

# FRONTIER HEALTH SERVICE GUIDE



Frontier  
Health®

*Where* People Are Important



Frontier Health, a trusted name in the region, has been the leading provider of behavioral health, mental health, substance abuse, co-occurring, intellectual and developmental disabilities, recovery, and vocational rehabilitation services throughout Northeast Tennessee and Southwest Virginia since 1957. As a private, not-for-profit 501(C) 3 organization, we offer a range of care to help individuals successfully move toward, sustain recovery, and achieve their full potential.

Our outpatient programs provide comprehensive and seamless personalized care, from diagnosis through a full continuum of treatment resources. Children's and youth programs coordinate services with other professionals like teachers, juvenile court staff, and family physicians, ensuring a holistic approach to care.

Frontier Health serves nearly 50,000 adults, children, and adolescents each year. About 45,000 adults, children, and adolescents receive clinical services, and over 5,000 individuals receive community educational or interpretive services.

Frontier Health maintains state, federal, and national licensure and accreditation, ensuring the quality of financial and service providers and accountability. Staff includes psychiatrists, psychologists, licensed clinical social workers, licensed professional counselors, employment specialists, direct support, and other professionals. Frontier Health receives partial funding from Tennessee and Virginia. Services in Virginia are funded in partnership with Planning District One Behavioral Health Services.

The Service Directory lists Frontier Health facilities and programs. While offering a complete continuum of care is a defining element, Frontier Health maintains the focus on its mission—to provide quality services that encourage people to reach their full potential because Frontier Health truly is "Where People Are Important."



## Mission

To provide trauma-focused quality services that encourage people to achieve their full potential.

## Vision

To become the community's premier provider, employer and partner in demonstrating standards of excellence for providing accessible high quality behavioral health, substance use and developmental disability services. Our guiding vision will consistently reflect:

*"Doing the Right Thing!"*

## Our Philosophy of Care

Frontier Health provides services to help children, adults and families reach their emotional, mental and physical well-being through a continuum of care. We focus in the areas of mental health, substance use and intellectual and developmental disabilities. We believe each person deserves supportive, respectful, and integrated care that is person-centered and trauma-informed. We tailor services to meet individual needs and achieve recovery. Frontier believes all individuals have the ability to improve and change their lives and treatment plans should be based on each individual's needs. We develop and enhance our services based on outcomes as well as input from the individuals we serve and our community.

Our team consists of caring and highly skilled individuals who are trained in evidence-based practices and make our patients their number one priority. We continually build and maintain collaborative relationships with community partners throughout our 11 county service area to best serve our communities. The enhancement of the emotional, mental and physical well-being of our community is at the center of everything we do.



Some programs and services offered by Frontier Health are funded in part under agreements with the state of Tennessee and in the Commonwealth of Virginia in partnership with Planning District One Behavioral Health Services and Highlands Community Services Board.

# 2024 STRATEGIC PLANNING PILLARS

**What are pillars?** The five pillars of Frontier are People, Quality and Service, Growth, Value and Innovation/Technology. They represent who we are and what our priorities are. These pillars are an extension of our culture and values, and support our mission and vision.

**Why are pillars important?** The priorities of an organization shows its culture and its character. The pillars we have chosen are declarations of who we are and what makes us different. These unite Frontier both symbolically and practically. They will guide us from our strategic planning and organizational goals all the way to our individual goals and work plans.

**Why are we doing this?** Frontier continues to grow and evolve, and as we grow it is important that we are unified in our direction and purpose. The Frontier Health pillars help unite us as we align our strategies, goals and operations under these key pillars.

**What are we expected to do with them?** Each division and employee will integrate the pillars into their strategic planning and individual goals. We hope that by using the same framework, this will help us work towards common goals and objectives as an organization. Remember- we are all in the boat together needing to row together in the same direction.



**PEOPLE:** The People pillar includes not only the employees of Frontier, but also the patients, visitors and families who come to us for care, and the communities we serve. We are committed to a caring, healing culture of excellence that is founded in respect and compassion for those we serve, co-workers and ourselves.

**QUALITY AND SERVICE:** This pillar includes traditional quality metrics like core measures and outcomes, access to care, ease of use, and excellent services. Patient satisfaction is part of the Quality and Service pillar. "Quality and Service" links directly to our culture, focusing on not only what we do, but how we do it.

**VALUE:** Providing value in health care is more than just about the cost of care; it is about providing the right care at the right time in the most efficient manner possible. Value is also measured by our service and dedication to our communities and to those we serve.

**GROWTH & INNOVATION:** Increasing access to care for those who need our services as well as expanding services to meet community needs is important to the stability of Frontier.

# Social Media Outlets

Frontier Health has multiple social media outlets we use to help showcase updates, available jobs, weather alerts, and much more! Visit the links below to subscribe and follow us!



**FACEBOOK:** [www.facebook.com/FrontierHealth](http://www.facebook.com/FrontierHealth)



**Instagram:** User Name: [frontier.health](https://www.instagram.com/frontier.health)



**YouTube:** User Name: Frontier Health  
[www.youtube.com/channel/UCQ\\_-ylyGlv5gSudiKWIo-qA](http://www.youtube.com/channel/UCQ_-ylyGlv5gSudiKWIo-qA)



**Linked-In:** User Name: Frontier Health  
[www.linkedin.com/company/2296591/](http://www.linkedin.com/company/2296591/)

## Where to Find Delays or Closures

Frontier Health facilities may go on an opening delay or close due to incimate weather. We do our best to get this information out to the public in a timely matter. Below you will find where we post these updates during these situations.



1. [frontierhealth.org](http://frontierhealth.org)  
**ORANGE Ticker**

This is the first location these updates are posted and it is located at the top of our website.

2. Facebook & Linked-In 

Shortly after (with-in minutes) of updating the orange ticker, our Facebook and Linked-In pages will have an update posted.



★ Represents a main Frontier Health Facility.

★ Represents a 24/7 Frontier Health Walk-in Center.



ISE



SCOTT



WASHINGTON



SULLIVAN

JOHNSON



WASHINGTON



CARTER



UNICOI





# Executive Team



**Kristie Hammonds**  
President and CEO



**Diane Bowen**  
Senior Vice President  
of Operations



**B. Allen Harris**  
Senior Vice President  
Chief Financial Officer



**Ginger Naseri**  
Senior Vice President  
of Community Based  
Services



**Tim Perry**  
Senior Vice President  
of Tennessee Outpatient  
Services



**Sherri Feathers**  
Senior Vice President  
of Specialty Services



**Kim Trantham**  
Senior Vice President  
of Virginia Services



**Heather Crouse**  
Senior Vice President  
of Outpatient Children's  
Specialty Services



**C. Allen Musil, M.D.**  
Senior Vice President  
Medical Services



# TENNESSEE FACILITIES

## Adventure Program Johnson City

TDMHSAS



1003 Broadway St.  
Johnson City, TN 37601  
**Tel: 423-232-4326**  
**Fax: 423-232-4255**

Intensive Outpatient Treatment program for adolescents 13 to 18 years old with substance abuse, mental health and co-occurring problems, helping youths discover better alternatives to facing and coping with stress, while building problem-solving skills. Referrals are made by juvenile courts, schools, family, or client. Services include individual, group and family therapy; therapeutic recreation, leisure and social skills training, educational service, GED training, aftercare and random drug screens.

Problems Addressed:

- Substance Abuse
- Family Problems
- School Issues
- Co-occurring Disorders
- Peer Groups

## Adventure Program Kingsport

TDMHSAS



1324 Midland Dr.  
Kingsport, TN 37664

# COMING 2025

Intensive Outpatient Treatment program for adolescents 13 to 18 years old with substance abuse, mental health and co-occurring problems, helping youths discover better alternatives to facing and coping with stress, while building problem-solving skills. Referrals are made by juvenile courts, schools, family, or client. Services include individual, group and family therapy; therapeutic recreation, leisure and social skills training, educational service, GED training, aftercare and random drug screens.

Problems Addressed:

- Substance Abuse
- Family Problems
- School Issues
- Co-occurring Disorders
- Peer Groups

## Bristol Apartments



2951 Broad St.  
Bristol, TN 37620  
**Tel: 423-968-1681**  
**Fax: 423-990-4401**

Residential living services for adults with serious or persistent mental illness and who require minimum assistance to maintain an independent lifestyle.

