Resource List:
Mental Health Services & Other Community Resources for Students and Families

Newport News Public Schools
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Updated-December 2012
TABLE OF CONTENTS

1. Counseling/ Mental Health Services 3
2. Cultural Specializations 8
3. Housing/Rent/Food/ Clothing Assistance 9
4. Medical Services 11
5. Resources for Individuals with Disabilities 13
6. Parent Resources 14
7. Support for Military Families 14
8. State/ City Resources 15
9. Other Resources 16
Counseling/ Mental Health Services

Listing of group practices website: [www.healthgrades.com/group-directory/virginia-va/newport-news](http://www.healthgrades.com/group-directory/virginia-va/newport-news)
Alphabetically provides (incomplete) listing of local group medical practices.

*Resource finder* - [http://gwcac.va.networkofcare.org/mh/services/index.aspx](http://gwcac.va.networkofcare.org/mh/services/index.aspx)
From the Greater Williamsburg Child Assessment Center

**ACCESS (AIDS Care Center for Education and Support Services)**
757-722-5511
218 S. Armistead Avenue
Hampton, VA 23669
Services: Variety of services to children living with HIV/AIDS and their families.
[www.accessaids.org](http://www.accessaids.org)

**Agape Counseling and Therapeutic Services, Inc.**
757-244-3500
3221 Commander Shepard Blvd.
Hampton, VA 23666
[www.agapecounselingva.com](http://www.agapecounselingva.com)
*Services*: Therapeutic day treatment, in-home counseling, family/individual counseling, therapeutic foster care, geriatric services.

**Alpha Counsellors Service, Inc.**
757-262-2094
1503 Hardy Cash Drive
Hampton VA 23666
*Services*: Therapeutic day program for children, in-home counseling, mentoring, fitness, nutrition, and substance abuse. Sex offender therapy is also offered.

**Associated Counselors of Tidewater, Inc.**
757-490-6960
10 Basil Sawyer Dr. Ste. A
Hampton VA 23666
[www.acttherapy.org](http://www.acttherapy.org)
*Services*: Individual/couples/family/group therapy, hypnotherapy; ages 2 years to adult

**Associates of Hampton Roads**
757-877-9140
6515 George Washington Memorial Highway, Ste. 100
Yorktown VA 23692
[www.associatesofhamptonroads.com](http://www.associatesofhamptonroads.com)
Bacon Street
757-253-0111
247 McClaws Circle
Williamsburg VA 23185
www.baconstreet.org
Services: Adolescent substance abuse, prevention, and treatment programs

Behavioral Medicine Institute (BMI)
757-872-8303
12700 McManus Blvd.
Newport News VA 23602
www.behavioralmedicineinstitute.com
Services: Cognitive-behavioral therapy, hypnosis, biofeedback, as well as traditional counseling services.

Center for Child & Family Services
757-838-1960
2021 Cunningham Dr. Ste. 400
Hampton VA 23666
www.kidsandfamilies.com
Services of note: Safe Harbor-supervised visitation center, Latino Outreach, Peaceful Choices (domestic violence intervention, shoplifting prevention, anger management), & financial counseling.

Chessen & Associates
757-595-3900
12420 Warwick Blvd.
Newport News VA 23606
http://www.chessenassociates.com/
Services: Individual, couples, family therapy; children through adults

Christian Psychotherapy Services
757-873-0735
728 Bluecrab Rd.
Newport News VA 23606
www.christianpsychotherapy.com
Services: Individual, couples, family therapy; children through adults

Clinical Associates of Tidewater
757-877-7700
12695 McManus Blvd., Bldg. 8
Newport News VA 23602
www.catnn.com
Colonial Psychiatric Associates LLC
757-873-1958
708 Mobjack Pl
Newport News VA 23606

The Counseling Center, LLC
757-833-8998  757-826-4600
606 Denbigh Blvd. #405  2211 Executive Dr.
Newport News VA 23608  Hampton VA 23666
http://www.thecounselingctr.com/
Services: Traditional counseling services, as well as anger management groups, substance abuse counseling, co-parenting classes, et al.

Creative Counseling Center, Inc.
757-706-3404  or  757-876-7194
751 Thimble Shoals Blvd., Ste. K
Newport News VA 23606
http://www.creativecounselingcenterva.com/
Services: Working with children, teens, and their families, providing individual and family therapy; utilizes both traditional and nontraditional approaches to psychotherapy, offering play and art therapy

Draa S. Thompson and Associates
757-898-9025
7621 George Washington Memorial Highway, Ste. C
Yorktown VA 23692
http://draathompsonandassociates.com/

Family & Youth Foundations Counseling Services
757-380-0385
6022 Jefferson Ave. Ste 104
Newport News VA 23605
Services: Family counseling, in-home therapy, therapeutic day treatment, “Call Dad” program
Programs of note: Call Dad (founded by Leon Sankofa) - 877-321-DADS – Assist non-custodial father in becoming more active in their children’s lives.

