



2009  
ANNUAL  
REPORT



CENTRAL VIRGINIA  
**Community Services**

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CENTRAL VIRGINIA  
**Community Services**

## LETTER FROM THE CHAIRMAN OF THE CVCS BOARD



In 2009, Central Virginia Community Services (CVCS) celebrated our 40<sup>th</sup> anniversary as a provider of behavioral healthcare to the residents of Amherst, Appomattox, Bedford and Campbell counties, and the cities of Bedford and Lynchburg. Each year since our founding on April 18, 1969, CVCS staff members have served thousands of persons with mental illness, substance abuse problems and intellectual disability with high quality, behavioral health services. Many of those served had more than one of these disorders (“co-occurring disorders”). As the science of behavioral health has developed, our services have changed dramatically, resulting in an improved quality of life for these individuals and their families.

In Fiscal Year 2009, CVCS staff served an unprecedented 7,491 individuals across our region in treatment services. In addition, we provided 3,756 individuals with prevention services. As we have done for the last 40 years, we strategically expanded our services this year based on community needs and worked in partnership with other agencies and stakeholders. Outpatient services were provided at CVCS offices throughout the area, as well as in homes, schools and emergency rooms. Residential services were provided in four outstanding programs for those individuals needing more intensive assistance. This annual report is a “snapshot” of CVCS services provided to area residents this fiscal year and also highlights some of our accomplishments.

As a reflection of a struggling national economy, this last fiscal year presented the agency with a number of serious financial challenges due to unexpected state budgetary cuts and a shortfall of funds experienced in the previous year. Despite these challenges, CVCS ended the fiscal year with a strong financial recovery.

Our plans for the upcoming year include engagement in a strategic planning process, continuing to improve access to services and increasing the number of evidenced-based programs offered to the public. In

addition to expected state budget cuts in the new fiscal year, extensive new requirements for pre-authorization of most Medicaid clinical services will also pose financial challenges to the agency. Despite these obstacles, it is imperative that CVCS continues to increase the quantity and quality of community services we offer to the public, especially as state psychiatric hospitals and training centers are being closed or downsized.

As we look to the coming years, CVCS maintains our commitment and dedication to providing a full continuum of services to those individuals and families in need of effective, community-based behavioral health services.

For additional information about our current services and events, visit our updated website at [www.cvcsb.org](http://www.cvcsb.org) or request copies of our new program brochures.

Best wishes,

Lynn Doss, Chairman  
Board of Directors  
Central Virginia Community Services



# HIGHLIGHTS

FISCAL YEAR 2009

June 1, 2008 – July 30, 2009

## Residential Programs:

During the 2009 Fiscal Year, CVCS operated several 24-hour residential programs to provide care to individuals with serious challenges who might otherwise be institutionalized:

**254** adults received treatment in our Crisis Stabilization Program, a program which assists adults struggling with severe mental illness.

**266** adults received treatment in our Medical Detoxification Program, a program which assists adults recovering from severe substance abuse.

**55** adults with intellectual disability live permanently in CVCS' group homes and intermediate care facilities (ICFs)

**30** children and adolescents received comprehensive treatment in our Kindred Homes Program, an evidenced-based program which is certified by the Oregon Social Learning Center.

## Outpatient Services:

- CVCS staff provided emergency evaluations for **2,018** individuals in need of possible hospitalization.
- CVCS programs are accredited by the Council on the Accreditation of Rehabilitation Organizations (CARF), a national accreditation organization. CARF accreditation requires adherence to nationally accepted best practice standards and is voluntary for community services boards.
- CVCS is the lead agency in our area for the "Wounded Warrior" Program, a state program which assists returning veterans and their families.
- CVCS implemented five new evidence-based clinical programs for children and adolescents during this last year. Evidenced-based programs are considered best practices that have proven to be effective via measurable outcomes.
- CVCS established the Center for Wellness and Recovery, a consumer-run, drop-in center for adults struggling with mental illness and substance abuse problems. The Center is located at 618 Court Street, directly next to CVCS' Courtland Center and will eventually become a fully independent organization. The Center for Wellness and Recovery assists individuals by offering social and educational opportunities as well as support groups focused on recovery.
- CVCS worked closely with area juvenile justice and criminal justice organizations to provide care for youthful offenders and for non-violent adult offenders

with mental health issues. This year, CVCS increased our mental health services for adults in the Blue Ridge Regional Jail and hired specialized forensic case managers.