- Support for Community Living
- Psychosocial Support Services
- Daily Living Skills



1145 Volunteer Parkway  
 Bristol, TN 37620  
**Tel: 423-989-4500**  
**Fax: 423-989-4582**

Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents and families. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Case Management
- Care Coordination
- Marital & Family Therapy
- Pharmacotherapy
- Consultation & Education Services
- Psychiatric Consultation
- Parenting Classes
- Intensive Outpatient A&D/ Co-Occurring
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
 for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

**Specialized Adult Programs Offered at BRCC**

Bridging the Gap / Older Adults Project	SEE PG 34 FOR DESCRIPTION
Mother-Child Connection	SEE PG 35 FOR DESCRIPTION

**Specialized Children & Youth (C&Y) Programs Offered at BRCC**

Adolescent Drug & Alcohol Recovery	SEE PG 34 FOR DESCRIPTION
Children First	SEE PG 34 FOR DESCRIPTION

**Frontier Industries - Bristol (FIB) VDBHDS/VDARS/TDIDD/ TDMHSAS**

Frontier Industries programs provide opportunities for individuals with disabilities to learn and master fundamental life skills necessary to achieve independence and to live and/or work in the community of their choice.

- Work Skills Assessment
- Employment Discovery
- Community Discovery and Integration
- Job Development and Placement/ Supported Employment
- Individual Placement and Support Employment Services
- Employer Support
- On the Job Training and Coaching
- Follow Up Support
- Supported Living

# Open Arms Peer Support Center

TDMHSAS

Persons who have received mental health services develop their own recovery-based programs to enhance recovery skills and enhance personal, social and community living skills.

- Peer Support
- Advocacy
- Education
- Socialization
- Recreational Opportunities
- Community Outreach
- Transportation

## Charlotte Taylor Center (CTC)

TDMHSAS



426 East G. St.  
Elizabethton, TN 37643  
**Tel: 423-547-5950**  
**Fax: 423-547-5953**

Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents and families. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Case Management
- Care Coordination
- Marital & Family Therapy
- Pharmacotherapy
- Psychiatric Consultation
- Parenting Classes
- Consultation & Education Services
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

## Specialized Children & Youth (C&Y) Programs Offered at CTC

Child Abuse Prevention

SEE PG 34 FOR DESCRIPTION

Project BASIC

SEE PG 35 FOR DESCRIPTION



2911 Chatam Drive  
 Johnson City, TN 37601  
**Tel: 423-306-4488**

Residential living services for adults with serious or persistent mental illness and who require minimum assistance to maintain an independent lifestyle.

- Support for Community Living
- Daily Living Skills

# Church Street Pavilion



616 E. Church St., Ste. A  
 Greeneville, TN 37743  
**Tel: 423-639-3213**  
**Fax: 423-639-4692**

Outpatient mental health, substance abuse and co-occurring services for adults provided by licensed or licensed-eligible clinicians. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources:

- Individual & Group Psychotherapy
- Crisis Services
- Case Management
- Care Coordination Referral to Residential Services
- Psychiatric Consultation
- Pharmacotherapy
- Peer Support Services
- Community Justice Services, for more info contact: [communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

# Freedom Peer Support Center

**Tel: 423-639-1313**

- Transportation
- Community Outreach
- Peer Support
- Advocacy
- Education
- Socialization
- Recreational Opportunities

Persons who have received mental health services develop their own recovery-based programs to enhance recovery skills and enhance personal, social and community living skills.

# Victory Center - Greeneville (VCG)

**Tel: 423-638-4540 • Fax: 423-638-4211**

A psychiatric rehabilitation program for people with physical, mental, emotional and/or co-occurring disabilities.

## Specialized Adult Programs Offered at VCG

Recovery Education Center

SEE PG 35 FOR DESCRIPTION

Employment Services

SEE PG 34 FOR DESCRIPTION



## Crockett Apartments

TDMHSAS



1006 Arnold Road  
Greenville, TN 37743  
**Tel: 423-639-3886**  
**Fax: 423-639-7305**

- Support for Community Living
- Daily Living Skills
- Psychosocial Support Services

Residential living services for adults with serious or persistent mental illness and who require minimum assistance to maintain an independent lifestyle.

## Crockett Group Home

TDMHSAS



801 Arnold Road  
Greenville, TN 37743  
**Tel: 423-639-3886**  
**Fax: 423-639-7305**

- Support for Community Living
- Daily Living Skills
- Psychosocial Support Services

Adult supported living facility for 10 people with mental illness helps residents who can benefit from a structured environment achieve independence within the community.

## Eldreth Home

TDMHSAS



2301 E. Center St.  
Kingsport, TN 37664  
**Tel: 423-247-4000**  
**Fax: 423-224-1399**

Adult supported living facility for 10 people with mental illness helps residents who can benefit from a structured environment achieve independence within the community.

- Support for Community Living
- Daily Living Skills
- Psychosocial Support Services

## Employee Assistance Program Contract Services

Contract Comprehensive EAP Services provided through outpatient sites for regional businesses and industries.

([www.frontierhealth.org/eap](http://www.frontierhealth.org/eap))

- Critical Incident Stress Debriefing
- 24 Hours a Day, 7 Days a Week
- Follow-Up to Ensure Referral Satisfaction
- Short-Term Counseling
- Assessments & Referrals
- Educational Seminars

P.O. Box 9054  
Gray, TN 37615

**Cristi Blalock: 423-467-3741**  
cblalock@frontierhealth.org

**FOR FRONTIER HEALTH EMPLOYEES**  
**Diana Finlay: 423-547-6554**



218 N. Main St.  
Erwin, TN 37650  
**Tel: 423-743-1470**  
**Fax: 423-743-1472**

Outpatient mental health, substance abuse, and co-occurring programs for children, adolescents, and adults. Case management services (home/ community-based services) are also available. Case management supports treatment goals and provides linkage to community resources:

- Individual & Group Psychotherapy
- Crisis Services
- Marital & Family Therapy
- Case Management
- Care Coordination Pharmacotherapy
- Mother-Child Connection
- Consultation & Education Services
- Intensive Outpatient
- Psychiatric Consultation
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

## Fairmount Group Home

TDIDD



719 Kentucky Ave.  
Bristol, TN 37620  
**Tel: 423-968-2532**  
**Fax: 423-968-2532**

Residential facility for adult males with intellectual and developmental disabilities that provides necessary supports to ensure their highest level of residential independence and successful community living.

- Ongoing Support Services
- Daily Living Skills

# Frontier Health Corporate Office (Corp)



1167 Spratlin Park Drive  
P.O. Box 9054  
Gray, TN 37615-9054  
**Tel: 423-467-3600**  
**Fax: 423-467-3710**

- Administration
- Business Development
- Financial Services
- Grant Development
- Human Resources
- Management Information Systems
- Communications and Public Relations
- Payroll
- Purchasing

## Mental Health Awareness Training

**Contact: 423-895-4436**

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Frontier Health provides both the adult and youth version and encourages the faith-based communities to access this training through a SAMSHA funded program.

Additional trainings on specific topics such as Adverse Childhood Experiences (ACES), suicide prevention, parenting, and other behavioral health and substance use issues can be provided on request.

## Frontier Health Foundation

**Tel: 423-467-3742 • Fax: 423-638-4211**

Frontier Health Foundation is a nonprofit corporation that operates as the charitable and educational arm of Frontier Health. The Foundation helps ensure the continued ability of providing the highest quality behavioral health and vocational services to the communities and individuals served. Our work sustains the fight to eradicate stigma and discrimination surrounding mental and behavioral health through advocacy, fund-raising and building public awareness.





2017 Stonebrook Place  
 Kingsport, TN 37660  
**Tel: 423-224-1417**  
**Fax: 423-224-1418**

Frontier Industries programs provide opportunities for individuals with disabilities to learn and master fundamental life skills necessary to achieve independence and to live and/or work in the community of their choice.

- Work Skills Assessment
- Employment Discovery
- Community Discovery and Integration
- Job Development and Placement/ Supported Employment
- Individual Placement and Support Employment Services
- Employer Support
- On the Job Training and Coaching
- Follow Up Support
- Supported Living

### Friendship Connection Peer Support Center

**Tel: 423-247-0160**

- Transportation
- Peer Support
- Advocacy
- Education
- Socialization
- Recreational Opportunities
- Community Outreach

Persons who have received mental health services develop their own recovery-based programs to enhance recovery skills and enhance personal, social and community living skills.

