

Outpatient Therapy, Adults

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Family

No

Intake Process

Walk-ins are available at the Community Services Board main location. No appointment is necessary, however if interpretive services are needed please contact us to schedule an appointment. To expedite the intake process, please download the adult intake packet from <https://www.hrcsb.org/documents> or contact the office to request a packet.

Intake Contact Telephone

(540) 434-1941

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

Qualification Number

081

Report Problems

Call the Agency

Residency Requirements

Serves residents of the City of Harrisonburg and Rockingham County.

Self Refer

Yes

Harrisonburg-Rockingham Community Services Board

<https://www.hrcsb.org>

<https://www.hrcsb.org/outpatient-therapy/>

<https://www.facebook.com/HarrisonburgRockinghamCSB/>

Main

(540) 434-1941

Phone Emergency

(540) 434-1766

1241 North Main Street

22802 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: 9:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Services hours may vary. Emergency and crisis services are available 24 hours per day, every day.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

,

Private Insurance

,

Medicaid

,

Medicare

Languages Spoken

English

Harrisonburg-Rockingham Community Services Board (HRCSB) offers outpatient therapy with licensed professional clinicians for adults and children. Therapists use evidence-based practices to support individuals and families that are struggling with behavioral health or substance abuse issues.

Client-centered treatments provide individualized, need based, and strength based therapy. Licensed professional therapists are trained in cognitive behavioral therapy, dialectical therapy, motivational interviewing, solution-focused therapy and play therapy. Therapists are equipped to assess and diagnose mental health and substance use issues and to determine the proper treatment goals and outcomes.

HRCBSB offers therapeutic groups for adults that meet regularly to facilitate participants' recovery in their community. Licensed, trained professionals facilitate evidence-based curriculum for a set number of meetings. Groups are limited to a moderate number of participants to ensure adequate attention is given to each individual. Therapeutic groups are often part of an overall course of outpatient treatment. HRCBSB also offers a limited number of Spanish-speaking groups.

Service Area(s)

Harrisonburg City

,

Rockingham County