Family Redirection Institute, Inc.
757-877-7090
13195 Warwick Blvd., 2C
Newport News VA 23602
http://www.familyredirectioninstitute.com/
Services: Include home-based services for ages 8-17, outpatient services, mentoring, school-based aide; individual/family/group therapy
Hampton/Newport News Community Services Board (H/NN CSB)
757-788-0600 / 788-0300 (for 18 years+)
300 Medical Dr.
Hampton VA 23666
www.hnncsb.org

Hampton Roads Counseling Center
757-877-9140
6515 George Washington Memorial Hwy, Ste. 100
Yorktown VA 23692
http://hamptonroadscounseling.com/ --Website Under Construction

Kempsville Center for Behavioral Health - provides comprehensive behavioral health services (including residential) to children and adolescents with mental health concerns. Both the Acute Inpatient Hospitalization program and Residential program accept children and adolescents ages 5-17. (Accredited by The Joint Commission and licensed by The Virginia Department of Behavioral Health and Developmental Services.)
757-461-4565  877-409-2228 (toll free)
860 Kempsville Rd., Norfolk, VA 23502
http://kempsvillecbh.com/

KidzN Grief
757-737-2287 -- Contact Beth Pile to register for this free group, running Sept. through June, 2nd & 4th Mondays
Support group for youth aged 3-18 and their parent/caregivers

National Alliance for the Mentally Ill
757-503-0743
Mailing address: 110 A Medical Drive, Hampton, VA 23666
http://www.namihptnn.org/
Services: Provides a variety of support groups for individuals with mental illness and their families. (E.g., veterans, family to family, peer to peer)

National Counseling Group
757-240-5595
733 Thimble Shoals Blvd. Ste. 170
Newport News VA 23606
http://www.nationalcounselinggroup.com/newportnews.html
Services: Individual/family counseling, in-home services, therapeutic day treatment (TDT)
New Horizons Family Counseling Center
http://education.wm.edu/centers/newhorizons/index.php
Referral form: http://education.wm.edu/centers/newhorizons/resources/referral/index.php
It must be mailed AND faxed to:
Jennifer Haislip, 520 Butler Farm Rd., Hampton VA, 23666
757-221-2363  FAX: 757-221-1983

Pathways Developmental Services, Inc.
757-240-4840 or 757-806-6800
9286 A Warwick Boulevard, NN 23607
www.gopathwaysdsinc.com
Services: Individual/couples/family counseling, in-home services, support groups

Peninsula Pastoral Counseling Center
757-873-2273
Newport News
http://www.peninsulapastoral.org/
Services: Individual/couples/family counseling for children through adults

Riverside Behavioral Health Center
757-827-1001/800-759-1001
2244 Executive Dr.
Hampton VA 23666
www.riversideonline.com

Rock Landing Psychological Group PLC
757-873-1736
11825 Rock Landing Dr. / The James Bldg.
Newport News VA 23606
www.rocklandingtherapy.com

SHARE
757-886-6790
Support for families who have lost a child due to miscarriage, neonatal death, or SIDS

Therapy Associates
757-874-1676
12725 McManus Blvd.
Newport News VA 23602
www.therapyassociatesofdenbigh.com (in process of being updated-10/2/09)
Transitions Family Violence Services
Main office: 757-722-2261 Children’s services: 757-728-2639
24-hour hotline: 757-723-7774
Hampton
www.transitionsfvs.org

Protect Our Kids Program for kids who have witnessed violence. Call 757-727-0651 for specific information. Can also call the 24-hour hotline for information and service referrals: 757-723-7774
www.transitionsfvs.org/protectourkids/index.html

Virginia Department of Behavioral Health & Developmental Services
http://www.dbhds.virginia.gov/

Virginia Psychological Services PLC
757-873-4744
Newport News
http://www.drchrishelpsu.com/ (site new and under construction 10/2/09)
Email: chris@drchrishelpsu.com
Neurofeedback and drug education specialization

Women Survivors
757-258-5022
Avalon Domestic Violence Shelter
Support for women dealing with childhood sexual violence or abuse

World Outreach Worship Center
757-874-1223
1233 Shields Rd.
Newport News VA 23608
http://www.wowcenter.org/ministries/support-groups/
Services: Offers support groups, including grief, marriage, divorce, and substance abuse.