### Victory Center - Kingsport (VCK)

TDMHSAS

**Tel: 423-224-1417 • Fax: 423-224-1418**

A psychiatric rehabilitation program for people with physical, mental, emotional and/or co-occurring disabilities.

#### Specialized Adult Programs Offered at VCK

Recovery Education Center	SEE PG 35 FOR DESCRIPTION
Employment Services	SEE PG 34 FOR DESCRIPTION





208 & 210 Quarry Road  
 Johnson City, TN 37601  
**Tel: 423-232-7234**  
**Fax: 423-232-7235**

Two adjacent Intensive Long-term Adult Supported Living Facilities, each serving 8 people with serious and persistent mental illness. They provide 24/7 residential care with coordinated and structured treatment and rehabilitation services including: personal care services, training in community living skills, vocational skills and socialization/recreational activities.

- Personal Care Services/Daily Living Skills
- Support for Community Living
- Psychosocial Support Services
- Mental Health Treatment and Rehabilitation
- Job Development and Placement



4121 Old Jonesboro Road  
 Bristol, TN 37620  
**Tel: 423-652-7378**  
**Fax: 423-990-4405**

Adult supported living facility for 10 people with mental illness helps residents who can benefit from a structured environment achieve independence within the community.

- Daily Living Skills
- Support for Community Living
- Ongoing Support Services



210 River Road  
Sneedville, TN 37869  
**Tel: 423-733-2216**  
**Fax: 423-733-2450**

Outpatient mental health, substance abuse, and co-occurring programs for children, adolescents, and adults. Case management services (home/ community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Marital & Family Therapy
- Case Management
- Care Coordination Pharmacotherapy
- Consultation & Education Services
- Psychiatric Consultation
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

## Specialized Children & Youth (C&Y) Programs Offered at Hancock Co.

### Alcohol & Drug Prevention

A school- and community-based program leads students in a small group process of 12 sessions.

Helps Students:

- Identify Personal Problems
- Retain Value
- Restore Productivity
- Seek Help

### Project BASIC

SEE PG 35 FOR DESCRIPTION

### Student Assistance Program

SEE PG 36 FOR DESCRIPTION

## Hancock County Peer Support Center

## TDMHSAS

**Tel: 423-733-1540**

- Transportation
- Peer Support
- Advocacy
- Education
- Socialization
- Recreational Opportunities
- Community Outreach

Persons who have received mental health services develop their own recovery-based programs to enhance recovery skills and enhance personal, social and community living skills.



101 Lena Drive  
 Rogersville, TN 37857  
**Tel: 423-272-9239**  
**Fax: 423-272-1803**

Outpatient mental health, substance abuse, and co-occurring programs for children, adolescents, and adults. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Marital & Family Therapy
- Case Management
- Care Coordination Pharmacotherapy
- Mother-Child Connection
- Consultation & Education Services
- Psychiatric Consultation
- Intensive Outpatient A&D/  
Co-Occurring
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)
- Individual Placement and Support  
Employment Services

## Specialized Children & Youth (C&Y) Programs Offered at Hawkins Co.

Project BASIC

SEE PG 35 FOR DESCRIPTION

## Higher Ground Peer Support Center



873 S. Shady St.  
 Mountain City, TN 37683  
**Tel: 423-727-8685**  
**Fax: 423-727-5953**

Persons who have received mental health services develop their own recovery-based programs to enhance recovery skills and enhance personal, social and community living skills.

- Peer Support
- Advocacy
- Education
- Socialization
- Recreational Opportunities
- Community Outreach
- Transportation



2001 Stonebrook Place  
 Kingsport, TN 37660  
**Tel: 423-224-1000**  
**Fax: 423-224-1023**

Evaluation and treatment of child and adolescent mental health, substance abuse and co-occurring disorders are provided. Case management supports treatment by helping individuals figure out what services are needed, empowering through person centered planning. Case management is a home/community based service.

- Individual, Family & Group Psychotherapy
- Crisis Services
- Parenting Classes
- Psychiatric Consultation
- Pharmacotherapy
- Consultation & Education Services
- Case Management
- Care Coordination
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment
- Tobacco Classes
- Juvenile Court Services

**Specialized Children & Youth (C&Y) Programs Offered at HC&Y**

Substance Abuse Prevention Program	SEE PG 36 FOR DESCRIPTION
Regional Intervention Program (RIP)	SEE PG 36 FOR DESCRIPTION
Student Assistance Program	SEE PG 36 FOR DESCRIPTION

**Assessment & Forensic Services - Kingsport**

TDMHSAS

**Tel: 423-224-1318 • Fax: 423-224-1328**

Assessment & Forensic Services assesses children, adolescents and adults who are self-referred, referred by treatment providers, or referred by other community agencies. Psychological assessments help identify and clarify problem areas in order to determine appropriate diagnoses and recommendations.

Referrals are made by local industries, health care providers, legal services, DCS, DHS, law enforcement, emergency agencies, school systems, self referral.

- Diagnostic Evaluations
- Educational Evaluations
- Forensic Evaluations
- Personnel Evaluations
- Other Specialized Evaluations

**TRACES**

TDCS

**Tel: 423-224-1067 • Fax: 423-224-1095**  
[www.frontierhealth.org/foster/traces/](http://www.frontierhealth.org/foster/traces/)

Operating throughout Northeast Tennessee, TRACES Therapeutic Foster Care & Adoptions serves youth in state custody, ages birth to 18. Foster parents who are recruited and intensively trained by TRACES staff help prepare youth for reunification with family, or adoption. The goal is to provide a therapeutic home-like environment and develop a viable, long-term permanency plan as quickly as possible.

- Increase Healthy Relationship Skills
- Improve Problem-Solving & Communication Skills
- Appropriate Use of Free Time
- Independent Living Skills
- Adoption Services
- Intensive Reunification Services
- Recruitment & Retention of Quality Foster & Adoptive Families
- Individual, Group, & Family Therapy
- Private Domestic & International Adoptive Home Studies





1570 Waverly Road  
 Kingsport, TN 37664  
**Tel: 423-224-1300**  
**Fax: 423-224-1375**

Outpatient mental health, substance abuse, and co-occurring programs for children, adolescents, and adults. Case management services (home/ community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Marital & Family Therapy
- Case Management
- Care Coordination Pharmacotherapy
- Mother-Child Connection
- Consultation & Education Services
- Intensive Outpatient A&D/Co-Occurring
- Psychiatric Consultation
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Community Justice Services, for more info contact: [communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

**Specialized Adult Programs Offered at HCC**

**Bridging the Gap / Older Adults Project**

**SEE PG 34 FOR DESCRIPTION**

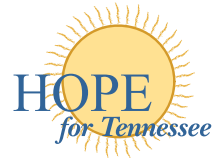
**Mother-Child Connection**

**SEE PG 35 FOR DESCRIPTION**

**HOPE for Tennessee**

**Tel: 800-332-7281**

**Health, Outreach, Prevention & Empowerment:** Education/Prevention Services offered to individuals and groups. Information is provided on HIV, STD's, Hepatitis, Harm Reduction, Abstinence and Condom Use.



Services provided to Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, and Washington Counties.

**Prevention Services**

- Education
- Free Confidential HIV Rapid Testing and Counseling
- Free Confidential HCV Rapid Testing and Counseling
- Condom Distribution

**Case Management Services**

- HIV Case Management
- Nutrition Assistance Services
- Transportation Assistance to Core Medical Appointments.
- Housing Assistance
- Utility Assistance

## Holston Residence

TDMHSAS



1800 Mountain View Rd.  
Kingsport, TN 37664  
**Tel: 423-247-6340**  
**Fax: 423-578-3951**

- Daily Living Skills
- Support for Community Living
- Ongoing Support Services

Adult supported living facility for 10 people with mental illness helps residents who can benefit from a structured environment achieve independence within the community.

