



# *Why* HOPE?

Rappahannock Area Community Services Board  
Fiscal Year 2024 Annual Report



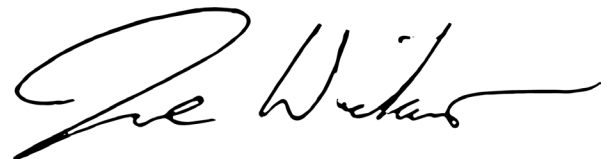
# Director's Message

Three harmonicas sit on top of my desk to remind me why I work at RACSB. I started as a direct support professional at Wolfe Street Group Home, and one of the guys who lived there collected harmonicas. He loved the small musical instruments but often lost them. They disappeared, and we had no idea where they went. In 2016, I visited Wolfe Street while it was being renovated to become an intermediate care facility. When we took down the chain-link fence, we discovered harmonicas stuffed in most of the poles of the fence. I kept three of the harmonicas as a visual reminder of the individuals served by our agency.

When I started working at RACSB, I didn't have a compelling Why. The job paid more than what I earned working at Blockbuster Video, and I thought it would look good on my resume. But I quickly discovered much more than a temporary career stepping stone. When you provide direct care to individuals, helping them with showering, dressing, eating and more, you form bonds. You develop relationships. I celebrated their accomplishments and respected the way they persevered through challenges.

As I moved up in the agency, I lost a lot of that hands-on experience, but I still see my work as stream that flows to the care of the individuals we serve. I still get to be a part of their lives by working to create and administer policies that affect them. And I have the privilege of supporting the HopeStarters who do provide direct care to tens of thousands of individuals each year.

As executive director, I get to be part of supporting my community and to see the value of our work. In my position, I can see the totality of our services. It's also exciting to see us grow and expand, and I can't wait to see how much more we can do.



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## From the Editor

I'm a HopeStarter because I know what it's like to lose hope. I've been in several of the situations that bring people to our agency's doors.

In the hardest moments of my life, the care, competence and compassion of HopeStarters calmed my anxiety and eased my despair.

I came to RACSB because I knew firsthand how life-changing its services were. I'm always curious about what makes other people choose an RACSB career. So I asked.

Once I started hearing other HopeStarters' why stories, I knew I had to share them. Their work is inspiring—and so are their reasons for doing it.

So—in addition to the usual statistics, highlights and success stories—this annual report includes several why stories from RACSB employees and Board of Directors. I hope they inspire you as much as they inspired me.

**Amy Umble,**  
**Communications Coordinator**



# Board of Directors

About 15 years ago I was asked to serve as an RACSB board member representing Stafford County. I joined a board whose members represented all aspects of RACSB's mission areas. Those members were dedicated to improving the community through more, and better, services. I admired their faith that lives can be improved through thoughtful and peer-reviewed interventions. Their faith was strong and was the foundation for many RACSB successes. I completed my initial terms and have been reappointed to serve. I am pleased that the current board continues that earlier board's dedication to service and exhibits similar faith and hope.

Faith has multiple definitions, including "something that is believed especially with strong conviction" and "complete trust." But faith is merely an expression of the current state of affairs; it represents a belief in the current situation.

Hope is different. Hope is related to the future. Hope is a confident expectation to achieve a desired state. This is what the board sees from our monthly sessions with staff. We see hope that our community members can live a life like yours. We see hope that behavioral healthcare can be provided appropriately and in a timely manner to make challenges manageable. We see hope that substance use disorders can be overcome and lives reclaimed. We see hope that children and families can develop to their fullest potential. We see hope that we can avoid some of these societal issues and achieve mental wellness.

I am proud and honored to be a part of such a significant organization that spreads hope widely.

**Matt Zurasky,  
Stafford County Representative,  
Board of Directors**

RACSB serves five localities: the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania, and Stafford. For each locality served, there are three board members for a total of 15\*. Board members are appointed by the Board of Supervisors for each county or by the Fredericksburg City Council.

