

Community Services Boards: Services for Youth with Mental Health Needs

Developed in collaboration with the Virginia Department of Behavioral Health and Developmental Services

Community Services Boards, commonly referred to as CSBs, are the single point of entry for receiving public mental health services in Virginia. CSBs provide services to individuals with mental health or substance use disorders or intellectual disabilities. There are 40 CSBs throughout Virginia that 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
- Same-day access services for initial assessment
- Outpatient services
- Mental health and substance abuse treatment
- Support groups
- Case management for individuals with intellectual disabilities or serious mental illness
- Crisis pre-screening, intervention, stabilization, and, in some locations, mobile crisis services
- Intensive case management

Who can benefit from CSBs?

Sometimes students who are experiencing ADHD, major depression, conduct disorders, substance abuse, anxiety disorders, and eating disorders might require mental health treatment from CSBs. Students are typically referred by school personnel and family members who are familiar with their needs. 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 they have 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 challenges, the transition from secondary school to postsecondary education or employment may be impacted. Making linkages early with the agencies and involving them in the IEP process is critical to supporting students' successful transition to their desired post-school environments.

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