## Johnson County Counseling Center (JCCC)

TDMHSAS



318 Donnelly St.  
Mountain City, TN 37683  
**Tel: 423-727-2100**  
**Fax: 423-727-2110**

Outpatient mental health, substance abuse, and co-occurring programs for children, adolescents, and adults. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Marital & Family Therapy
- Case Management
- Care Coordination Pharmacotherapy
- Mother-Child Connection
- Consultation & Education Services
- Psychiatric Consultation
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

## Specialized Children & Youth (C&Y) Programs Offered at JCMHC

Child Abuse Prevention

SEE PG 34 FOR DESCRIPTION

## Kingsport Apartments

TDMHSAS



1326 Tranbarger Drive  
Kingsport, TN 37665  
**Tel: 423-247-4000**  
**Fax: 423-224-1399**

- Support for Community Living
- Daily Living Skills
- Psychosocial Support

Residential living services for adults with serious or persistent mental illness and who require minimum assistance to maintain an independent lifestyle.



516 Swadley Rd.  
 Johnson City, TN 37601  
**Tel: 423-926-9001**  
**Fax: 423-232-2752**

- Support for Community Living
- Daily Living Skills
- Psychosocial Support

Supported Living facility for 10 adults with mental illness helps residents achieve independence within the community.



433 New Beason Well Rd.  
 Kingsport, TN 37660  
**Tel: 423-288-1828**  
**Fax: 423-288-1809**

Group Home for adolescent females ages 12 to 18. Youth may be delinquent, unruly, or dependent and neglected. Daily structured program builds on identified strengths. The program strongly encourages family involvement to achieve the ultimate goal of family reunification. Independent living or foster family care may be sought for youth with no viable family resource.

Assessment services for state custody youth on referral by the Tennessee Department of Children's Services.

- Daily Life Skills Group
- Individual, Group & Family Counseling
- Independent Living Skills
- Therapeutic Recreation
- Substance Abuse Counseling
- Family Reunification
- Aftercare Services

## Runaway Program, including Project Safe Place

**Tel: 877-288-1828**

Provides temporary, emergency shelter and counseling to youth who are runaways, throw-aways, or are escaping unresolved family conflicts. This nationwide program is the only one of its kind within a 100-mile radius where youth can seek 72-hour sanctuary. The goal of the program is to intervene quickly, and assist the youth and their family with reunification. As an outreach of Link House, Project Safe Place seeks to educate youth to access services through Link House instead of running away and possibly facing uncertain dangers on the streets.



2940 Broad St.  
 Bristol, TN 37620  
**Tel: 423-968-1681**  
**Fax: 423-990-4401**

- Support for Community Living
- Daily Living Skills
- Psychosocial Support

Adult Supported Living facility for people with mental illness helps residents who can benefit from a structured environment achieve independence within the community.



401 Holston Drive  
 Greeneville, TN 37743  
**Tel: 423-639-1104**  
**Fax: 423-636-8365**

Outpatient mental health, substance abuse, and co-occurring programs for children, adolescents, and adults. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Crisis Services
- Marital & Family Therapy
- Case Management
- Care Coordination Pharmacotherapy
- Mother-Child Connection
- Consultation & Education Services
- Intensive Outpatient A&D/  
Co-Occurring
- Psychiatric Consultation
- C&Y Continuous Treatment Team (CTT)
- Comprehensive Child & Family Treatment (CCFT)
- Juvenile Court Services
- School Based Services
- Community Justice Services,  
for more info contact:  
[communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

Specialized Children & Youth (C&Y) Programs Offered at Nolachuckey-Holston

Project BASIC SEE PG 35 FOR DESCRIPTION

Plymouth Road Apartments



2802 Plymouth Rd.  
 Johnson City, TN 37601  
**Tel: 423-306-4488**  
**Fax: 423-232-2768**

- Support for Community Living
- Daily Living Skills
- Psychosocial Support Services

Residential living services for adults with serious or persistent mental illness and who require minimum assistance to maintain an independent lifestyle.

Roller-Russ TDMHSAS



2221 Memorial Court  
 Kingsport, TN 37660  
**Tel: 423-245-1121**  
**Fax: 423-578-3950**

- Support for Community Living
- Daily Living Skills

Adult Supported Living facility for adults with mental illness helps residents who can benefit from a structured environment achieve independence within the community.





P.O. Box 3426  
 Kingsport, TN 37664  
**Hotline - Johnson City: (423) 926-7233**  
**Hotline - Kingsport: (844) 578-7233**

Safe House provides 28 beds in two distinct domestic violence shelters, located in undisclosed locations in Kingsport and Johnson City. Safe House provides safe confidential shelter to any victim of domestic violence as well as their children. Safe House staff are also collocated at the Family Justice Centers in Johnson City and Blountville.

Services to victims include:

- A 24/7 Hotline & Advocacy to Victims of Domestic Violence or Sexual Assault
- 24/7 Coordination with Sexual Assault Nurse Examiners (SANE Nurses).
- 24/7 Sexual Assault Advocate on call to Accompany Victims to Area Hospitals
- Transitional Housing Support
- Case Management
- Assistance with Safety Planning and Orders of Protection
- Transportation

## Safe Place

**Tel: 1-800-RUNAWAY (1-800-786-2929)**



Safe Place is a national youth outreach and prevention program for young people under the age of 18 (up to 21 years of age in some communities) in need of immediate help and safety. As a collaborative community prevention initiative, Safe Place designates businesses and organizations as Safe Place locations, making help readily available to youth in communities across the country. Safe Place locations include: libraries, YMCAs, fire stations, public buses, various businesses, and social service facilities.

## Spring House



1113 King Springs Rd.  
 Johnson City, TN 37601  
**Tel: 423-928-4802**  
**Fax: 423-232-2768**

- Support for Community Living
- Daily Living Skills

Adult Supported Living facility for 8 people with mental illness helps residents who can benefit from a structured environment achieve independence within the community.



852 Youth Center Rd.  
Blountville, TN 37617  
**Tel: 423-279-2150**  
**Fax: 423-279-2159**

Group Home for males ages 13 to 18 who are referred by Juvenile Courts in Bristol, Kingsport, and Sullivan County or who are in the custody of DCS. Youth may be delinquent, unruly, or chronically truant from school. This program assists youths by re-evaluating goals, engaging family in process and providing the entire family with the tools to help youth successfully re-integrate into a family setting at discharge.

- Daily Life Skills Group
- Individual, Group & Family Counseling
- Case Management
- Family Involvement
- Educational Planning
- Peer Conflict Resolution
- Therapeutic Recreation
- Development of Long-Term Goals
- Coordinate/Partner with Juvenile Courts

## Turning Point

TDMHSAS



208 E. Unaka Ave.  
Johnson City, TN 37601  
**Tel: 423-926-0940**  
**Fax: 423-926-4202**

- Intensive Outpatient Recovery Oriented Services for Substance Use Disorder
- Individual, Family and Group Therapy
- Medical Evaluation Referral
- Relapse Education
- Follow-up Services

## Assessment & Forensic Services - Johnson City

Assessment & Forensic Services assesses children, adolescents and adults who are self-referred, referred by treatment providers, or referred by other community agencies. Psychological assessments help identify and clarify problem areas in order to determine appropriate diagnoses and recommendations.

Referrals are made by local industries, health care providers, legal services, DCS, DHS, law enforcement, emergency agencies, school systems, self referral.

- Diagnostic Evaluations
- Educational Evaluations
- Forensic Evaluations
- Personnel Evaluations
- Other Specialized Evaluations

## Community Justice & Recovery Courts

Behavioral Health Liaisons staff assist individuals in the legal system with mental health needs and/or substance use disorders. The program promotes diversion from jail to meaningful support services and resources in the community.

Services include:

- Communicating with Police Agencies
- Assistance at Court Hearings
- Meetings with Incarcerated Individuals
- Transitioning from Jail to Community
- Working with Families
- Referrals to Treatment
- Training to Law Enforcement Agencies

## Crisis Stabilization Unit (CSU)

The CSU is a 24/7 voluntary program providing a safe and secure environment to those in need of psychiatric stabilization. Adults (male and female) over the age of 18 are served for 3 to 5 days and offered supportive services. Placement at CSU is voluntary and a joint decision between the person served and the mobile crisis staff completing the assessment.

Services include:

- 24 Hour Nurse and Supportive Staff
- Daily Rounding by a Physician or Nurse Practitioner
- Discharge/Case Management Services
- Co-occurring Group
- Individual Therapy
- Family Therapy
- Safety Planning
- Medically Monitored Detox

## Juvenile Justice Reform

For questions or referrals, please contact our Program Coordinator at **(423) 571-4949**

The Juvenile Justice Reform Program (JJR) focuses on diverting youth from juvenile court involvement, decreasing the rate of out-of-home placements or placements in state's custody, and increasing connections youth have with their families and communities.



