

Local Interventions & Assistance for Minors Resources



SUBSTANCE USE SERVICES

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.

SUBSTANCE USE 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>

Quit Now Virginia

Offers a free, confidential, 24/7 tobacco and nicotine cessation support service for Virginians aged 13 and older, providing personalized coaching and resources to help users quit smoking, vaping, or using other nicotine products. It includes options such as one-on-one coaching by phone, text, or online, group sessions, an interactive online dashboard, and access to nicotine replacement therapy and educational materials to support long-term success. *May signup online or over the phone*

24/7 Phone number: 1(800) 784-8669

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

SUBSTANCE USE SERVICES

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/>

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/>

SUBSTANCE USE SERVICES

Community Solutions

Dedicated to strengthening families and supporting youth through community-based programs such as adolescent groups, mentoring, spring/summer camps, parent education, and family wrap-around services. It highlights their commitment to helping young people overcome barriers like substance abuse and academic challenges while preparing them for success and long-term well-being.

Phone number: (757) 461-5098

Email address: desiree@csservices.co

Address: 5752 Princess Anne Rd, Virginia Beach, VA 23462

Website: <https://www.csservices.co/>

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

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

SUBSTANCE USE SERVICES

Sandstone Care

Provide age specific treatment for teens (13-18) struggling with mental health issues such as anxiety, depression trauma, and substance use. They provide both Partial Hospitalization Programming at 25 hours per week or Intensive Outpatient Programming, which can be completed alongside your school or work schedule at 16 hours per week.

No requirements but call to set up an appointment to go over insurance and financial plans.

Phone number: (888) 850-1890

Address: 5040 Corporate Woods Dr, Virginia Beach, VA 23462

Website: <https://www.sandstonecare.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/>

SUBSTANCE USE 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](https://424west21st.com)

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

SUBSTANCE USE SERVICES

RRVA – Youth Prevention Services

Recovery Resources Virginia (RRVA) promotes youth prevention services, offering programs and resources aimed at substance misuse prevention through education, creative arts, and outreach. It also develops tools like a mobile app to support youth wellness and recovery and collaborates with schools and communities to deliver programming across Virginia.

No Requirements, but must make appointment

Phone number: (Cell): (804) 566-8916 (Work): (828) 999-0314

Email address: Recoveryresourcesforyou@gmail.com

Address: 4830 W Hundred Rd Suite B Chester, VA 23831

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

Harbor Hope Recovery School

A free full-time recovery-focused high school environment for teens struggling with substance use. Offers education, therapy, peer support, and life coaching tailored to recovery needs.

*Must be enrolled in Chesapeake, Norfolk, Portsmouth, Suffolk, or Virginia Beach City Public Schools, be in recovery for alcohol or substance use, and be interested in recovery. (Now enrolling) *

Phone number: (757) 233-0177

Address: 369 S Battlefield Boulevard, Chesapeake, VA 23322

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

SUBSTANCE USE SERVICES

211 Virginia

211 Virginia is a free, confidential, and 24/7 statewide referral service that connects Virginians with a broad spectrum of community resources. It helps people access support for housing, food, healthcare, utilities, and more. The service also provides referrals for mental health and substance-use programs, crisis care, and legal or financial assistance. Operated by the Virginia Department of Social Services in partnership with community agencies, 211 Virginia maintains a directory of thousands of programs across the Commonwealth.

Phone number: 2-1-1 or (800) 230-6977

Text: Connect to 247211

Website: <https://211virginia.org/>

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

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

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

SUBSTANCE USE 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/>

Prevention Action Alliance – Parents Who Host Lose the Most

A prevention campaign by Prevention Action Alliance focuses on reducing underage drinking by educating parents and communities about the legal, health, and safety risks of providing alcohol to minors. The website outlines the campaign’s messaging and offers ready-to-use materials such as posters, yard signs, fact cards, and digital tools to support community awareness, outreach, and prevention efforts.

Emergency Number: (614) 540-9985

Email address: contact@preventionactionalliance.org

Address: 6171 Huntley Rd, Suite G, Columbus, Ohio 43229

Website: <https://preventionactionalliance.org/prevention-programs/parents-who-host-lose-the-most/>