Cultural Specializations

African-American Mental Health Therapists
Tara Hazzard-Patterson
African-American therapists at the CSB: (Intake: 757-788-0600)

Dennis Patterson, LCSW
Churchland Psychiatric
Portsmouth
757-483-6404

Viola Vaughan-Eden, Ph.D, LCSW
757-594-6011 Newport News
Elaine Whitaker & Associates  
757-838-4144  Hampton

**Bilingual Therapists** (English/Spanish)  
Nayda Flores, PhD - *Contact at Therapy Associates of Denbigh, 757-874-1676

Kimberly Karanda, PhD, LCSW - *Contact at H/NN CSB, 757-788-0600

Juan Milla, MA – *Contact at Center for Child & Family Services, 757-838-1960

**Bilingual Dentist** (English/Spanish) – Kool Smiles, 757-827-KOOL

**Latino Outreach** – Center for Child and Family Services, 757-838-1960

**Asian Issues**
Angelina Guazon, MD - *See Christian Psychotherapy, 757-873-0735

**Housing/Rent/Food/ Clothing Assistance**

**Denbigh United Christian Outreach**  
(Serving 23602, 03, 04, 06 and 08 zip codes only)  
757-877-6211  
Monday – Thursday 12 p.m.- 2 p.m.

**Directory of USDA Distributors for the FOODBANK of the Virginia Peninsula**  

**Fuel Assistance Program**
757-437-3200

**Malachi House**
757-871-0982  
[http://malachihouseinternational.org/](http://malachihouseinternational.org/) 
Provides help with emergency housing

**Menchville House**
757-833-5980  
[www.menchvillehouse.com](http://www.menchvillehouse.com) 
Shelter for women and children in transition.

**Office of Human Affairs**
2708 Chestnut Avenue  
757-244-6121  
Monday – Friday 8:00a.m. – 5:00p.m. (call for appt.)
**Our Lady of Mount Carmel Catholic Church**
100 Harpersville Road (Newport News residents only)
Social/Outreach Ministry
757-599-3950 *(Call only during the hours listed below)*
Monday, Wednesday, Thursday 12:00 – 2:00p.m.
Tuesday & Friday 9:00 a.m. – 11:00a.m.

**Oxford House**
757-292-3249
[www.oxfordhouse.org](http://www.oxfordhouse.org)
Provides housing for persons in recovery.

**Peninsula Housing Council**
757- 595-6366

**Redevelopment & Housing Authority**
757-928-2620
[www.nnrha.com](http://www.nnrha.com)

**The Salvation Army**
757-838-4875
1033 Big Bethel Road, Hampton
* Provides utility assistance through Energy Share/Virginia Power, as well as assistance with food and shelter. [http://www.salvationarmyusa.org/usn/www_usn_2.nsf](http://www.salvationarmyusa.org/usn/www_usn_2.nsf) * the local website is under construction and contains a warning of harming your computer.

**Applications for Thanksgiving Baskets and Toys for Tots**

**Documents needed:** copy of all bills, income verification for all family members, custody documents, picture ID of applicant, Social Security cards for all in household, birth verification of children under 13 (Medicaid card or birth certificate). **Do Not Bring Children.**

**Clothing & Food Assistance**

*Must call FIRST CALL for food referrals! (757-594-4636)*

**William Rattley Road Ahead Center**
820 24th St.
757-245-6098
M,W,F 8:00am-3:00pm
*Individual needs picture ID and a referral from United Way/First Call.*

**World Outreach Worship (WOW)** – Food distribution from the church & warehouse on Industrial Park Dr. Distribution schedule varies. Call: 757-234-4441
Medical Services

Angel Bus -- http://www.angel-bus.org/ (800) 768-0238
Provides long-distance non-emergency transportation for people with medical needs.

Services: Routine evaluation and treatment of common acute illnesses, sports physicals, and health education.