The JJR program provides a Behavioral Health Court Liaison in each of the 11 courts with juvenile jurisdiction in the Northeast Region. Behavioral Health Court Liaisons will provide evidence based assessments and immediate access to behavioral health services.

Referrals can come from various sources, including directly from the court. If a youth is assessed as being at risk for out-of-home placement, the youth and family will be able to access FIRST (Family In-Home Resiliency and Stabilization Team). Each team, consisting of a therapist and care manager, will provide intensive in-home therapy and care management utilizing Multi-Dimensional Family Therapy (MDFT).

## Magnolia Ridge Unit

48 residential treatment beds serving males over the age of 18 with addiction and co-occurring mental health needs. While most referrals are step down from the detox unit, referrals are accepted from all sources. Magnolia Ridge Unit offers a multi disciplinary approach, using evidenced based practices to move individuals toward recovery.

Services include:

- Co-Occurring Mental Health & Addiction Treatment
- Daily Nursing and Prescriber
- Individual and Group Therapy
- Family Education
- Case Management and Aftercare Planning

## Tennessee Crisis Services

24/7 mobile crisis services are available to children and adults of all ages experiencing a psychiatric, substance abuse or co-occurring emergency. Referrals are accepted from all sources including families, friends, hospital emergency departments, primary care offices, schools, courts, or self referrals. Co-Responders with the mobile crisis team are also embedded in Washington County Sherriffs Department as well as Bristol City Police Department. Co-responders work with law enforcement to divert individuals from jail and provide linkage in the momemnt to services and treatment. The goal is to maintain community safety, de-escalate crisis situations, avoid use of force and enable citizens to access supports and services, instead of becoming subject to the criminal justice system. Qualified behavioral health professionals provide an assessment and refer individuals to the most appropriate level of care, which may include:

- Outpatient Services with Comprehensive Safety Planning
- Psychiatric Hospitalization
- Crisis Stabilization Unit ( CSU)
- 23 Hour Observation
- A&D Medically Monitored Detoxification/ Residential Treatment

## Walk-In Center

The Walk-In Center is open 24/7 and available to children and adults ages 7 and above experiencing a nonmedical psychiatric or substance misuse emergency. Individuals seeking assistance will receive services which may include:

- Nursing Assessment
- Evaluation by a Qualified Mobile Crisis Professional
- Referral to 23 Hour Observation (Adults)
- Referral to Outpatient Services and Safety Planning
- Psychiatric Hospital
- Crisis Stabilization Unit (Adults)
- A&D Medically Monitored Detoxification/ Residential Treatment (Adults)



2243 Eddie Williams Rd.  
 Johnson City, TN 37601  
**Tel: 423-975-6000**  
**Fax: 423-928-4222**

A psychiatric rehabilitation program for people with physical, mental, emotional and/or co-occurring disabilities.

Specialized Adult Programs Offered at VCJ

Recovery Education Center

SEE PG 35 FOR DESCRIPTION

Employment Services

SEE PG 34 FOR DESCRIPTION

Watauga Behavioral Health Services (WBHS)



109 W. Watauga Ave.  
 Johnson City, TN 37604

Adult Services  
**Tel: 423-232-2600**  
**Fax: 423-232-2646**  
 Children & Youth Services  
**Tel: 423-232-2700**  
**Fax: 423-232-2714**

Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents, and families. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.

- Individual & Group Psychotherapy
- Marital & Family Therapy
- Pharmacotherapy
- Crisis Services
- Case Management
- Care Coordination
- Consultation & Education Services
- Parenting Classes
- Peer Support Services
- Psychiatric Consultation
- C&Y Continuous Treatment Team (CTT)
- Juvenile Court Services
- School Based Services
- Intensive Outpatient A&D/ Co-Occurring
- Comprehensive Child & Family Treatment (CCFT)
- Community Justice Services, for more info contact: [communityjustice@frontierhealth.org](mailto:communityjustice@frontierhealth.org)

Specialized Adult Programs Offered at WBHS

Mother-Child Connection

SEE PG 35 FOR DESCRIPTION

# VIRGINIA FACILITIES

## Appalachia Court Apartments



250 Park St.  
Jonesville, VA 24263

Please contact Lee County Behavioral Health Services for more information: **Tel: 276-346-3590**

11-unit apartment complex provides supported housing for adults with serious or persistent mental illnesses who require minimum assistance to maintain an independent lifestyle.

- Support for Community Living
- Daily Living Skills

## Community Connections

VDBHDS



43 Champions Ave.  
Big Stone Gap, VA 24219  
**Tel: 276-523-0682**  
**Fax: 276-523-0684**

Childrens Specialty Services  
**Tel: 276-524-5001**  
**Fax: 276-524-5002**

### Community Services

### Developmental Services



Developmental Services provides a continuum of services to children, youth and adults with intellectual or developmental disabilities including case management, day support services, residential support, and community engagement. All services provided are referred through Case Management. Day Support Services are provided through the Adult Activity Center five days a week. Transportation can be arranged. The Adult Activity

### Childrens Specialty Services

Center provides training for daily living activities including grooming, housekeeping, shopping, cooking and basic self-care skills.

- Case Management
- Day Support Services
- Residential Support
- Community Engagement

## Infant & Toddler Connection of Dilenowisco

**Tel: 276-431-3521 • 800-453-4332**

A child and family may receive early intervention supports and services if the child is: up to 3 years old and has certain levels of developmental delay, differences in development and/or a diagnosed condition. Referrals are made by pediatricians but parents can call to request a screening if they have concerns about their child. Children receive services in their natural environment, such as home or day care.

- Care Coordination
- Speech Therapy
- Occupational Therapy
- Special Instruction
- Physical Therapy



## Adolescent SA Intensive Outpatient Services

Frontier Health Substance Abuse Intensive Outpatient Program serves youth 13 to 18 years of age, who are seeking help with substance use and psychiatric difficulties. The focus of the program is to address the problems of family, peer group and school. It utilizes resources to help youths stop using drugs and discover more appropriate alternatives to facing and coping with stress, while also building healthy relationship and problem-solving skills. Our goal is to provide evidence-based practice to ensure quality services that will assist children, and their families with attaining optimal functioning and become fully integrated into their community. Children and families will receive high-quality services where they can be at home with their family. Staff work with youth to establish positive recovery support from peers, family and community resources. Family involvement is crucial.

- Individual Therapy (EMDR & TF-CBT)
- Educational Service
- Group Therapy (CBI-SUV & MATRIX)
- Educational Supports
- Family Therapy (MATRIX Group)
- Aftercare Planning
- SA Case Management
- Safety Planning / Relapse Prevention
- Therapeutic Recreation
- Random Drug Screening
- Social Skills Training

## Prevention Services

**Tel: 276-523-0682**

Working with the community to target risk factors and increase protective factors.

- ACES Training
- Signs of Suicide
- Catch My Breath
- Violence and Bullying Awareness (Communities Against Youth Violence)
- Alcohol, Tobacco and Other Drug Awareness
- Mental Health First Aid
- Parenting Education
- Child Abuse Awareness
- Community Coalition Collaborations
- Information and Education Resources

## VALUES Therapeutic Foster Care

**Tel: 276-523-0682 • Email: [values@frontierhealth.org](mailto:values@frontierhealth.org)  
[www.frontierhealth.org/foster/values/](http://www.frontierhealth.org/foster/values/)**

VALUES provides intensive services to youth with serious emotional issues. The comprehensive service model involves the youth, family members, foster parents, human service professionals, and behavioral health providers. The trauma informed approach addresses the needs of children who experienced abuse, neglect and trauma. Also, Post Adoption Services are provided to families utilizing community based services and supports.

- Increase Healthy Relationship Skills
- Improve Problem-Solving Skills
- Learn to Structure Free Time
- Increase Independent Living Skills
- Increase Self-Esteem
- Increase Rational Thinking Process
- Learn to Control Impulses



## Four Seasons Greenhouse



2637 4th Ave. East  
Big Stone Gap, VA 24219  
**Tel: 276-523-4028**

- Paid Work Adjustment Training
- Sheltered Employment

People with disabilities are empowered to achieve independence through employment. Four Seasons offers vegetable and flowering plants, herbs and hanging baskets. The hands-on training site is for people with disabilities who receive training to receive transferrable work skills.

