

MEDIA RELEASE

Rappahannock Area Community Services Board

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FOR IMMEDIATE RELEASE

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Community Services Board Increases Use of Telemedicine in Reaction to COVID-19

Fredericksburg, Virginia – Rappahannock Area Community Services Board will perform most of its outpatient services via telehealth starting March 24 as the agency works to meet behavioral health needs while mitigating risks related to the coronavirus outbreak.

Case management for mental health, substance use disorder, and developmental disability will be completed by phone or video conferencing while Virginia remains in a state of emergency. Medication management and counseling services will also be performed using telemedicine during that time frame. Special arrangements will be made for individuals who receive injections or suboxone from RACSB, and they will receive instructions from their service providers.

Additionally, the agency has changed its check-in procedures for clinical appointments. For the near future, individuals should check in at the front desk. They will be asked to wait in the parking lot and will receive a call or text when it is time to see the clinician.

RACSB's emergency services will be available 24 hours a day. Anyone experiencing a mental health crisis should call 540/373-6876.

Recognizing that individuals will struggle with anxiety during this time of change, RACSB has also created a page of resources and updates for the community. It can be found on the agency website, <https://bit.ly/racsbCOVID>.

Founded in 1970, the Rappahannock Area Community Services Board (RACSB) provides public mental health, developmental disability, substance abuse and prevention/early intervention services to the residents of the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania and Stafford. To learn more, visit www.rappahannockareacsb.org.

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