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Chair:

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Nancy Beebe  
Spotsylvania County

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Glenna Boerner  
Spotsylvania County

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Ken Lapin  
City of Fredericksburg

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Carol Walker  
Stafford County

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Vice-Chair:

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Jacob Parcell  
City of Fredericksburg

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Claire Curcio  
City of Fredericksburg

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Sarah Ritchie  
King George County

---

Melissa White  
Caroline County

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Secretary:

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Matt Zurasky  
Stafford County

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Susan Gayle  
Caroline County

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Greg Sokolowski  
Stafford County

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Bridgette Williams  
Spotsylvania County

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\*There are two vacancies in King George County.

# Rappahannock Area Community Services Board

*Here to help*

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## Our Mission

RACSB is dedicated to education, recovery, treatment, and wellness of Planning District 16 residents affected by mental health and substance use disorders and developmental disabilities.

At RACSB, we are committed to helping community members lead the best lives possible. We help babies speak their first words and adults with severe mental illness take their first steps back into the community. Whether you have a brief bout of depression, a debilitating mental illness, or a crippling addiction, we have outpatient services to help. For adults with developmental disability and their families, we offer top-notch care. We have proudly served the Fredericksburg community since 1970, and we are here to help.

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At various stages, I have worked in a variety of behavioral health or developmental disabilities services since I was 18 years old. While the individuals, programs, and staff were all very different, they all had a common theme. Those services all aim to improve peoples' lives. I love watching others grow and succeed. I've seen progress that most would think insignificant, but it is life altering to that person. The smallest shift in someone's path can lead to whole new destinations. To me, helping someone find their own path, gives me hope and is my why.

**Amy Jindra,**  
**Director of Community Support Services**

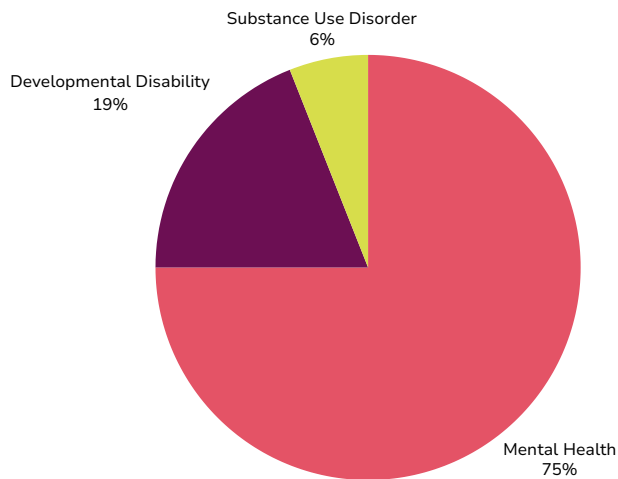
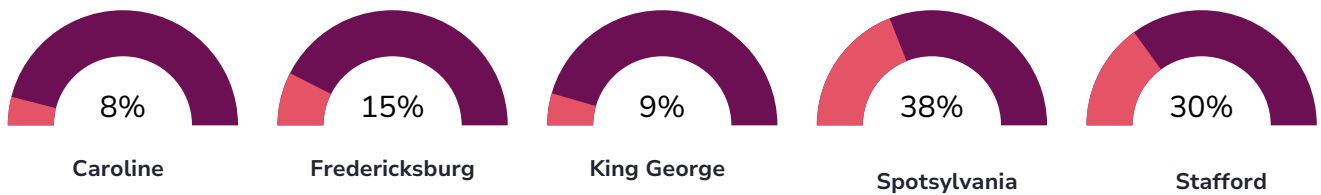
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My Why has changed over my near 18 years at RACSB. When I started as the Public Information Specialist with a 6-month old at home, it was to find meaningful work and stop commuting three hours a day. When my nephew in Maryland was diagnosed with autism two-years later, I was grateful to have knowledge of Early Intervention Services through our amazing Parent Education – Infant Development team as I asked a lot of questions. (That team also directly supported me a few years later when my second child needed services.) When friends and neighbors have needed help for themselves or their loved ones, it feels good to know about RACSB services and help get them connected. As Prevention Services Director, my Why is community. I am passionate about doing all that I can to help foster a more resilient community, to help reduce the number of people hurting who turn to substance mis-use or thoughts of suicide, and to encourage us all to be better “noticers” so we really see one another and respond with empathy, compassion, and support.