## Independence House

VDBHDS



2532 4th Ave. East  
Big Stone Gap, VA 24219  
**Tel: 276-523-4357**  
**Fax: 276-523-2527**

- Support for Community Living
- Daily Living Skills
- Socialization & Interpersonal Skills
- Psychosocial Rehabilitation

Community-based clubhouse model of psychosocial rehabilitation focuses on psychiatric rehabilitation through training, socialization and peer support in the community. The Kitchen Unit provides training in preparation, food service, menu planning, shopping and maintenance. The Communications Unit offers training in basic computing skills and office tasks such as typing, copying, answering phones, and office maintenance.

## Lee County Behavioral Health

VDBHDS



34084 Wilderness Rd.  
Jonesville, VA 24263  
**Tel: 276-346-3590**  
**Fax: 276-346-3612**

Outpatient mental health and substance abuse services for adults, children, adolescents, and families. Case management supports treatment by helping individuals figure out what services are needed and empowering through person centered planning.

- Individual & Group Psychotherapy
- Crisis Services
- Psychiatric Services
- Case Management
- Medication Monitoring
- Family Therapy
- Parenting Classes
- Substance Abuse Recovery Services
- Home-Based Services
- Juvenile Drug Court
- Adult Drug Court
- Consultation & Education Services
- Virginia Alcohol Safety Action Plan
- Project LINK provides intensive outreach case management, home visitation, and support services to pregnant and parenting women who are “at risk” or are currently abusing substances.



199 Laurel Ridge Drive  
Big Stone Gap, VA 24219  
**Tel: 276-523-1536**  
**Fax: 276-523-1537**

- Support for Community Living
- Daily Living Skills

Residential facility for people with serious and persistent mental illnesses that helps residents achieve independence within the community.



197 Laurel Ridge Drive  
Big Stone Gap, VA 24219  
**Tel: 276-523-0028**  
**Fax: 276-523-0029**

- Support for Community Living
- Daily Living Skills

Residential facility for people with serious or persistent mental illnesses that helps residents achieve independence within the community.



1006 U.S. Hwy 23 N  
Weber City, VA 24290  
**Tel: 276-225-0976**  
**Fax: 276-225-1241**

Outpatient mental health and substance abuse programs for children, adolescents, and adults. Case management supports treatment by helping individuals figure out what services are needed, empowering through person centered planning.

- Individual & Group Psychotherapy
- Crisis Services
- Psychiatric Services
- Medication Monitoring
- Case Management
- Home-Based Services
- Substance Abuse Recovery Services
- Consultation & Education Services
- Virginia Alcohol Safety Action Plan
- Juvenile Drug Court
- Adult Drug Court
- Project LINK provides intensive outreach case management, home visitation, and support services to pregnant and parenting women who are “at risk” or are currently abusing substances.



36 King St.  
Bristol, VA 24201  
**Tel: 276-466-2286**  
**Fax: 276-466-2286**

- Support for Community Living
- Daily Living Skills

Residential facility for 12 people with intellectual and developmental disabilities that helps residents achieve independence within the community.

## Wise County Behavioral Health Services



295 Wharton LN NE  
Norton, VA 24273  
**Tel: 276-260-9991**  
**Fax: 276-260-9717**

Outpatient mental health and Substance Abuse programs for adults, children, adolescents. Case management supports treatment by helping individuals figure out what services are needed, empowering through person centered planning.

- Individual & Group Psychotherapy
- Psychiatric Services
- Crisis Services
- Medication Monitoring
- Case Management
- Parenting Classes
- Juvenile Drug Court
- Adult Drug Court
- Consultation & Education Services
- Virginia Alcohol Safety Action Plan
- Project LINK provides intensive outreach case management, home visitation, and support services to pregnant and parenting women who are “at risk” or are currently abusing substances.

# PROGRAMS OFFERED AT MULTIPLE LOCATIONS

## Adolescent Drug & Alcohol Recovery

Intensive education-based intervention directed at the evaluation, intervention and prevention of alcohol and drug use.

- Individual & Group Counseling
- Family Counseling
- Peer Pressure Communication Skills

## Bridging the Gap / Older Adults Project

Mental wellness program to bridge the gap between older adults and their mental health needs.

- Education on Mental Health & Substance Abuse Issues
- Case Management
- Psychiatric Consultation

## Child Abuse Prevention

Parent education groups are offered at no charge for parents.

- Parent Education Groups
- Distribution of Parent Education Materials

## Children First

A court-mandated program for divorcing parents with children under age 18 is provided using the Children in the Middle curriculums. Preliminary Mediation Education is also given explaining access to Sullivan County's Family Mediators.

- Counseling Classes
- Preliminary Mediation Education

## Employment Services

Employment services include:

- Vocational Planning
- Job Readiness Training
- Employment Placement Services
- Individual Placement and Support
- Supported Employment
- Job Coaching
- Ticket to Work ([www.tickettowork.org](http://www.tickettowork.org))

## Family Links

Short-term respite program for families with children who are 2 to 15 years old and have severe emotional disturbances. Family Links serves families in the Tri-Cities area. The program is 8-12 weeks, for 2-4 hours one time per week. The program works with families to improve behavioral issues and social skills. Family Links is free of charge and anyone can make a referral. For eligibility requirements and other guidelines, call 423-232-2665 or 423-232-2719.

- Respite Care Up to 4 Hours One Time Per Week



## Mental Health Awareness Training

**Contact: 423-895-4436**

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Frontier Health provides both the adult and youth version and encourages the faith-based communities to access this training through a SAMSHA funded program.

Additional trainings on specific topics such as Adverse Childhood Experiences (ACES), suicide prevention, parenting, and other behavioral health and substance use issues can be provided on request.

## Mental Health First Aid

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

## Mother-Child Connection

Intensive Outpatient recovery oriented services for women at least 18 years old who are either pregnant, or have dependent children, and who have a substance use disorder or co-occurring mental health and substance use disorder, including specialized treatment to deal with the unique problems women face.



- Co-occurring Treatment
- Substance Abuse Treatment
- Individual, Family & Group Therapy
- Other Recovery Oriented Services
- Medical Evaluation Referral
- Health Education
- Relapse Education
- Follow-Up Services
- Case Management

## Project BASIC

Classroom program targets appropriate expressions of feelings, social skills, conflict resolution and problem-solving skills with fun, challenging activities.

- Mental Health Education
- Early Intervention
- Teacher Consultation
- School Climate Projects



## Recovery Education Center

Victory Center is a psychosocial rehabilitation program that operates as a Recovery Center. Victory Center helps individuals to address symptoms and struggles related to mental illness and/or addiction and to reach goals associated with symptom reduction, supports, employment and community living.

Victory Center works with outpatient services, case management, supported housing, peer support centers, employment services, and psychiatric hospitals to help individuals make the most of the recovery process.

- WRAP (Wellness Recovery Action Plan)
- Recovery Education
- Psycho-Education
- Advocacy
- Community Integration
- Life Skills Classes, Healthy Lifestyles
- Leisure Education
- Co-occurring Services



## Regional Intervention Program (RIP)

RIP is a free, internationally recognized parent-implemented program that helps parents work with their own children with behavior problems. Experienced RIP parents provide training to newly enrolled families. Children must be enrolled before their 6th birthday.



- Professional Resource Staff
- Behavior Management Training
- Classroom Programs
- Social Skills Training
- Preschool Intervention
- Follow-Up Services

## Student Assistance Program

Clinical services for at-risk students with academic, social, and/or behavioral problems. Helps schools maintain safe, disciplined learning environments. Consultation for teachers and collaboration with counselors is provided.

- Group & Individual Counseling
- Crisis Intervention
- Parent Education & Counseling
- Violence Prevention Curriculum
- Referrals
- Assessment, Intervention for Alcohol or Tobacco Offenses
- Life Skills Training

## Substance Abuse Prevention Program

A school- and community-based program leads students in a small group process of 12 sessions.