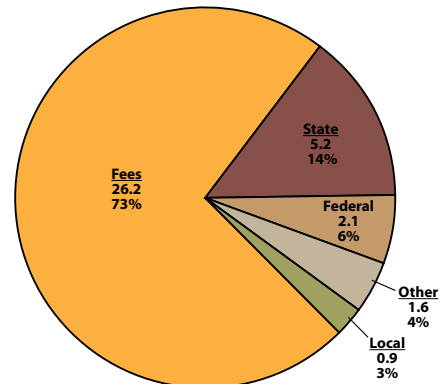
- CVCS' emergency staff collaborated with magistrates and emergency room staff to assure that all provisions of the 2007 Mental Health Reform Act were followed correctly. CVCS has close relationships with the counseling departments from all six area colleges.
- In October, CVCS offered depression screenings at no cost to the public as part of the National Depression Screening Day.
- CVCS staff provided mental health services to the victims of the Appomattox gas pipeline explosion last year. CVCS is the lead agency for coordinating mental health services should a natural disaster occur in this area.
- CVCS's Adolescent Outpatient Substance Abuse Program received the prestigious 2009 "Science and Service Awards" given by the Substance Abuse and Mental Health Services Administration (SAMHSA). This national honor was given to only 27 programs nationwide to recognize exemplary implementation of evidence-based interventions shown to successfully treat mental illnesses and substance abuse.

## Prevention Services:

- Over **3,756** students and adults received prevention services during the fiscal year. Programs focused on preventing substance use and gang violence and improving self esteem, anger management, parenting and family communication.

## FUNDING SOURCES

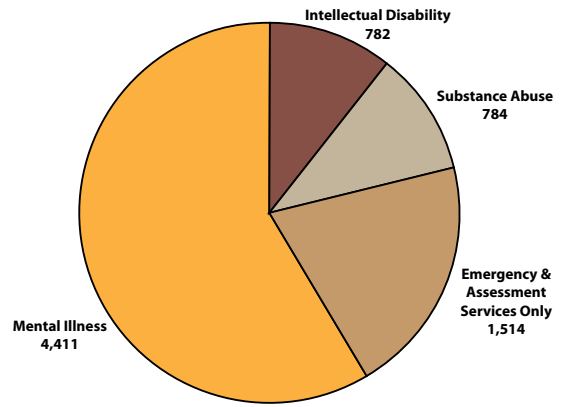
(In Millions)



Total Revenue = \$35,585,349



## DISABILITY AREA of Individuals Seeking Services

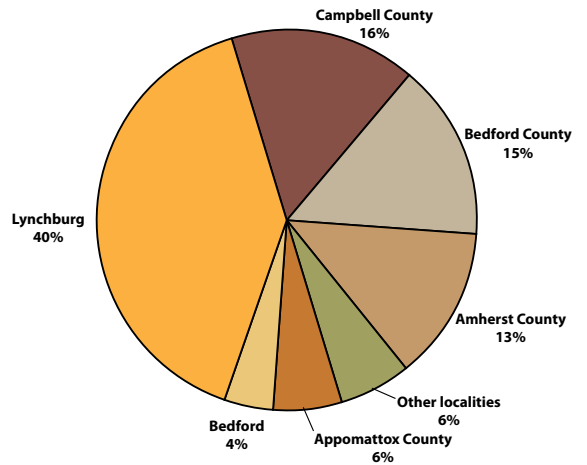


## WHO CVCS SERVED

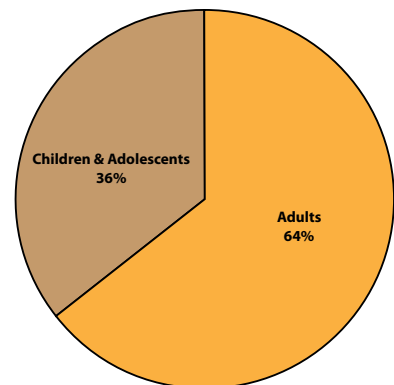
CVCS served 7,491 individuals in our clinical services and 3,756 individuals through our prevention programs.



## RESIDENCE



## AGE



**Total Unduplicated Individuals Served = 7,491**