



Rappahannock Area Community Services Board

Mental Health • Intellectual Disability • Substance Abuse
• Early Intervention & Prevention Services

Proudly serving the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford since 1970



*Sunshine Lady House for Mental Health
Wellness & Recovery*

Crisis Stabilization Program

Crisis Stabilization Program

In 2007, the Rappahannock Area Community Services Board (RACSB) created the Mental Health Crisis Stabilization Program as part of new funding through the Virginia Systems Transformation Initiative. The Initiative was launched by former Governor Mark Warner and funded by the 2006 Virginia General Assembly.

RACSBs Crisis Stabilization Program became operational on January 3, 2007 and welcomed its first residents two days later. This program is a safe, therapeutic residential program for adults experiencing acute psychiatric crisis. Individuals can stay for up to 15 consecutive days per psychiatric episode. The previous six-bed facility, located at 1512 Princess Anne Street in Fredericksburg, served nearly 300 individuals.

In May 2008, RACSB announced plans for The Sunshine Lady House for Mental Health Wellness & Recovery, a proposed 12-bed community-based residential facility, which will be funded by a \$2 million grant from Doris Buffett's Sunshine Lady Foundation. The new 5,900-square-foot residential facility is located at 615 Wolfe Street in Fredericksburg. The donation also allowed for the renovation of an existing building currently owned by RACSB at 818 Lafayette Boulevard for use as an eight-bed long-term boarding house for adults with serious mental illness.

“Recently, I learned that Planning District 16, with a population of over 300,000, has only 34 beds available for the care of people with mental illness. It is obvious that this is a woefully inadequate response to their plight.”

-- Doris Buffett

The Fredericksburg City Council approved RACSBs application for a special use permit for The Sunshine Lady House for Mental Health Wellness & Recovery at its September 9, 2008 meeting. This new building replaces the six-bed residential crisis stabilization facility on Princess Anne Street, which does not contain adequate space to meet the growing demand for services.

In February, G.L.M.G., Inc. General Contractors of Fredericksburg was awarded the building contract for both facilities. On March 17, 2009, more than 50 guests joined RACSB at a groundbreaking ceremony. The Sunshine Lady House for Mental Health Wellness & Recovery was completed in October 2009. More than 70 guests joined Doris Buffett and RACSB to dedicate The Sunshine Lady House for Mental Health Wellness & Recovery on November 5, 2009. (Visit www.racsb.state.va.us to view photos from the construction process.)

The goals of the Crisis Stabilization Program are to:

- serve as an alternative to psychiatric hospitalization (in acute crisis);
- be a step-down transition from inpatient psychiatric care;
- divert persons with mental illness from jail; and
- provide respite services.

Services provided include:

- 24-hour supervision;
- psychiatric assessment, treatment planning, and referral;
- medication evaluation, education, and management;

- assistance with self-care issues (including symptom and behavior management);
- individual and group counseling; and
- discharge planning.

Services are provided by a multidisciplinary team of psychiatrists, counselors, nurses, and qualified mental health providers.

The Mental Health Crisis Stabilization Program offers therapeutic counseling and utilizes mental health recovery concepts and Wellness Recovery Action Plan (WRAP) principles. Services are directed toward the overall wellness of the individual. The cost of services is based on a sliding fee scale and no one will be denied services due to inability to pay.

Prior to admission into the Crisis Stabilization Program individuals are screened by RACSBs Emergency Services staff. In addition to admitting residents from the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania, and Stafford, the program serves as a regional resource, accepting referrals from the Rappahannock-Rapidan Community Services Board in Culpeper, Virginia.

RACSB also provides 24-hour crisis intervention, outpatient and case management services, day support services at Kenmore Club, and residential services for individuals suffering from mental illness.



Sponsorship Opportunities

At the 23rd Annual Legislators Get-Together hosted by RACSB on October 16, 2008, Ms. Doris Buffett issued a challenge to local civic organizations to help furnish the new Sunshine Lady House for Mental Health Wellness & Recovery. Community support will allow RACSB to direct more of its financial resources to direct service care to those in crisis.