Helps Students:

- Identify Personal Problems
- Develop Problem Solving Skills
- Restore Productivity
- Seek Help
- Develop Resiliency

## Youth Mental Health First Aid

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

# LOCATIONS QUICK INFO

## TENNESSEE

### Carter County, TN

#### **Charlotte Taylor Center PG 9**

426 East G. St.  
Elizabethton, TN 37643  
Tel: 423-547-5950

### Greene County, TN

#### **Church Street Pavilion PG 10**

616 E. Church St., Ste. A  
Greeneville, TN 37743  
Tel: 423-639-3213

#### **Crockett Apartments PG 11**

1006 Arnold Road  
Greeneville, TN 37743  
Tel: 423-639-3886

#### **Crockett Group Home PG 11**

801 Arnold Road  
Greeneville, TN 37743  
Tel: 423-639-3886

#### **Freedom Peer Support PG 10**

616 E. Church St., Ste. A  
Greeneville, TN 37743  
Tel: 423-639-1313

#### **Nolachuckey-Holston Mental Health PG 22**

401 Holston Drive  
Greeneville, TN 37744  
Tel: 423-639-1104

#### **Victory Center - Greeneville PG 10**

616 E. Church St., Ste. A  
Greeneville, TN 37743  
Tel: 423-638-4540

### Hancock County, TN

#### **Hancock County Mental Health PG 16**

210 River Road  
Sneedville, TN 37869  
Tel: 423-733-2216

### Hawkins County, TN

#### **Hawkins County Mental Health PG 17**

101 Lena Drive  
Rogersville, TN 37857  
Tel: 423-272-9239

### Johnson County, TN

#### **Higher Ground Peer Support Center PG 17**

873 S. Shady St  
Mountain City, TN 37683  
Tel: 423-727-8685

#### **Johnson County Counseling Center PG 20**

318 Donnelly St.  
Mountain City, TN 37683  
Tel: 423-727-2100

### Sullivan County, TN

#### **Adventure Program PG 7**

1324 Midland Dr  
Kingsport, TN 37664 (COMING 2025)

#### **Assessment & Forensic Services - Kingsport PG 18**

2001 Stone Brook Place  
Kingsport, TN 37660  
Tel: 423-224-1318

#### **Bristol Apartments PG 7**

2951 Broad St.  
Bristol, TN 37620  
Tel: 423-968-1681

#### **Bristol Behavioral Health Services PG 8**

1145 Volunteer Parkway  
Bristol, TN 37620  
Tel: 423-989-4500

#### **Eldreth Home PG 11**

2301 E. Center St.  
Kingsport, TN 37664  
Tel: 423-247-4000

#### **Fairmount Group Home PG 12**

719 Kentucky Ave.  
Bristol, TN 37620  
Tel: 423-968-2532

#### **Friendship Connection Peer Support PG 14**

2017 Stonebrook Place  
Kingsport, TN 37660  
Tel: 423-247-0160

#### **Frontier Industries – Kingsport PG 14**

2017 Stonebrook Place  
Kingsport, TN 37660  
Tel: 423-224-1417

#### **Grant-Widner PG 15**

4121 Old Jonesboro Road  
Bristol, TN 37620  
Tel: 423-652-7378

**Holston Children & Youth PG 18**

2001 Stonebrook Place  
Kingsport, TN 37660  
Tel: 423-224-1000

**Holston Counseling Center PG 19**

1570 Waverly Road  
Kingsport, TN 37664  
Tel: 423-224-1300

**Holston Residence PG 20**

1800 Mountain View Road  
Kingsport, TN 37664  
Tel: 423-247-6340

**Kingsport Apartments PG 20**

1326 Tranbarger Drive  
Kingsport, TN 37665  
Tel: 423-247-4000

**Link House PG 21**

433 New Beason Well Road  
Kingsport, TN 37660  
Tel: 423-288-1828

**Moore House PG 21**

2940 Broad St.  
Bristol, TN 37620  
Tel: 423-968-1681

**Roller-Russ PG 22**

2221 Memorial Court  
Kingsport, TN 37660  
Tel: 423-245-1121

**SAFE House PG 23**

P.O. Box 3426  
Kingsport, TN 37664  
Tel: 844-578-7233

**Sullivan House PG 24**

852 Youth Center Road  
Blountville, TN 37617  
Tel: 423-279-2150

**TRACES PG 18**

2001 Stonebrook Place  
Kingsport, TN 37660  
Tel: 423-224-1067

**Victory Center - Kingsport PG 14**

2017 Stonebrook Place  
Kingsport, TN 37660  
Tel: 423-224-1417

**Unicoi County, TN**

**Erwin Behavioral Health Services PG**

218 N. Main St.  
Erwin, TN 37650  
Tel: 423-743-1470

**Washington County, TN**

**Adventure Program PG 7**

1003 Broadway Ave.  
Johnson City, TN 37601  
Tel: 423-232-4326

**Chatam Apartments PG 10**

2911 Chatam Drive  
Johnson City, TN 37601  
Tel: 423-306-4488

**Crisis Stabilization Unit PG 25**

Turning Point  
208 E. Unaka Ave.  
Johnson City, TN 37601  
Tel: 877-928-9062

**Frontier Health Corporate PG 13**

1167 Spratlin Park Drive  
Gray, TN 37615  
Tel: 423-467-3600

**Gibson Place PG 15**

208-210 Quarry Road  
Johnson City, TN 37601  
Tel: 423-232-7234

**Laurel House PG 21**

516 Swadley Road  
Johnson City, TN 37601  
Tel: 423-926-9001

**Plymouth Road Apartments PG 22**

2802 Plymouth Road  
Johnson City, TN 37601  
Tel: 423-926-9001

**Spring House PG 23**

1113 King Springs Road  
Johnson City, TN 37601  
Tel: 423-928-4802

**Turning Point PG's 24-26**

208 E. Unaka Ave.  
Johnson City, TN 37601  
Tel: 423-926-0940

**Victory Center - Johnson City PG 27**

2243 Eddie Williams Road  
Johnson City, TN 37601  
Tel: 423-975-6000

**Watauga Behavioral Health PG 27**

109 W. Watauga Ave.  
Johnson City, TN 37604  
Adult Tel: 423-232-2600  
Children & Youth Tel: 423-232-2700

## VIRGINIA

### Lee County, VA

#### **Appalachia Court Apts. PG 28**

250 Park St.  
Jonesville, VA 24263  
Tel: 276-346-3590

#### **Lee County Behavioral Health PG 30**

34084 Wilderness Road  
Jonesville, VA 24263 18  
Tel: 276-346-3590

### Scott County, VA

#### **Scott County Behavioral Health PG 31**

1006 U.S. Hwy 23 N  
Weber City, VA 24290  
Tel: 276-225-0976

### Washington County, VA

#### **Sunhouse PG 32**

36 King St.  
Bristol, VA 24201  
Tel: 276-466-2286

### Wise County, VA

#### **Community Connections PG 28-29**

43 Champions Ave.  
Big Stone Gap, VA 24219  
Tel: 276-523-0682

#### **Four Seasons Greenhouse PG 30**

2637 4th Ave. East  
Big Stone Gap, VA 24219  
Tel: 276-523-4028

#### **Independence House PG 30**

2532 4th Ave. East  
Big Stone Gap, VA 24219  
Tel: 276-523-4357

#### **Pierce House PG 31**

199 Laurel Ridge Drive  
Big Stone Gap, VA 24219  
Tel: 276-523-1536

#### **Polly Summit PG 31**

197 Laurel Ridge Drive  
Big Stone Gap, VA 24219  
Tel: 276-523-0028

#### **Wise County Behavioral Health PG 32**

295 Wharton LN NE  
Norton, VA 24273  
Tel: 276-260-9991

### SAFE Place

Tel: 1-800-RUNAWAY (1-800-786-2929)