Children’s Health Programs, including Childhood Obesity Prevention Program, Child Safety and Injury Prevention Program, Child Care Health Consultant Program, Dental Health Education Program, Asthma Education Program (The latter is a partnership between NNPS & Peninsula Health District)
Peninsula Health District - 757-595-7311 or the school nurse http://www.vdh.state.va.us/LHD/peninsula/healthychildren.htm

Community Free Clinic of Newport News
757-594-4060
727 25th Street, Newport News 23607
Medical appointments on Tuesdays & Thursdays from 3:30-8:00
Dental appointments on Saturdays

Dentists (who work with children, including those with special needs)
Kool Smiles, 14346 Warwick Blvd, Newport News 23602, 757-847-9902
2165 Cunningham Dr., 23666, 757-325-9764
www.koolsmilespc.com
Hablamos Espanol; accepts FAMIS & Tricare

Coliseum Pediatric Dentistry (& Orthodontics) (Dr. Bobby Garofalis), 2113 Hartford Rd., Hampton 23666, 757-838-0800 --This office accepts Medicaid & FAMIS
http://coliseumpeddental.com/


HELP Free Dental Clinic, 1325 LaSalle Ave., Hampton 23666 757-727-2577, serves Hampton & Newport News

FAMIS – (Family Access to Medical Insurance Security plan) – 1-866-873-2647
FAMIS Select – 1-888-802-KIDS; premium payment assistance for FAMIS families

*Find a Free Clinic* (Not sure how well this is updated, and it’s a rather tedious search, but it might help lead to other resources.) Lists free clinics throughout the state of Virginia.
http://www.vafreeclinics.org/virginia-free-clinics.asp#3

Health Department – Southeast Newport News
757-247-2184

Hearing Aids – (Starkey Hearing Foundation) for people with NO other resources
http://www.starkeyhearingfoundation.org/programs/ Click on Hear Now

HELP (Hampton Roads Ecumenical Lodgings & Provisions)
1320 LaSalle Ave., Hampton 23666
757-727-2577
http://www.helpushelpu.org/
To serve the homeless and those in crisis by providing shelter, food, financial assistance, medical and dental care. Serving Hampton & Newport News.

Lackey Free Clinic
757-886-0608
1620 Old Williamsburg Rd., Yorktown VA 23690
www.lackeyfreeclinic.com
*For adults* - Faith-based; provides free health care (including prescriptions) and counseling for the medically disadvantaged.

Partnership for Prescription Assistance (PPA)
1-888-4PPA-NOW (1-888-477-2669)
http://www.pparx.org/
For those who do not have prescription coverage and cannot afford their medications
*Hablamos Espanol*

Peninsula Health Center
416 J Clyde Morris Blvd.
Newport News, VA
757-594-7400, 757-594-7300
www.vdh.state.va.us/LHD/Peninsula

Pfizer Pfriends
Prescription assistance program
1-866-706-2400
www.pfizerhelpfulanswers.com

Back to Table of Contents
Peninsula Institute for Community Health (PICH)

www.pich.org

Stoneybrook
15425 H Warwick Blvd.
NN, VA 23606
757-874-8400

48th Street Physicians
4714 Marshall Avenue
NN, VA. 23607
757-380-8709

East End Physicians
1033 28th Street
NN, VA. 23607
757-952-2160

Community Dental Services
1033 28th Street (1st floor)
NN, VA. 23607
757-928-3810

Riverside Home Care Services
856 J. Clyde Morris Blvd. - Suite C
NN, VA. 23601
757-594-5600 or toll free: 1-888-594-5600
www.riversideonline.com/homecare

Riverside PACE- All inclusive care for the elderly
www.riversideonline.com/pace

Newport News Hampton
439 Oriana Rd. 4107 West Mercury Blvd.
234-8106 757-251-7977

Resources for Individuals with Disabilities

ARC -- http://www.thearcofva.org/index.html 804-649-8481

Autism Resources
VA Autism Council : www.autismtrainingva.org; www.autismva.org

The Balanced Mind Foundation (Child& Adolescent Bipolar Foundation)
www.bpkids.org
Training & Technical Assistance Centers (T/TAC)
www.ttaonline.org

TTAC/College of William & Mary School of Education
http://education.wm.edu/centers/ttac/
Organization located at different sites throughout the state that provides a variety of services to educational professionals to help them in their work with students with mild/moderate disabilities.

Parent Resources

Healthy Families Partnership
757-727-1300
Hampton
http://www.hampton.va.us/healthyfamilies/
Programs of note: Classes for parents of newborns, playgroups, STEP classes (Systematic Training for Effective Parenting), 123 Magic, parenting programs, bilingual programs (for Hispanic families), programs for fathers. Some programs are for Hampton residents only; most are open to residents from Newport News.

