



# 2021 – 2022 School Year Behavior Health Quick Resource Guide

## Overview of Behavioral Health Programs

### Child Services - Ages 5-12

- ❖ Inpatient<sup>1</sup>: only program in Northern Virginia for this age group
- ❖ Partial Day Program (PHP)<sup>1</sup>: Monday-Friday from 8:00 am - 2:30 pm

### Adolescent Services - Ages 13-17

- ❖ Inpatient<sup>1</sup>
- ❖ Partial Day Program (PHP)<sup>2,3</sup>: Monday-Friday from 9:00 am - 3:00 pm
- ❖ Intensive Outpatient (IOP)<sup>2,3</sup>: Tuesday-Thursday from 4:30 pm - 7:30 pm

### Adult Services - Ages 18+

- ❖ Inpatient<sup>1</sup>
- ❖ Partial Day Program (PHP)<sup>2</sup>: Monday-Friday from 8:00 am - 4:00 pm
- ❖ Intensive Outpatient (IOP)<sup>2</sup>: Tuesday-Thursday from 4:30 pm - 7:30 pm

## Specialty Treatment Programs

### Reflections Eating Disorders Program<sup>1</sup> - Ages 9+

- ❖ The only Joint Commission disease specific certified program on the East coast.
- ❖ Reflections offers a full continuum of care: inpatient, PHP, & IOP.

### TraumaSci Complex Trauma Disorders Program<sup>1,2</sup> - Ages 18+

- ❖ Continuum of therapeutic services for adults who are suffering from the aftermath of traumatic experiences resulting in Post-traumatic Stress Disorder and Dissociative Disorders.
- ❖ TraumaSci offers both inpatient and PHP levels of care.

### School Refusal Program<sup>2</sup> - Ages 13-17

- ❖ PHP which serves individuals who refuse to attend school on a regular basis, or have difficulty remaining at school.
- ❖ Program elements include CBT and DBT skills training, parent training, mindfulness, exposure therapy, psychoeducation, therapeutic homework and logbooks, and expressive therapy.

### Intersect Co-Occurring Program<sup>1,2,3</sup> - Ages 13+

- ❖ Inpatient and PHP treatment track for individuals with co-occurring substance use and behavioral health concerns.
- ❖ Participation in onsite relapse groups, such as Alcoholics Anonymous (AA) and Narcotics Anonymous, provides valuable structure and develops skills needed to manage mental illness and achieve sobriety.

### HEAL Non-Suicidal Self-Injury Program<sup>1</sup> - Ages 13+

- ❖ HEAL (Healthy Emotional Actions for Life) is the only program in the region specifically tailored for those who harm themselves. Beyond our standard care plan, our HEAL Program adds physician ordered group sessions to help participants focus on underlying issues and develop positive coping skills, rather than the act of self-injury.



## Locations

### Inpatient

1. 2960 Sleepy Hollow Rd.  
Falls Church, VA 22044

### Outpatient

2. 6565 Arlington Blvd  
Suites 101 & 506  
Falls Church, VA 22042
3. 14501 George Carter Way  
Suite 109  
Chantilly, VA 20151

# Other Available Services



## Education Services

- ❖ School age patients are supported and supervised by a dedicated Education Services Team in Dominion's on-site "Learning Lab."
- ❖ The Education Services Team directly consults with appropriate school personnel to address stressors related to admission and explore school assistance where applicable.
- ❖ Case management is provided for all school-age patients, and staff are available to communicate with schools and facilitate the patients' transitions back to school.
- ❖ Staff are members of the patient's multidisciplinary treatment team. They collaborate with physicians, social workers, and other clinical staff to contribute to the recovery plan and discuss educational needs during admission and after discharge.

## LIPOS

- ❖ In addition to our acceptance of most major insurance plans, patients may also be placed in our programs by Local Inpatient Purchase of Service (LIPOS) funding. LIPOS are regional CSB funds from the state to purchase hospital beds (when admission to a state hospital is not possible), or to obtain Partial Hospitalization Program (PHP) level of care for hospital diversion.
- ❖ The HPR II Region includes five CSBs (Alexandria, Arlington, Fairfax-Falls Church, Loudoun, and Prince William). Individuals need to be evaluated by CSB staff at local sites designated by the local CSB.

## Jason Foundation

- ❖ HCA partners with the Jason Foundation on a national level to promote suicide prevention and awareness to the Northern Virginia Community.
- ❖ Dominion Hospital is the Mid-Atlantic regional headquarters for Jason Foundation, and can offer comprehensive suicide prevention tool-kits and trainings for free.

## LGBTQIA+

- ❖ Dominion was recognized as a Top Performer by the 2021 Healthcare Equality Index, and provides a safe space and gender affirming environment of care for the LGBTQIA+ community.
- ❖ We believe 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.

## Virtual Consultations

- ❖ Dominion Hospital is available 24/7 for support through confidential virtual consultations to determine an individual's level of care. Patients and families can bypass the additional delay and potential cost of an Emergency Room or Community Services Board visit, and pursue a direct admission by calling **(703) 538-2872**.

***Dominion Hospital is part of HCA Healthcare's Northern Virginia Market, and individuals can get connected to behavioral health resources by visiting one of our sister hospitals or urgent care locations listed below.***



### Northern Virginia Market

**Reston Hospital Center** - 1850 Town Center Parkway, Reston, VA 20190 - **(703) 689-9000**

**StoneSprings Hospital Center** - 24440 Stone Springs Boulevard, Dulles, VA 20116 - **(571) 349-4000**

### CareNow Urgent Cares

**Centreville** - 4995 Westone Plaza, Chantilly, VA 20151 - **(571) 441-3980**

**Sterling at Cascades** - 46200 Potomac Run Plaza, Sterling, VA 20164 - **(571) 313-5087**

**Chantilly** - 3456 Historic Sully Way, Chantilly, VA 20151 - **(703) 435-3838**