**Michelle Wagaman,**  
**Director of Prevention Services**

# Serving Our Community

Locality	Total	Mental Health	Developmental Disability	Substance Use Disorder	Healthy Families
Caroline	1,547	1,142	296	82	27
Fredericksburg	3,087	2,377	330	236	144
King George	1,901	1,454	288	88	71
Spotsylvania	7,812	5,646	1,430	440	296
Stafford	6,086	4,053	1,484	347	202



I am a HopeStarter because I have known since I was a little girl that I wanted to make a difference in the lives of others. I am the Housing Specialist with PSH because the feeling I get when I call a client to tell them they've been approved for housing is unmatched. Watching them turn the lock on their new home brings me so much happiness, and it gives the client hope. They're just unlocking a door, but for some of them, it's the first safe place they have slept in years. It's their first opportunity to take a hot shower or do a load of laundry or make themselves a meal. Finding housing for our clients is the first step to improving their quality of life, and I am grateful to be in a position that provides that hope to them.

**Tarah Stanley,  
Housing Specialist**

# 20,433

individuals received services in FY24

# 1,547

resided in Caroline County

# 3,087

resided in the City of Fredericksburg

# 1,901

resided in King George County

# 7,812

resided in Spotsylvania County

# 6,086

resided in Stafford County





# Developmental Disability Services

I am a HopeStarter to help Individuals and families navigate a not-so-user-friendly system to support their loved ones and families in accessing supports they need in life to be as independent, productive, and comfortable as one can be. I love to be able to be a support, provide guidance, and find a solution to provide hope to others.

**Tameika Bradley,**  
**Developmental Services**  
**Support Coordination Supervisor**



Guests of Myers Drive Respite Group Home having fun on the porch

# 3,828

individuals received  
developmental disability services



## Highlights

After being closed from Covid, RAAI's community-only programs based out of local YMCA sites were able to open back up and expand.

Support coordination is growing to meet the needs of individuals who will receive Medicaid waivers following the state's increased investment in funding.

RAAI had successful fall and spring plant sales, and our horticulture department has continued to make new community partners and expand. The garden party was a major success and has continued to blossom.

For the first time since pre-Covid, the residential services team was able to stabilize a strong staffing pattern, including filling all leadership roles in the program.

# Services

## Residential Services

Living in the community means having a lifestyle tailored to your interests. At RACSB, we provide this lifestyle for adults with a developmental disability. Our residential programs offer an array of services to fit a wide range of needs.

We offer: supervised apartments, group homes, intermediate care facilities, sponsored placement, and respite care for adults.

## Day Support

For the individuals in our day support program, each day holds the promise of a new activity. Rappahannock Adult Activities began four decades ago, when community members noticed that adults with developmental disability didn't have anywhere to go during the day. RAAI gives individuals the chance to pursue their passions, learn new skills, and develop friendships.

## Case Management

Our support coordinators help individuals with developmental disabilities navigate services. Support coordinators assess individuals to determine their needs, then find the most appropriate services.

A support coordinator helps develop a personalized plan for each individual, then follows up to make sure the plan is working. Support coordinators also connect individuals with developmental disabilities to other community services, such as Social Security benefits, housing, and healthcare.

Through support coordination, individuals with developmental disability are able to lead full, productive lives in our community.

Seeing the progress in growth in the individuals that we support is why I do what I do.

