

UPDATED  
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Mental Health Association of Fauquier County

Promoting and facilitating mental wellness in Fauquier and Rappahannock counties.



# INTENSIVE TREATMENT

The Mental Health Association of Fauquier County provides general information about providers and resources as a service to the community. These listings are not a recommendation, referral, or endorsement of any therapy or provider.

Are we missing a listing?

Contact us at (540) 341-8732 or email [ccraddock@mhafc1.org](mailto:ccraddock@mhafc1.org)

Find more Resource Guides here:  
[fauquier-mha.org/resources-to-download/](http://fauquier-mha.org/resources-to-download/)



### **A Mission for Michael**

[amfmtreatment.com](http://amfmtreatment.com)

**Treatment Type:** Inpatient

**Services:** Two inpatient facilities: The Corsica and The Rose. Both are gender inclusive homes for adults 18+. Treats anxiety, depression, bipolar disorder, and schizophrenia.

**Insurance:** Anthem, Blue Cross/Blue Shield, Magellan, Aetna, United Healthcare, Humana

**Serves:** Adults

**Phone:** 703-718-1583

**Location:** Annandale, Vienna

### **Centra Acute Psychiatric Inpatient**

[centrahealth.com/services/psychiatric-and-behavioral-health/acute-psychiatric-inpatient](http://centrahealth.com/services/psychiatric-and-behavioral-health/acute-psychiatric-inpatient)

**Treatment Type:** Inpatient

**Services:** Intensive short-term programs those in crisis - including depression, anxiety or in need of immediate stabilization.

**Insurance:** Aetna, Anthem, Anthem Medicare, Champus Tricare, Cigna, Humana, Optima, Optima Medicare, United Healthcare.

**Serves:** Adults, Teens, Children (5-12), Geriatric  
434-200-3000

**Location:** Lynchburg

### **Choices Adolescent Outpatient Program - Dominion Hospital**

[hcavirginia.com/locations/choices-adolescent-outpatient-program-chantilly](http://hcavirginia.com/locations/choices-adolescent-outpatient-program-chantilly)

**Treatment Type:** IOP, PHP

**Services:** Offers PHP Monday through Friday during the day, allowing your teen to spend the night at home on evenings and weekends. IOP runs three evenings a week to accommodate school schedules while providing more support than regular therapy. Treatment plans may include different approaches, including acceptance and commitment, cognitive behavioral, dialectical behavioral and expressive therapies.

**Insurance:** Accepts most major insurances, Tricare, and all state financed insurance, except Medicaid.

**Serves:** Children, Adolescents (ages 13 to 17)

**Phone:** 703-538-2872 (PHP) or 703-227-8185 (IOP)

**Location:** Chantilly, Falls Church

### **Discovery Mood & Anxiety Program**

[discoverymood.com](http://discoverymood.com)

**Treatment Type:** Residential, PHP, Outpatient

**Services:** PHP and Residential center in Fairfax Station treats female patients age 10 to 18 for trauma, anxiety disorders, depression, self-harm, bipolar disorder, and reactive attachment disorder. Residential program in Annandale treats female children ages 11-17 using DBT, CBT, medication management, and school support. Outpatient program in Fairfax provides PHP and IOP for ages 11+.

**Insurance:** Aetna, Beacon, Carefirst, Cigna, Kaiser, Magellan, Optum, Tricare, Unicare, and more.

**Serves:** Children, Adolescents, Adults

**Phone:** 866-760-1477

**Location:** Annandale, Fairfax, Fairfax Station

### **Embark Behavioral Health**

[embarkbh.com](http://embarkbh.com)

**Treatment Type:** IOP, Outpatient, PHP

**Services:** In-home therapy, virtual counseling, virtual IOP, short-term residential, residential, therapeutic day treatment program (PHP), therapeutic boarding school, wilderness therapy, outpatient therapy clinic, and young adult transitional living.