The Sunshine Lady House for Mental Health Wellness & Recovery

Remaining Sponsorship Opportunities

- | | |
|--|---------------------|
| Living Room | \$13,000 |
| <ul style="list-style-type: none">Includes sofas, cushioned chairs, hutch cabinet, coffee tables, end tables, round table and chairs, shelf unit, multimedia equipment, lamps, window treatments, area rug, and wall hangings | |
| Offices (four remaining) | \$3,500 each |
| <ul style="list-style-type: none">Includes office systems, chairs, window treatments, and wall hangings | |
| Nurses Office | \$3,000 |
| <ul style="list-style-type: none">Includes one office system, XL-Twin bed, medication storage, and window treatments | |
| Bedrooms | |
| <ul style="list-style-type: none">Two-person (two remaining) \$4,200 eachEach person will have his/her own XL-Twin bed, dresser, nightstand, and lampSponsorship also includes window treatments, rug, and wall hangings | |
| Kitchen Appliances | \$8,520 |
| <ul style="list-style-type: none">Seven items neededIndividual item prices range from \$600 to \$1,900 | |
| Laundry Appliances | \$2,250 |



Area organizations wishing to contribute to furnishing The Sunshine Lady House for Mental Health Wellness & Recovery are recognized on plaques located near each individual room. An additional custom sun plaque recognizing all donors is located near the facility entrance. Contributors will be recognized with a logo and link on the RACSB website (www.racsb.state.va.us) and in a Quarterly Newsletter publication.

To learn more, please contact Ron Branscome at 540-373-3223 or rbranscome@racsb.state.va.us.

The Rappahannock Area Community Services Board is a public not-for-profit organization. Donations are tax deductible for those who itemize deductions. Please contact Robert Nuzum, Director of Finance and Administration, at 540-899-4473, if you have any questions. Thank you for your generosity and support.

Thank You to Our Supporters

Activity Room

\$15,000

- Includes arts and craft tables and storage units, multimedia equipment, sofas, cushioned chairs, hutch cabinet, lamps, window treatments, area rug, and wall hangings – *Sponsored by the local employees of GEICO*



Meeting Room

\$7,500

- Includes 16 chairs, window treatments, area rugs, and wall hangings – *Sponsored by James E. and Ellen S. Jarrell*

Offices (five total)

\$3,500 each

- *Al and Wanda Travis and Friends of the National Alliance on Mental Illness – Rappahannock*

Bedrooms

Single-person (six total)

\$2,500 each

- *Stafford County Lions Club*
- *RACSB Board Members: Beth and John Elkins; David and Frances Vaughn; and Barbara and Floyd Williams; and Executive Director Ronald W. Branscome and wife Mary Jane*
- *Fredericksburg Host Lions*
- *Snowden at Fredericksburg*
- *In memory of Kelly Givens by The Kelly Givens Fund of the Community Foundation of the Rappahannock River Region, Inc. and Larry and Sherry Givens*
- *Academy Leadership Associates, LLC*



Two-person (three total)

\$4,200 each

- *Union Bank & Trust*



Kitchen Appliances

- *Convection Range and Wall Oven – Purchased through a \$4,000 grant from the Fredericksburg Realtor Foundation*
- *Dishwasher – Purchased as part of \$5,000 donation by Union Bank & Trust (in addition to one two-person bedroom)*



Patio Furniture

\$2,000

- *Sponsored by Mary Jane O'Neill in memory of Bob*

Grill and Cover

\$450

- *Sponsored by Halsey Homes Corporation*

Porch Rocking Chairs

\$352

- *Sponsored by John D. "Jack" and Marie O. Kunlo*

RACSB Board of Directors

The Rappahannock Area Community Services Board (RACSB) is a local government agency which was established in 1970 under Chapter 10 of the Code of Virginia. The Board is composed of fifteen volunteer members who are appointed by the local governing bodies. The Board members are people from the community with various occupations and interests, who serve three-year terms of office.