**Christina Rezendes,**  
**Developmental Services**  
**Support Coordination Supervisor**



# More Highlights

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We took a step towards becoming a person-centered organization by endorsing an in-house Person-Centered Thinking instructor. This training, developed by the Learning Community for Person Centered Practices is given to all HopeStarters who provide direct supports to individuals in service at RACSB. The goal is simple: Provide staff with valuable tools and resources that in turn promote better supports to people in services.

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Complementing our strive for person-centered practices, seven DD residential staff, two day-support staff, and two support coordinators trained to become Person Centered Coaches. The role of coaches is to endorse use of person-centered tools and practices to help individuals lead better lives. Coaches motivate their peers and co-workers, as well as communicate with leadership on initiatives, and provide feedback on how supports/services are going, and how we can improve.

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Along with person centered practices and a rebuilt workforce, DD Residential turned up the notch on community exploration. Consequently, individuals in services are on the move and participating in new opportunities. This year's experiences have included a day trip to New York City, beach vacations, Fred Nats games, Riverside Dinner Theatre shows, the Culpeper Folk Festival, an aquarium, and many more.

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The Intermediate Care Facility teams creatively transitioned individuals back into daytime off-site activities through RAAI this past year. Individuals living in ICFs have some significant vulnerabilities, and this has required quite a bit of effort. But the individuals have loved the routines and experiences.

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Support coordinators played significant roles in our community, serving on many teams and committees, such as the Fredericksburg Area Council on Transition and Adult Protective Services collaboration meetings. They also participated in numerous community events to share information and resources with the public and with our community partners.

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RAAI hosted its second Trunk or Treat where folks from DD Residential programs, staff and their families, and community members had a spooky great time!

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Our staff strived to make sure the individuals we support are an integral part of our community and have accomplished many hours of volunteer work with various community partners to include the Fredericksburg Food Bank, Mary Washington House, local churches, and more.

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RAAI's horticulture department developed an amazing relationship with individuals from Kenmore Club and ACT who played an active role in preparing for the spring sale while exploring the benefits of horticulture.

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We provided early intervention services to more than 1,200 infants and toddlers in the form of physical therapy, occupational therapy, speech therapy, developmental support, and service coordination.



Throughout my life, I have been deeply involved in the residential field, thanks to my mother's work with another agency. I have fond memories of spending time with the individuals she cared for, especially during holidays, trips to Kings Dominion, and casual hangouts. Witnessing the unkind treatment they received from some community members deeply affected me. I often saw my friends return home distressed and in tears due to the mistreatment they endured. As a young person, I felt powerless to advocate for them. Still, I found ways to help single mothers with children who had intellectual or developmental disabilities by offering childcare assistance during my high school years.

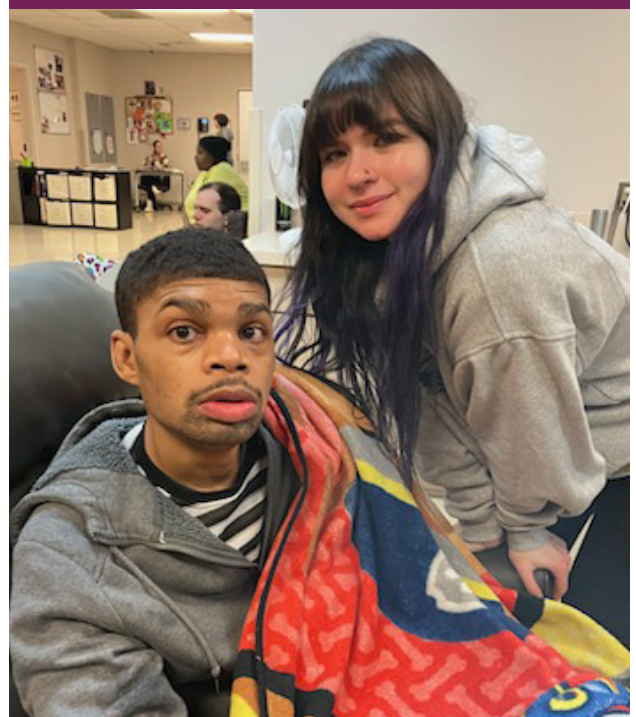
My journey led me to work with an exceptional young man, around 8-9 years old, during my time at MCCS on Quantico. Our bond grew strong as we connected through his passion for drums and music. Unfortunately, we were eventually relocated to different duty stations. However, my experience with this remarkable young man ignited a passion within me to pursue a career in the field of intellectual and developmental disabilities. I realized that I wanted to be an advocate for those whose voices often go unheard.

