

speaker's bureau, exhibits. Free literature and films, social advocacy.

**National Mental Health Association,
The**

1021 Prince Street
Alexandria, VA 22314
Phone: (703) 684-7722
Fax: (703) 684-5968
Website: www.nmha.org

A non-profit organization striving to improve attitudes and services, as well as working towards prevention of mental illness. Offers printed materials, TV spots, radio spots, print media inserts, videos, & basic research updates.

**Pines Residential Treatment Center,
The**

860 Kempsville Road
Norfolk, VA 23502
Phone: 1-877-227-7000
Fax: 1-877-846-6237
Website: www.absfirst.com

Offers adults psychiatric inpatient, crisis stabilization, child psychiatric inpatient adolescent psychiatric inpatient and dual diagnosis, adolescent psychiatric residential (ages 12-18), outpatient therapy, therapeutic foster care, and home based care (children, adolescents, adults).

Virginia Beach Psychiatric Center

1100 First Colonial Road
Virginia Beach, VA 23454
Phone: 496-6000
Fax: 481-0484
Website: www.absfirst.com

Offers adult psychiatric inpatient and dual diagnosis, adult detoxification and rehabilitation, stabilization, adult partial

hospitalization (chemical dependency) and outpatient therapy.

**Virginia Department of Mental
Health, Mental Retardation and
Substance Abuse Services**

1220 Bank Street
Richmond, VA 23219
Phone: (804) 786-3921 or
1-800-451-5544 toll free
Fax: (804) 371-6638
Website: www.dmhmsas.virginia.gov

Office of Mental Health

Phone: (804) 786-4837

Office of Forensic Services

Phone: (804) 225-2978

Office of Substance Abuse Specialty
Services

Phone: (804) 786-3906
Fax: (804) 786-4320

Office of Mental Retardation

Phone: (804) 486-1746
Fax: (804) 692-0077

Office of OBRA

Phone: (804) 786-4837

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides a broad range of services, including education, assessment, therapy, advocacy and training.

**MENTAL
RETARDATION
SERVICES**

Baker House

5677 Herbert Moore Road
Virginia Beach, VA 23462

Phone: 497-1900
Fax: 499-2730
Website: www.voa.org

A group home for mentally retarded adults. Operated by the Volunteers of America. Residents must be referred by the Community Services Board.

Chesapeake Assistance Trust

P. O. Box 1544
Chesapeake, VA 23320
Phone: 547-8902

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides services to enable families to provide a resource to their mentally retarded/developmentally disabled family member (s) that will be used to obtain assistance over and above benefits provided by local, state, and federal government programs in such a manner that the existence of this resource will not affect the beneficiaries' eligibility for and entitlements in those programs. Provides resources, experiences and services as will contribute to and make beneficiary's life as pleasant, comfortable and happy as feasible.

Chesapeake Mental Retardation Services

Chesapeake Community Services Board
224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 547-8902

Case Management

224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 547-8902

Hours are 8:30am-5:00pm,
Monday-Friday. Case Managers

assist individuals with mental retardation and their families by advocating on the behalf, identifying needs, developing individual service plans, coordinating services and monitoring service delivery through assessment, linking activities, office, home and on-site visits and prescription team reviews.

Family Care Services

224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 547-8902

Serves ages 18 and older. Hours are 8:30am-5:00pm, Monday-Friday. Provides specialized family care placements for adults who experience mental retardation. Primary emphasis on family oriented living with community integration.

Infant Intervention Program

224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 547-8929

Serves infants and their families. Hours are 8:30am-5:00pm, Monday-Friday. Offers home and center-based services for disabled/developmentally delayed infant's birth to three years of age and their families. The following services are provided: service coordination, developmental assessment, home and center-based intervention activities, home visits, occupational/physical and speech-language therapy, lending library (toys, books, and

materials), developmental play groups, special instruction, family training and counseling, medical consultation and parent support education groups.

Respite Resources

224 Great Bridge Blvd.
Chesapeake, VA 23320
Phone: 547-8902

Serves all ages. Hours are 8:30am-5:00pm, Monday-Friday. Respite provides temporary relief for Chesapeake families who care for a child or adult with mental retardation, living at home. The overall focus of respite assistance is to reduce family stress and thereby help preserve the family unit, support family stability and otherwise enhance the family's capacity to maintain the person with mental retardation in the family home. Provides families the resources they need to obtain respite in order for them to keep appointments, shop, have evening outings, or even take a nap at home. Respites may last for a couple of hours, half a day or overnight.

Chesapeake Service Systems, Inc.

P. O. Box 2027
Chesapeake, VA 23327
Phone: 523-1088

Serves Chesapeake residents who experience mental disabilities 18 years of age and older. Hours are 9:00am-3:00pm, Monday-Friday. Provides vocational services including work activities, vocational skill training, work adjustment, supported employment

opportunities, and job placement/follow-along services.

Chesapeake Vocational Center

2104 Steppingstone Square
Chesapeake, VA 23320
Phone: 523-1088

Serves adults with mental retardation. Hours are 9:00am-5:00pm, Monday-Friday. Provides day support and pre-vocational services for adults with severe and profound mental retardation and, in collaboration with Chesapeake Service Systems, Inc., offers work activities, work adjustment and supported employment services.