**Insurance:** Allegiance, Anthem, Blue Cross Blue Shield, Cigna, Kaiser, Allegiance, Humana, and more.

**Serves:** Adolescents, Teens (ages 12 to 17)

**Phone:** 571-668-8707 (Vienna), 571-685-8178 (Ashburn)

**Location:** Ashburn, Vienna

### **Inova Kellar Center**

[inova.org/our-services/inova-kellar-center](http://inova.org/our-services/inova-kellar-center)

**Treatment Type:** IOP, PHP

**Services:** Mental health and substance use disorder assessments; individual, family, and group therapy; psychiatric evaluations; medication management; psychological testing; and ADHD and educational testing. Therapeutic education program for children grades 3 through 12 who has been identified for special education services.

**Insurance:** Accepts most major insurances, counselor will verify at intake visit.

**Serves:** Teens 12+

**Phone:** 703-218-8500

**Location:** Fairfax

## Mary Washington Healthcare - Snowden

[marywashingtonhealthcare.com](http://marywashingtonhealthcare.com)

**Treatment Type:** Inpatient for adolescents 13+, PHP and Inpatient for adults. Outpatient and IOP for adults with substance use disorder.

**Services:** Provides emergency care, stabilization, assessment and referral for anyone having a mental health or substance abuse crisis. Adult PHP treats depression, anxiety, and self-harm through group, family, and individual therapy, case management, medication management. IOP treats substance use disorder through individual, group, and expressive therapy along with family education.

**Insurance:** Most insurances accepted and Medicare.

**Serves:** Adolescents 13+, Adults

540-741-3900

**Location:** Fredericksburg

## Newport Academy

[newportacademy.com/locations/outpatient/virginia](http://newportacademy.com/locations/outpatient/virginia)

**Treatment Type:** Outpatient

**Services:** Provides group therapy, CBT, DBT, attachment-based family therapy, art and music therapy, yoga and meditation and adventure therapy excursions for eating disorders and substance abuse.

**Insurance:** HealthNet, ComPsych, First Choice Health, Blue Cross Blue Shield

**Serves:** Adolescents and Teens age 12 to 18

**Phone:** 833-467-0582

**Location:** Fairfax

## Mount Regis Center

[mtregis.com](http://mtregis.com)

**Treatment Type:** Residential, PHP, IOP, and Detox

**Services:** Treatment for substance use disorders and certain co-occurring mental health disorders. Offers residential program, detox program, partial hospitalization, IOP and provides behavioral health services for US military veterans.

**Insurance:** Aetna, BC/BS, United Healthcare, Cigna, Aetna, Military, Beacon, Optima, Optum. Does NOT bill Medicare or Medicaid.

**Serves:** Adults

**Phone:** 855-288-2493

**Location:** Salem

## North Spring Behavioral Healthcare

[northspringleesburg.com](http://northspringleesburg.com)

**Treatment Type:** Inpatient and Residential

**Services:** Provides assessment, diagnosis, treatment planning, consultation, treatment, rehabilitation, prevention and community education.

**Insurance:** Accepts most major insurances including Tricare and Medicaid

**Serves:** Children, Adolescents, Teens (ages 7 to 17)

**Phone:** 703-554-6300

**Location:** Leesburg

## Piedmont Behavioral Services

[piedmontbs.com](http://piedmontbs.com)

**Treatment Type:** IOP

**Services:** IOP, CBT, DBT, MAT, Family Therapy. Mental health or substance abuse.

**Insurance:** BC/BS, Military, United Healthcare, Medicare, Cigna

**Serves:** Children, Adolescents

**Phone:** 919-297-2930

**Location:** Lansdowne

## Roxbury Treatment Center

[roxburyhospital.com](http://roxburyhospital.com)

**Treatment Type:** Inpatient, Outpatient

**Services:** Adult and adolescent psychiatric inpatient includes crisis stabilization for depression, anxiety, bipolar, and other mood disorders as well as assessments and therapy. Inpatient and outpatient services for substance use disorders includes detox and rehab.