For over two decades, I have dedicated myself to this cause. Even after being diagnosed with cancer in 2017, I held on to the motto "Quality of life over Quantity." In 2018, I took a leap of faith and applied for a position at RACSB, and I have never looked back since. I have been fortunate to work under excellent supervisors in all my roles at RACSB, and I've always made it my top priority to enhance the quality of life for the individuals we serve.

I firmly believe in advocating for and encouraging our individuals to explore new and exciting opportunities. I want them to savor all the experiences life has to offer, regardless of the time they have left. As we all know, time is unpredictable and precious.

Recently, I had the heartwarming experience of encountering the young gentleman I had worked with in the 2000s. He was picking up plants for our holiday plant sale deliveries as a participant at our Stafford RAAI Site. I instantly recognized him, and although he seemed to be trying to place my face, I reconnected with his Mom, who mentioned that his memory is remarkable. I am looking forward to visiting them at church to witness him thriving in his element while playing the drums. Moments like these remind me why I do what I do – for the good days, the challenging days, and even the days that make me go "ugh." Through it all, I've learned to take a deep breath and carry on.

**Trish Byerly,**  
**Lead Day Support Specialist**



# Substance Use Services

Prior to becoming a substance use case manager, I had received my Bachelor's in Social Work, as I wanted to help support people and make them feel they're not alone in the world. I had a period of time working in the legal defense field, which really developed my passion for wanting to work in treatment and re-entry from incarceration. The road led me to my current work at RACSB. I truly mean it when I say I love the work that I do. Seeing people recover from substance use is a beautiful thing and being part of their recovery journey is one I am grateful to be on, even with the bumps that may occur on their path.

**Carly Hecker,**  
Substance Use Case Manager



Carly Hecker and Substance Use  
Services Coordinator Eleni McNeil



# 1,193

individuals received substance use services

## Highlights

At least one clinician in each of our clinics is trained to dispense Narcan to individuals at risk of overdose.

We started dispensing drug testing kits for individuals to detect the presence of fentanyl and xylazine.

Project LINK obtained a vehicle and infant and child car seats to reduce transportation barriers for program participants.

The Office-Based Opioid Treatment program celebrated its first and second official graduations.

# Mental Health Services

I'm a HopeStarter because I've watched family members struggle with mental illness. I take their calls at midnight, I drive them to psychiatric appointments, and I visit them when they are hospitalized. Such simple and easy things to do—but I've also seen how easily a life can be shattered when those simple things aren't there. Many of our clients have no one to be there for them, and others have broken those bonds unintentionally and need someone to help them rebuild them. I love being that person—especially on the day they no longer need me!

**Carrie Beard,  
Supervised Apartment Manager**

# 14,672

individuals received mental health services

## Highlights

Expanded our Permanent Supportive Housing program, which helps individuals who are homeless or at risk of losing housing due to serious mental illness.

Provided 96 law enforcement officers with Crisis Intervention Training to respond to emergencies involving behavioral health.

Received grants from Mary Washington Healthcare to expand our school-based mental health services.

We provided treatment for the Spotsylvania Behavioral Health Docket, which saw its first graduation.



