

Community Services Boards

Services for Youth with Mental Health Disabilities

What are Community Services Boards?

Community Services Boards, commonly referred to as CSBs, are the single point of entry for receiving public mental health services in Virginia. The CSBs provide access to mental health services, supports for an intellectual disability and services for a substance abuse disorder. There are 40 CSBs throughout Virginia which serve a variety of localities. Fees for services are determined based on the ability to pay, and CSBs accept most insurance coverage that includes behavioral health care.

What Services can CSBs Provide?

CSBs provide an array of services depending on the locality, sources of funding, and staff training and qualifications. Typically, individual and family services include:

- Screening and diagnosis
- Mental health and substance abuse treatment
- Case management for individuals with intellectual disabilities or serious mental illness
- Crisis stabilization and, in some locations, mobile crisis stabilization services
- Parenting programming
- Support groups
- Intensive case management

Who can benefit from CSBs?

Sometimes students might require mental health treatment from CSBs for experiencing ADHD, major depression, conduct disorders, substance abuse, anxiety disorders, and eating disorders. Students can self-refer, or be referred by others who are familiar with the student's needs such as school personnel and family members. Remember, it is always important to have parental/guardian permission to make a referral for youth under the age of 18 and to obtain the student's permission if he has reached the age of majority.

How can CSBs Assist with Transition Planning?

Effective transition planning requires a partnership among the student, family, school and adult community agencies. For students experiencing mental health issues, transition from secondary school to postsecondary education or employment may be impacted. Making linkages early with the agencies and having them involved in the IEP process is critical to supporting students' successful transition to their desired post-school environments.

Additional Resources

- To learn more about all of the services that CSBs offer, please visit their website at: dbhds.virginia.gov/individuals-and-families/community-services-boards
- Child and Family Services, Virginia Department of Behavioral Health and Developmental Services: dbhds.virginia.gov/individuals-and-families/children-and-families
- Helping Youth with Mental Health Needs Avoid Transition Cliffs: Lessons from Pioneering Transition Programs: ncwd-youth.info/information-brief-24

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