**Insurance:** Accepts most major commercial insurances, including Medicare, Medicaid, and Tricare

**Serves:** Adults

**Phone:** 800-648-4673

**Location:** Pennsylvania

## The Alice C. Tyler Village of Childhelp

[childhelp.org/the-alice-c-tyler-village-of-childhelp/](http://childhelp.org/the-alice-c-tyler-village-of-childhelp/)

**Treatment Type:** Inpatient, Residential

**Services:** A private, nonprofit, psychiatric residential treatment facility located in rural Virginia. Provides treatment of children and adolescents with mild to severe trauma or neglect, psychiatric disorders, and neurodevelopmental disorders.

**Insurance:** Call to verify

**Serves:** Children ages 5 to 14

**Phone:** 800-422-4453

**Location:** Lignum

### **The Ranch Pennsylvania**

[recoveryranchpa.com](http://recoveryranchpa.com)

**Treatment Type:** Inpatient, Outpatient, Residential

**Services:** Treatment for anxiety, depression, personality disorder, PTSD using CBT, behavioral therapy, counseling, and mindfulness; and substance use disorder using CBT, psychodrama, mindfulness, and experiential therapy.

**Insurance:** Accepts most major insurances; counselors will verify at intake or you can verify on their website.

**Serves:** Adults

**Phone:** 888-970-4279

**Location:** Pennsylvania

### **Timber Ridge School**

[timberidgeschool.org](http://timberidgeschool.org)

**Treatment Type:** Residential

**Services:** A residential treatment center treating adolescent males with ADHD, conduct disorder, oppositional defiant disorder, depression, substance use, anxiety, mood disorder, and co-occurring disorders. Offers diagnostic and assessment services, medication management, family sessions. Funding for placement is almost always provided either by a state agency entirely, or by a combination of local and state matching funds. Parental placement (self-pay) is also possible.

**Insurance:** Free if Qualified, Self-pay

**Serves:** Adolescent boys age 10 to 18

**Phone:** 540-888-9524

**Location:** Winchester

### **Winchester Community Mental Health Center**

[winchestercmhc.com](http://winchestercmhc.com)

**Treatment Type:** IOP, PHP, MAT

**Services:** Offers counseling, medication management, intensive in-home services, equine-assisted psychotherapy for children age 6 to 12. Offers counseling, substance abuse counseling, medication management, assessments, recovery groups, IOP, and psychotherapy for adolescents age 12 to 18. Counseling, medication management, psychiatric evaluation and assessment, art therapy, parent mentoring, IOP and PHP, and psychotherapy for adults.

**Insurance:** Medicare, Medicaid, Private Insurance, FAPT Funding, Self-Pay

**Serves:** Children (6 to 12), Adolescents, Adults

**Phone:** 540-535-1112

**Location:** Winchester

### **Youth For Tomorrow**

[youthfortomorrow.org/residential/residential-treatment-center/](http://youthfortomorrow.org/residential/residential-treatment-center/)

**Treatment Type:** Inpatient/Residential Program

**Services:** Provides residential treatment and supervision, case management, psychiatric services, mental health services, assessments, and education using trauma-informed care for substance use, sex trafficking trauma, pregnant and parenting teens, and emotionally and learning disabled children.

**Insurance:** Accepts most major insurance, Medicaid, Call to verify

**Serves:** Children, Adolescents (12 to 18)

**Phone:** 703-659-9951

**Location:** Bristow

## **What is Inpatient, IOP and PHP?**

**Inpatient** is a type of treatment that an individual is hospitalized in a setting designed to help with mood disorders.

**IOP** stands for intensive outpatient treatment. IOP is intensive but allows individuals to still attend school or work. Individuals attend three evenings per week and the treatment includes behavioral and logic skills, psychoeducation and mindfulness training.

**PHP** stands for partial hospitalization program. This is a very structured treatment program that is less intensive than inpatient settings, and it is used to mood disorders and substance abuse