Graduation day for the Behavioral Health Docket



I am a HopeStarter because I truly believe in the power of community and mutual support. I have survived and thrived because of the unconditional support from others with no ties to me. I am who I am because I have had people who never gave up on me while giving me so many tools to navigate life. I believe that housing the vulnerable, sharing knowledge and resources is the first step to generating community wellness; I am honored to be able to do this through our PSH program!

**Alia Solomons,  
Case Manager,  
Permanent Supportive Housing**

## Success Stories

Lisa came to our outpatient clinic in Spotsylvania County during a low point in her life. She didn't seek therapy voluntarily, but came because of involvement with the department of social services. She diligently attended her therapy sessions and worked through several past and ongoing traumas.

While she was in therapy, Lisa experienced two dramatic losses: the death of her teen-aged son and losing custody of her young daughter.

"In my work with her, I continued to learn the lesson that being present with someone in their pain is often the best gift you can give them," Therapist Melissa Dannemiller said.

Through treatment, Lisa was able to overcome significant setbacks.

She continues to receive therapy and to take medication for her mental illness. She now works with a different therapist but checked back in with Dannemiller to tell her that she continues to use the tools she gained in therapy such as journaling and breathing exercises.

"I am grateful for the opportunity to work with Lisa, who in turn taught me more than she probably realizes," Dannemiller said.

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There are many challenges when it comes to leaving a state hospital. For individuals with developmental disabilities, those challenges can seem insurmountable.

One gentleman was able to overcome these obstacles with help from adult mental health case management and developmental disability support coordination.

He had lived in Western State Hospital since 2009 and moved out of the hospital and into a group home in May. He's settled in well to his new home, where he enjoys having his own room, shopping for Commanders' gear, and going to the local driving range. We are so pleased to see this gentleman begin the next chapter of his story and living his best life in our community.



# Peer Services

I am a Hope Starter because at one point in my life I found myself lost, broken, hopeless, and physically, mentally, emotionally and spiritually depleted. In my previous career of banking, I spent 20 years doing what I loved and helping people. Once I found myself in the grips of addiction, I lost the joy and ability to not only help people but myself. After an arrest, I was given a choice: Serve time in jail or enter treatment through the Drug Court program.

To this day, I believe choosing to seek treatment was the best decision I ever made for myself. It introduced me to the RACSB and the staff that assisted with that program/ treatment allowed me the opportunity to heal, find hope, and renew what I enjoyed doing, helping others.

As a Registered Peer Recovery Specialist for our Office-Based Opioid Treatment program, I get to be there for others who feel or have felt the same way I once did. I get to be there for them as they try to find a new way to live and through their recovery journey. The best part of this job is hearing and seeing the progress individuals make and the restoration of hope, it is truly priceless.

**Ash Jaderborg,  
Peer Recovery Specialist**



The peer support team attending the Year of the Peer conference



## Success Story

Peer Specialist Joe Stafford shared:

It is a rare week that I don't run into someone that I have worked with who hasn't been hospitalized for months or years. I had a guy just a couple of weeks ago who saw me on my front porch and crossed the street to tell me that he was celebrating three years clean, he had a safe place to live, he was working, was in a happy relationship, was having a good life, hadn't been in mental crises in over a year. He thanked me for the support he received from me when I had worked with him on multiple times at the hospital. The resources I had turned him on to that helped him get the help he needed.

I went to school and was a relatively good student, but never in my schooling did I learn to properly live. I never learned self-love, self-care or that it is okay to make a mistake.

Instead, I learned that I wasn't good enough. I learned that to be loved, I had to reach monetary success, dress a certain way, drive a certain car, and show off that perfect family filled with people that were also learning the wrong lessons in school and from me. I drove myself to madness, only finding solace in the bottom of a bottle. Until, that too, stopped working.

