Community Support Services, Mt. Vernon

Available 24/7 Yes Other Eligibility Criteria Residents of Northern Virginia with severe mental illness such as schizophrenia, bipolar disorder or major depression. Family No **Provider Refer** Yes Qualifications **Qualification Type** Licensure **Qualification Entity** Virginia Department of Behavioral Health and Developmental Services **Oualification Number** 233-03-011 Self Refer Yes PRS, Inc. http://www.prsinc.org Main (703) 360-8394 TTY/TTD (703) 790-0582 1761 Old Meadow Road, Suite 100 22102 VA **United States** Fee Structure Call for Information Payment Method(s) Private Pay ,

Medicaid

Languages Spoken English

Spanish

Mount Vernon PRS, Inc. Community Support Services is a life skills training and support service designed to assist clients with making changes to move into recovery from mental illnesses/brain diseases. This includes clients who have cooccurring disorders of mental illness and substance abuse/dependence, clients with Autism Spectrum Disorders and clients who have concurrent medical issues.

Support Specialists partner with clients to make real life changes by developing and practicing life skills. The following list includes a sample of skills training activities that persons served often need and desire to recover, to increase independent living skills and to improve health and wellness:

- Planning menus
- Staying sober
- Shopping for food
- Completing household tasks
- Cooking healthy meals
- Practicing safety procedures
- Budgeting
- Managing medication
- Paying bills on time
- Exercising regularly
- Managing time/appointments
- Completing hygiene tasks
- Accessing community resources
- Using public transportation

Service Area(s) Alexandria City

Arlington County

Fairfax City

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Fairfax County

Falls Church City

Loudoun County

Manassas City

Manassas Park City

Prince William County Email info@prsinc.org