

2018 Young Adult Resource Guide

DOMINION HOSPITAL RESOURCES

ADMISSIONS – For a free and confidential behavioral health assessment, please contact our Assessment and Referral Department, 703- 538-2872, <https://dominionhospital.com/patients-and-visitors/admission-take-the-first-step.dot>

ADULT INPATIENT UNIT – Located at our main Falls Church campus, our adult patients have access to our state-of-the-art Learning Lab each afternoon. Programming is separated into two different patient groups based on clinical presentation. Dedicated treatment track for Co-Occurring Substance Use (Intersect).

ADULT PARTIAL HOSPITALIZATION PROGRAM (PHP) Our Adult PHP is conveniently located at 6565 Arlington Blvd, Falls Church, VA. Dedicated treatment track for Co-Occurring Substance Use (Intersect).

REFLECTIONS EATING DISORDERS PROGRAM

Reflections is the only Joint Commission Disease Specific Certified program on the east coast, and treats patients ages 9 and up across the full continuum of Eating Disorders. Reflections offers both inpatient and PHP options, call 703-538-2886 for a free intake evaluation, <https://reflectionsed.com>

VIRTUAL THERAPY - Virtual therapy (VT) at Dominion Hospital is available, and utilizes a secure platform featuring a customized web portal and VTConnect app for video conferencing and real time chat. VT enables hospital treatment team members to conduct virtual meetings from an assessment or therapist's office with an external stakeholder, improving access to our behavioral health services, <https://portal.vtconnect.net/Dominion>

LGBTQ+ - At Dominion hospital, all patients have the right to competent, considerate, and respectful care in a safe setting that fosters their comfort and dignity, regardless of sexual orientation, gender identity, or gender expression. Dominion strives to serve as an Ally for the LGBTQ+ community, ensuring inclusive support for patients, visitors, and staff, <http://www.hrc.org/hej>

CO OCCURRING SUBSTANCE USE - Intersect is Dominion's Co-Occurring Substance Use and Psychiatric Illness treatment program. Intersect provides a complete spectrum of care for Adolescents and Adults in a structured environment, including assessments, different levels of treatment (inpatient and PHP) to meet individual needs, and patient education. Participation in onsite relapse groups, such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) provides valuable structure and develops skills needed to manage mental illness and achieve sobriety.

LOCAL RESOURCES

ADULT PROTECTIVE SERVICES, 703-324-7450

AGING, DISABILITY, AND CAREGIVER RESOURCES, 703-324-7948 TTY 703-449-1186

ALCOHOLICS ANONYMOUS/NARCOTICS ANONYMOUS – phone support and meeting information, 703-293-9753 or 800-208-8649

Arlington **CSB MENTAL HEALTH EMERGENCY SERVICES**, 703-228-5150

Fairfax **CSB MENTAL HEALTH EMERGENCY SERVICES AND MOBILE CRISIS UNIT**, 703-573-5679

HAVEN OF NORTHERN VIRGINIA – Grief support, 703-941-7000, www.havenofnova.org

NORTHERN VIRGINIA FAMILY SERVICE MULTICULTURAL CENTER – multicultural services, counseling, and family support available on a sliding fee scale, 571-748-2500

SKILL SOURCE – job training and placement, 703-752-1606

SUBSTANCE ABUSE AND ADDICTION RECOVERY ALLIANCE (SAARA) – substance abuse peer support, 703-216-8094 or 703-216-7392

VIRGINIA 211 – information on community resources, call 211

VIRGINIA WORKFORCE CONNECTION, a gateway to employment and labor market information in Virginia, www.vawc.virginia.gov/vosnet/Default.aspx

WHITMAN-WALKER CLINIC – Primarily serves the LGBTQ+ population through mental health services, peer support, and addiction treatment, 202-797-3539

THE WOMEN'S CENTER - mental health counseling, support, and education, 703-281-2657



NATIONAL RESOURCES

AMERICAN COLLEGE HEALTH ASSOCIATION (ACHA) maintains an index of mental health resources, www.acha.org/ACHA/Resources/Topics/MentalHealth.aspx

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA - Committed to improving the lives of the people who suffer from anxiety disorders through promotion of early diagnosis, treatment and cure, 240-485-1001, www.adaa.org/

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE – www.dbsalliance.org

FACEBOOK aims to help prevent suicide. If you spot a suicidal thought on a friend's page, you can report it to Facebook by clicking a link next to the comment. Facebook then sends an email to the person who posted the suicidal comment, encouraging them to call the hotline or click on a link to begin a confidential chat, www.facebook.com

GIFT FROM WITHIN is an international nonprofit organization for survivors of trauma and victimization, www.giftfromwithin.org/

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) - Dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases, 800-950-NAMI (6264), www.nami.org

NATIONAL INSTITUTE OF MENTAL HEALTH - 301-443-4513 or 866-615-6464 (toll-free) Offers a wide variety of information including: Anxiety Disorders and Fact Sheets on College Students and Depression www.nimh.nih.gov/

NATIONAL MENTAL HEALTH CONSUMER'S SELF-HELP CLEARINGHOUSE - Helps connect individuals to self-help and advocacy resources, and offers expertise to self-help groups and other peer-run services for mental health consumers, 800-553-4539 or 215-751-1810, www.mhselfhelp.org/

PROJECT UNSPOKEN - is a sexual assault awareness channel, <https://www.youtube.com/user/ProjectUnspoken>

DBT RESOURCES

POTOMAC BEHAVIORAL SOLUTIONS – DBT day treatment program, 571-257-3378, www.pbshealthcare.com/day-treatment-php

POTOMAC PATHWAYS – DBT Certified program for young adult women with dual diagnosis, 301-987-PATH, www.potomacpathways.org

WAKE-KENDALL – Psychotherapy and Assessment and intensive DBT programs, 202-686-7699, www.wakekendall.com

FIRST BREAK RESOURCES

FIRST EPISODE CLINIC – Intensive services from the University of Maryland, 410-402-6833

LINC – Loudoun County, 703-771-5239, www.loudoun.gov/LINC

TURNING POINT – Fairfax County, ages 16 – 25, 703-383-8535, www.turningpointcsc.org

STRESS REDUCTION AND RELAXATION RESOURCES

CALM – a resource for meditation, sleep hygiene, breathing exercises, anxiety reduction, with a free app, www.calm.com/meditate

HEADSPACE – guided meditation that tracks progress and personal goals, free app, www.headspace.com

PSYCHOLOGY TODAY – a comprehensive portal for stress and other behavioral health topics, <https://www.psychologytoday.com/topics/stress>

SUICIDE PREVENTION HOTLINES

PRS CRISISLINK – Need help? Text “CONNECT” to 855-11 and a PRS CrisisLink volunteer will respond within minutes.

JED FOUNDATION works to reduce suicide among college students in the U.S and offers a toll-free National Suicide Prevention Hotline, 800-273-TALK, www.jedfoundation.org/

NATIONAL SUICIDE PREVENTION LIFELINE is staffed by trained volunteers, day and night, 800-273-TALK or online chat www.suicidepreventionlifeline.org

TREVOR PROJECT LIFELINE is staffed by trained volunteers, day and night, for online chat, 866-488-7386, www.thetrevorproject.org

TRANS LIFELINE is staffed by trained transgender volunteers, 877-565-8860, www.translifeline.org

OR CALL 911