Once I reached my bottom, relationships with people saved me. They taught me a whole different set of lessons. They showed me that my mistakes were not only alright, but necessary to learn and grow from. They showed me that I am exactly who I am supposed to be and that I am enough. I stopped fearing my mistakes and learned to open up to another person. Those conversations ripped away the fear and power my secrets held over me.

Today, I keep that fear and power at bay by continuing to have these conversations with people who are at their bottom or in need of change. My hope bleeds into their lives and with any luck, they get the same freedom from their own self-made cages that I had so desperately needed.

**Dianna Sloat,  
Peer Recovery Specialist**

## *Puppy loving*

Dianna is a peer specialist working with the Assertive Community Treatment team. She started taking clients regularly to an animal rescue center to play with dogs and cats waiting for adoptive homes. Here is what she said about this effort:

ACT clients are often isolated and have nobody that expresses love, let alone physical touch. When I went to rehab for just 45 days, the lack of physical contact caused me to feel very alone. Our clients often have to deal with this feeling for the rest of their lives. A simple hand shake, hug, or touch on the shoulder can cause a release of the much needed chemical oxytocin. Without that chemical, feelings of loneliness, isolation, and abandonment creep in and cause darkness.

Many families of our clients have long forgotten about, turned their backs on, or grown tired and overwhelmed by the life-long needs of ACT members. These people have no appropriate outlet to give and receive physical touch. Animals, especially dogs, provide a perfect substitute. Clients can pet, snuggle, and play without recoil, judgment, or negative consequences. Unfortunately, our clients struggle and need assistance with taking care of their own needs, therefore pet ownership is out of reach.

As a peer, I am able to coordinate meet-ups where the ACT participants can interact with the dogs and cats at a local shelter. This interaction not only affords an outlet for physical contact for our clients, it provides much-needed love and playtime for homeless dogs stuck in kennels waiting for their new adoptive families to find them. This simple, fun interactive experience gives our clients a sense of accomplishment and purpose.



# Prevention Services

In the ACEs training we are asked to think about our “What and our Why.” What I am is Prevention Specialist. Why I do my job is to make sure that future generations don’t need people like me doing the job I do. Working for RACSB has given me the profound privilege of working with some of the most important individuals in our community. Working in and with our local school systems to help prevent things like Substance Abuse, bullying and overdose at the same time facilitating social emotional learning has been one of my biggest joys. My “why” is my HOPE for a happy and healthy future for all of the individuals we serve.

**Jenn Bateman,  
Prevention Specialist**

# 1,193

individuals received substance use services

## Highlights

Added Salon Talks to our Barbershop Talk initiative. This effort provides training in behavioral healthcare topics with opioid overdose reversal training to equip barbers and hair stylists with the tools they need to help clients struggling with mental health concerns and/or substance use disorders.

Partnered with Rappahannock Area Health District and Caroline County Public Schools to host train-the-trainer for teen Mental Health First Aid; it’s to be implemented for all 10th graders at Caroline High School this academic year.

Partnered with the Central Rappahannock Regional Library to have Lock and Talk Virginia displays at the branches. This helped to make lethal means safety devices more accessible to community members.

Successfully implemented Second Step – Bullying Prevention curriculum for all students in kindergarten through fifth grade at the three elementary schools in Caroline County.



The Prevention Team at the Youth First conference



# Healthy Families Rappahannock Area

I am a HopeStarter working to help alleviate the stress families face of looking and finding resources.

**Bryanda Monge-Vega,**  
Family Resource Specialist

# 740

families received services through HFRA

## Highlights

Awarded by the Virginia House of Delegates a House Resolution No. 218 for 25 years of service in Planning District 16

Conducted 2,517 home visits with 248 families

Celebrated its 25th anniversary with a gala attended by 136 people.

Received award for Child Abuse and Neglect Prevention grant of \$50,000

Offered two playgroups each month for young children and their families.

Completed 376 screenings and 253 parent assessments and enrolled 100 new families.