### Employee Assistance Program Contract Services

P.O. Box 9054  
Gray, TN 37615  
Tel: 423-467-3719

### Crisis Services Tennessee: Adults, Children & Youth

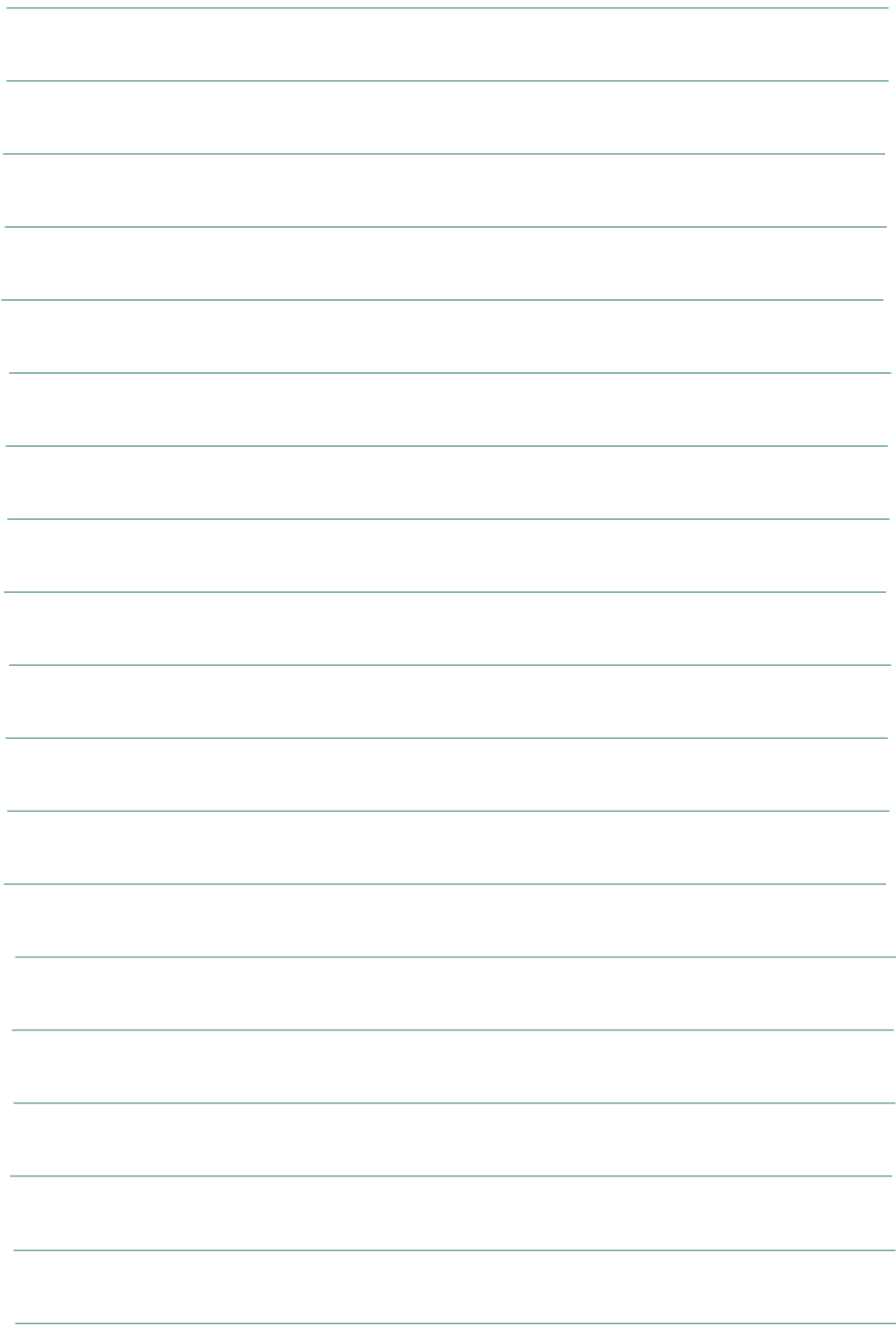
Turning Point  
208 E. Unaka Ave.  
Johnson City, TN 37601  
Tel: 877-928-9062

### Crisis Services - Virginia: Adults, Children & Youth

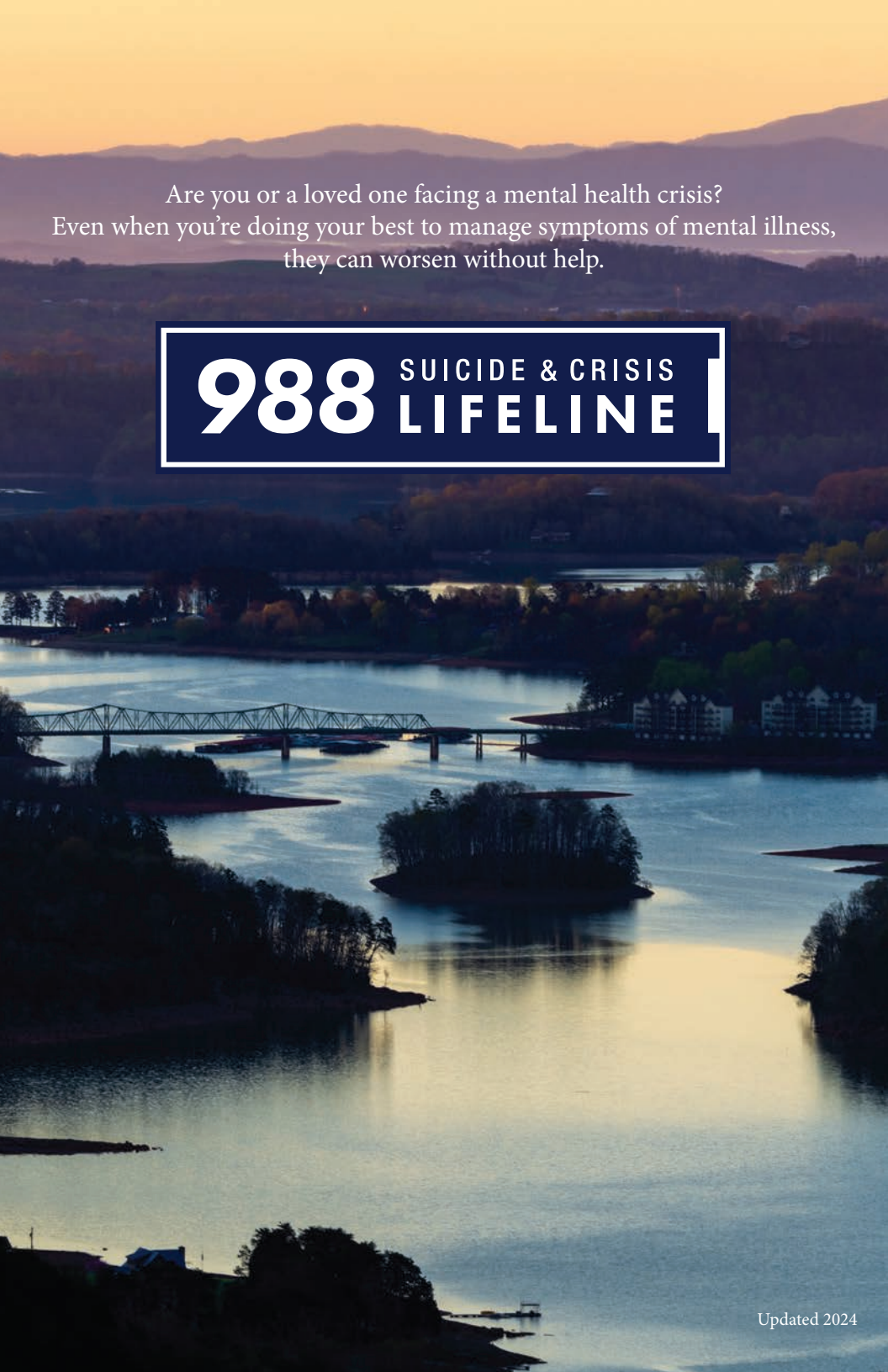
Tel: 877-928-9062

**988** SUICIDE & CRISIS  
LIFELINE









Are you or a loved one facing a mental health crisis?  
Even when you're doing your best to manage symptoms of mental illness,  
they can worsen without help.

**988** SUICIDE & CRISIS  
**LIFELINE**



Frontier Health is the region's leading provider of behavioral health, mental health, substance abuse, co-occurring, intellectual and developmental disabilities, recovery, and vocational rehabilitation services.

Frontier Health has been providing care since 1957; our mission is to provide quality services that encourage people to achieve their full potential. Our services provide a seamless program of personalized care. We offer a range of care to help you successfully move toward and sustain your recovery.

**P.O. Box 9054  
1167 Spratlin Park Dr.  
Gray, TN 37615**

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Fax: 423 - 467- 3710**

**[www.FrontierHealth.org](http://www.FrontierHealth.org)**