City of Fredericksburg

James E. Bailey
David A. Vaughn, Chair
Barbara L. Williams, Vice-Chair

Spotsylvania County

Nancy L. Beebe
Sherry L. Givens
Ellen V. Sears

Caroline County

Al Collins
Linda T. Garrison
G. Warren Samuel

Stafford County

Annette Johnson
Jack Rowley
Matthew W. Zurasky

King George County

Beth F. Elkins, Secretary
John D. Kunlo
James R. Johnson

Executive Director

Ronald W. Branscome

RACSB Mission Statement

Rappahannock Area Community Services Board (RACSB) is committed to improving the quality of life for people residing in Planning District 16 with mental health, mental retardation, and substance abuse problems and to preventing the occurrence of these conditions. We do this through an integrated community-based system of care that is responsive to consumer needs and choices. We respect and promote the dignity, rights and full participation of individuals and their families.

RACSB Services

Mental Health Services

- Case Management Services
- Crisis Intervention Team
- Emergency Services
- Intensive In-home Services
- Jail Services
- Mental Health Crisis Stabilization Program
- Psychosocial Rehabilitation Program (Kenmore Club)
- Outpatient Services
- Residential Services (Adult)
 - Supervised Apartments
 - Bridgewater Street Supervised Apartment Program
 - Home Road Supervised Apartment Program
 - Liberty Street Supervised Apartment Program
 - Riverplace Supervised Apartment Program
 - Supported Living Arrangements
 - Lafayette Boulevard Boarding House
- Therapeutic Day Treatment Program
- Treatment Foster Care Program
- Wounded Warrior Project

Intellectual Disability/Mental Retardation Services

- Support Coordination/Case Management Services
- Day Support Services (Rappahannock Adult Activities)
 - 750 Kings Highway
 - A Gathering Place/Caroline County Clinic
 - King George County Clinic
 - Stafford County Clinic
 - Twin Lakes, Fredericksburg
- Early Intervention Services
 - Parent Education – Infant Development Program (PE-ID)
 - Part C Office
- Residential Services (Adult)
 - Group Homes
 - Devon Drive Group Home
 - Igo Road Group Home
 - Leeland Road Group Home
 - New Hope Estates Group Home
 - Piedmont Drive Group Home
 - Ruffins Pond Group Home
 - Scottsdale Estates Group Home (under construction)
 - Stonewall Estates Group Home
 - Wolfe Street Group Home
 - Sponsored Placement Program
 - Supported Living Arrangements
 - Supervised Apartments

- Belmont Supervised Apartment Program
- Cowan Boulevard Supervised Apartment Program

Substance Abuse Services

- Adult Drug Treatment Court
- Case Management Services
- Emergency Services
- Inpatient Services (Contract)
 - Snowden at Fredericksburg
- Juvenile Drug Treatment Court
- Outpatient Services
 - A Woman’s Place
 - Caroline County Clinic
 - King George County Clinic
 - Fredericksburg Clinic
 - Spotsylvania County Clinic
 - Stafford County Clinic
- Residential Services (Contract)
 - Boxwood, Culpeper, VA
 - New Hope Detoxification Center, Staunton, VA
 - Serenity Home, Inc., Fredericksburg, VA
 - Arise, Lynchburg, VA
 - Willow Oaks, Cartersville, VA

Prevention Services

- DARE To Be You – Rappahannock Area
- Healthy Families – Rappahannock Area
- Program for Teen Parents (Spotsylvania County only)
- Project LINK
- Rappahannock Area Kids on the Block
- Second Step
- Too Good for Drugs

Early Intervention Services

- Parent Education – Infant Development Program
- Part C Office

Contact Us

Administration/Executive Director

Ronald W. Branscome Building

600 Jackson Street, Fredericksburg, VA 22401

540-373-3223 V/TTY

Fax: 540-371-3753

www.racsb.state.va.us

Executive Director **Ronald W. “Ron” Branscome**

- Direct dial: 540-899-4370
- Email: rbranscome@racsb.state.va.us

Dr. Frank DeForest, Clinical Services Director

- Direct dial: 540-899-4380
- Email: fdeforest@racsb.state.va.us

James “Jim” Gillespie, Community Support Services Director

- Direct dial: 540-899-4420
- Email: jgillespie@racsb.state.va.us

Robert “Bob” Nuzum, Director of Finance and Administration

- Direct dial: 540-899-4473
- Email: bnuzum@racsb.state.va.us

24-Hour Emergency Services

City of Fredericksburg: 540-373-6876

Caroline County: 804-633-4148

King George County: 540-775-5064

Spotsylvania County: 540-373-6876

Stafford County: 540-373-6876