HFRA celebrating its 25th anniversary with a gala



# Administration

The individuals we serve often come to us on their darkest of days. My why is that each day, we get the opportunity to spark hope and show that there is still light in dark places and people willing to sit with them to help them find it.

**Brandie Williams,**  
Deputy Executive Director



Deputy Executive Director Brandie Williams and IT Specialist Zac Roe checking out the solar eclipse in April 2024



## Highlights

Partnered with Germanna Community College to launch a Behavioral Health Technician program that combines classroom instruction with paid internships.

Received 2,500 applications for employment and focused on retention and recruitment to reduce the number of open positions.

Analyzed and submitted 348,567 data elements to the Department of Behavioral Health and Developmental Services.

## Success Story

Our IT department, in collaboration with RAAI, transformed the way their staff create notes, implementing AI to deliver significant time savings and boost productivity. By leveraging the power of AI, we were able to reduce the time it takes to create notes by 30 to 50%.

Prior to the implementation of the AI tools, our staff often struggled with manual note-taking processes that were time-consuming and prone to errors. The introduction of AI-powered features, such as keyword expansion, grammar correction, and text prompting to significantly improve the way their team captures information.

# Hope is here.

## **EMERGENCY SERVICES**

540-373-6876  
700 Kenmore Ave.  
Fredericksburg, VA 22401

## **ADMINISTRATION**

600 Jackson Street  
Fredericksburg, VA 22401  
540-373-3223 V/TTY

## **CONSUMER AFFAIRS ADVOCATE**

540-899-4616

## **OUTPATIENT & CASE MANAGEMENT**

**Children's Services**  
4815 Carr Drive  
Fredericksburg, VA 22408  
540-479-2912

## **Fredericksburg Clinic**

600 Jackson Street  
Fredericksburg, VA 22401  
540-373-3223 V/TTY

## **Spotsylvania County Clinic**

7424 Brock Road  
Spotsylvania, VA 22553  
540-582-3980 V/TTY

## **Stafford County Clinic**

15 Hope Road  
Stafford, VA 22554  
540-659-2725 V/TTY

## **Caroline County Clinic**

19524 Rogers Clark Boulevard  
Ruther Glen, VA 22546

## **King George County Clinic**

8479 St. Anthony's Road  
King George, VA 22485  
540-775-9879

## **Project LINK**

540-891-3132

## **DAY SUPPORT SERVICES**

**Rappahannock Adult Activities**  
750 Kings Highway  
Fredericksburg, VA 22405  
540-373-7643

**The Gathering Place (RAAI)**  
19254 Rogers Clark Boulevard  
Ruther Glen, VA 22546  
804-633-5721

## **Spotsylvania County RAAI**

7424 Brock Road  
Spotsylvania, VA 22553  
540-582-7200

## **Stafford County RAAI**

15 Hope Road  
Stafford, VA 22554  
540-659-8527

## **King George County (RAAI)**

8479 St. Anthony's Road  
King George, VA 22485  
540-775-6590

## **Kenmore Club**

632 Kenmore Avenue  
Fredericksburg, VA 22401  
540-373-7737

## **EARLY INTERVENTION**

**Parent Education-Infant  
Development Program**  
4605 Carr Drive  
Fredericksburg, VA 22408  
540-372-3561

## **Infant and Toddler Connection of the Rappahannock Area**

540-372-3561  
877-268-4169 (toll-free)

## **PREVENTION SERVICES**

10825 Tidewater Trail  
Fredericksburg, VA 22408  
540-374-3337

**Rappahannock Area  
Kids on the Block**  
540-940-2325

**Healthy Families  
Rappahannock Area**  
540-374-3366

## **RESIDENTIAL SERVICES**

**Crisis Stabilization Program  
Sunshine Lady House**  
615 Wolfe Street  
Fredericksburg, VA 22401

**Mental Health Supportive  
Residential Services**  
540-899-4516

**Permanent Supportive Housing**  
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