Peninsula Reads
757-283-5776 (Denbigh Office, 757-727-1097 (Hampton Office)
Teaches adult literacy skills

Kids Priority One
1-800-CHILDREN (244-5373)
www.kidspriorityone.org

Support for Military Families

Air Force Aid Society
757-764-3990
www.afas.org

Fort Eustis Exceptional Family Member Program
757-878-1954

Joint Base Langley- Ft. Eustis School Liaison –  
Ft. Eustis SLO Kimberly Crutchfield
757-878-3514
www.militaryk12link.com
www.eustismwr.com (Child, Youth, & School tab, click School Liaison Services)
Joint Base Langley-Ft. Eustis Youth Programs
757-225-2605/2606

Military Onesource
Various types of assistance to military families, including confidential counseling
1-800-342-9647
www.militaryonesource.com
Military Crisis Line: 1(800)273-8255
DOD Safe Helpline/ Sexual Assault Support: 1-877-995-5247

Operation Homefront – Hampton Roads
757-806-6150
http://www.operationhomefront.net/hamptonroads/

State/City Resources

Insurance information for Virginians
http://www.vhcf.org/

NN Department of Human Services
http://www.nngov.com/human-services/social-services -- Click on the “financial services” link for info on assistance and to find referral forms.
6060 Jefferson Ave.  368 DeShazor Dr. (satellite Denbigh office)
Newport News VA 23605  Newport News VA 23608
757-926-6300  757-369-3160

NN Department of Parks & Recreation
757-926-1400
http://www.nngov.com/parks-and-recreation

Therapeutic Recreation Programs
http://www.nngov.com/parks-and-recreation/therapeuticrecreation
757-926-1400

NN Youth Services Program
757-369-6808

Targeted Outreach Youth Program “TOP”- Gang prevention and mentorship program
757-926-6000
http://www.nngov.com/human-services/social-services/resources/targeted_outreach/

Office of Human Affairs – Hampton Roads
Head Start: 757-246-9170; Children’s Services: 757-325-6093
Housing: 757-247-6747; Community Services: 757-247-0739
http://www.ohainc.org/
Social Security Administration
http://ssa.gov/

Newport News
11706 Jefferson Ave. 23602
1(866) 331-9169

Hampton
1521 Hardy Cash Dr. 23666
1(866) 592-2669

Virginia Commission on Youth (state):
804-371-2484
Richmond
http://vcoy.virginia.gov/

OTHER RESOURCES

Adult & Continuing Education
757-283-7830
http://sbo.nn.k12.va.us/adult-ed/

American Red Cross, Hampton Roads Chapter
757-838-7320
http://www.hrredcross.org/

211 Call Center – Information & Referral Source
Dial 2-1-1 or call 1(800) 230-6977
http://www.211virginia.org/211provider/consumer/index211.do

Crisis Contact Information (local list provided by W&M)
http://education.wm.edu/centers/newhorizons/clients/crisiscontact/index.php

C. Waldo Scott Center for HOPE
757-224-9223
http://scottcenter.org/

FIRST CALL--- Information and Referral Line (United Way of the Virginia Peninsula)
757-594-4636
http://www.uwvp.org/first-call

Must call First Call if you need a referral for food

Insight Enterprises Inc. – Peninsula Center for Independent Living
Website provides information for the Hampton Roads area (housing, clinics, disability services, school information, emergency assistance numbers, transportation, etc.)
(757) 827-0275
http://www.hvacil.org

Back to Table of Contents
Peninsula Rescue Mission  
757-380-6909  
3700 Huntington Ave., Newport News  
www.prm.info

Planned Parenthood of Southeastern Virginia  
403 Yale Drive  
Hampton VA. 23666  
757-826-2079  
www.ppsev.org

Project HOPE  
757-221-4002/1-877-455-3412  
http://education.wm.edu/centers/hope/index.php  
State-funded grant to assist homeless children in maintaining school attendance and participation.

Seton Youth Shelters  
757-963-5795  
Seton Youth Shelters provides emergency shelters, street outreach, and counseling for youth, free of charge. The Mentoring Children of Prisoners Program matches a youth, ages 4-18, with a trained adult mentor, who meets with the youth on a weekly basis.

The UP Center  
www.theupcenter.org  
Housing and Homeless Prevention Services  
965-8640

United Way of the Virginia Peninsula  
757-873-9328  
http://uwvp.org/index.php

Women Helping Women in Crisis  
833-5980  

YMCA (offers a variety of resources for all community members, including those in the military and those with special needs)  
757-245-0047  
http://www.ymca.net/y-profile/?assn=6736&address=23602 (NN)  
http://www.ymca.net/

Please e-mail Chrystal Bailey, David Carroll, or Mara Yoko with updated information about changes that occur with service providers or service delivery.