**Citizens Loving All Special People
(CLASP, Inc.)**

3900 Rumford lane
Virginia Beach, VA 23452
Phone: 486-3110

Serves mentally and physically handicapped citizens, ages 15 and up. Must be a Virginia Beach resident. Provides social and recreational activities. Also holds dances. Call for additional information.

**Cradock Baptist Church-Sunday
School for the Retarded**

96 Afton Parkway
Portsmouth, VA 23702
Phone: 485-3500

Serves all ages. Office hours 9:30am-2:00pm, Monday-Friday. Sunday School hours 10:00am-12:00 noon. Any person with the diagnosis of mental retardation may attend regardless of denominational affiliation.

Endeppendence Center, The

15 Koger Center

Norfolk, VA 23502

Phone: 461-8007

Fax: 455-8223

Website: www.endependence.org

Serves physically and sensory disabled adults residing in the Hampton Roads area. Hours are 8:30am-5:00pm, Monday-Friday. Assists disabled persons to be in control of their lives, to obtain greater personal independence and to be come integrated into society.

Holiday House of Portsmouth, Inc.

4211 County Street

Portsmouth, VA 23707-2512

Phone: 397-6352

Fax: 399-2356

Serves mentally retarded children between ages 4-21. Hours 24 hour residential facility. Holiday House is licensed by the State of Virginia as an Intermediate Care Facility for Mentally Retarded Children. Provides physical therapy and occupational therapy.

Hope House Foundation

801 Bousch Street, Suite 302

Norfolk, VA 23510

Phone: 625-6161

Fax: 625-7775

Website: www.hope-house.org

Hours are 8:30am-4:30pm, Monday-Friday. Provides community-based residential services for people with disabilities. All support promotes integration and inclusion in community life.

Learning Disabilities Association of Virginia

Tidewater Chapter

P. O. Box 64522

Virginia Beach, VA 23464

Phone: 424-4113

Fax: 523-4077

Provides information and referral; support group; a newsletter and meetings. Call for more information.

Louise W. Eggleston Center

Website: www.egglestoncenter.org

6431 Tidewater Drive

Norfolk, VA 23509

Phone: 625-2311

Fax: 858-8057

1161 Ingleside Road

Norfolk, VA 23502

Phone: 625-2311

Fax: 627-4760

Hours are 8:30am-4:30pm, Monday-Friday. Provides vocational training and employment for persons with disabilities through community-based supported employment programs and a sheltered workshop.

Mobility on Wheels, Inc.

C/o Louise W. Eggleston Center

6431 Tidewater Drive

Norfolk, VA 23509

Phone: 625-2311

Fax: 858-8057

Website: www.egglestoncenter.org

Hours are 8:30am-5:00pm, Monday-Friday. Provides active advocacy for persons with physical handicaps. Special interest organization which strives to promote public awareness into the problems encountered by the handicapped and is involved in legislation, housing, employment and transportation for the handicapped.

**Southeastern Virginia Training
Center**

2100 Steppingstone Square
Chesapeake, VA 23320
Phone: 424-8228
Fax: 424-8284

Serves Southeastern Virginia to include Tidewater, the Peninsula and the eastern Shore. Provides educational and rehabilitative services to approximately 200 individuals with developmental disabilities so that each can live as full and independent a life as possible.

St. Mary's Infant Home

317 Chapel Street
Norfolk, VA 23504
Phone: 622-2208
Fax: 627-5314
Website: www.saintmaryshome.org

Serves age's birth to age 14. Hours are 9:00am-5:00pm, Monday-Friday (business). Services rendered 24 hours, seven days per week. Offers residential, long term facility for severely physically and mentally disabled children. Also provides parent teaching education. Provides medical care and special education. The agency is affiliated with the Catholic diocese. Professional/agency referral is required.

**Tidewater Down Syndrome
Association**

1828 Roves Lane
Virginia Beach, VA 23464
Phone: 479-3713
479-1756(after hours)

Available 24 hours, 7 days a week, Provides current information, support, friendship, and social opportunities for families with a child with Down Syndrome.

**Tidewater Occupational Center
(TOC)**

4165 Pruden Blvd
Suffolk, VA 23434
Phone: 539-9976

Serves age 16 and above. Hours are 8:00am-4:30pm, Monday-Friday. Agency is a non-profit sheltered workshop for the mentally retarded and the physically handicapped. Referrals should go through Dept. of Rehabilitative Services.

**Virginia Office for the Protection and
Advocacy, The**

287 Independence Blvd.
Virginia Beach, VA 23462
Phone: 552-1148 or
1-800-552-3962 toll free
Fax: 552-1145
Website: www.vopa.state.va.us
Email: general.vopa@vopa.gov

Serves all ages. Assists with disability-related problems such as abuse, neglect or discrimination. Also provides referrals for services and treatments, special education, information about developmental disabilities and mental illnesses.

**Woodrow Wilson Rehabilitation
Center**

Fishersville, VA 22939
Phone: (540) 332-7000

Serves all ages. Hours are 8:00am-4:45pm; 24 hour residential. Provides comprehensive rehabilitation services including speech, occupational, physical therapy, vocational training and independent living. Accepts Chesapeake residents.