www.boystown.org>

## **BEHAVIORAL HEALTH SERVICES**

### **Teen Line**

TEEN LINE is a confidential telephone helpline for teenage callers. The TEEN LINE volunteers who answer the calls, emails and texts are Southern California teenagers who have been specially trained. They do not give advice, their job is to listen to your feelings and help you to clarify your concerns, define the options available to you, and help you make positive decisions. Problems some teenagers face include abuse, AIDS, alcoholism, depression, divorce of parents, drugs, gangs, homelessness, pregnancy, sexuality, violence, and suicide. TEEN LINE also offers message boards, resources and information.

Phone number (hotline): (310) 855-4673 or (800) 852-8338 from 9PM-1AM EST

Phone number (texting): Text "TEEN" to 839863 from 8:30pm-12:30AM EST

Email through "Talk Now" page: <https://teenlineonline.org/talk-now/>

Website: <https://unsuicide.org/suicide-help/teen-line/>

### **Commonwealth Challenge Youth Academy**

The Virginia Commonwealth Challenge Youth Academy is a free, 29½-month program for youth ages 16 to 18 who have left or are struggling in traditional school settings. It begins with a 5½-month residential phase in a structured, military-style environment focused on academics, discipline, leadership, and life skills, followed by a 2-year mentorship to support education or career goals. Funded by state and federal governments, the program is based in Virginia Beach and has served over 5,500 cadets since 1994.

\*Requirements: No pending felony charges/felony convictions, must be a resident of Virginia, and must be physically and mentally capable of participating in the program. \*

Phone number: (757) 491-5932

Email address: [admissions@vachallenge.org](mailto:admissions@vachallenge.org)

Address: 1208 South Birdneck Rd. Virginia Beach, VA 23451

Website: <https://www.vachallenge.org/>

## **BEHAVIORAL HEALTH SERVICES**

### **Ok2SpeakOut**

Ok2SpeakOut is a Virginia statewide school safety and threat-assessment resource created by the Virginia Center for School and Campus Safety to help K-12 students, parents, and school communities recognize, report, and prevent concerning behaviors that may pose a risk to self or others. The site provides age-appropriate resources for students, guidance and tools for parents, and educational videos and prevention materials. It also includes who you can report to in the school community, information for support, and emphasizes that speaking up early is a proactive, non-punitive way to keep schools and communities safe.

Emergency Number: 911

Email address: [vcscs@dcjs.virginia.gov](mailto:vcscs@dcjs.virginia.gov)

Website: <https://ok2speakout.com/>

### **Center for Evidence – Based Partnerships**

The CEP-VA Resources page offers centralized information on Virginia's evidence-based behavioral health programs, including brief program descriptions, guides, videos, and tools for families, providers, and community partners. It helps users understand, compare, and access approved programs and supports implementation across the state.

Email address: [sandmanal@vcu.edu](mailto:sandmanal@vcu.edu) (Questions about how to engage your community partners)

Email address: [ebplab@vcu.edu](mailto:ebplab@vcu.edu) (All other questions)

Website: <https://www.cep-va.org/resources>