

EMERGENCY HOTLINES

**Medical or Mental Health
Emergency**
Call 911 Immediately

Suicide Hotline
For ANY mental health or
substance abuse concern.
Call (800) 273-8255 or visit
suicidepreventionline.org

Poison Control Hotline
For assistance in case of
exposure to poisonous or
hazardous substances
Call (800) 222-1222

Disabilities Crisis Hotline
Call (855) 917-8278
Rockbridge Sheriff
Call (540) 463-7329

Lexington Police
Call (540) 462-3705

Buena Vista Police
Call (540) 261-6174

State Police
Call (800) 542-5959

**Lexington/Rockbridge/
Buena Vista Social
Services/Child Protective
Services**
Call (540) 463-7143

**Virginia Adult Protective
Services Hotline**
Call (888) 832-3858

**Virginia Child Protective
Services Hotline**
Call (800) 552-7096

**Rockbridge Area Relief
Association Helpline**
Can assist with emergency
bill/utility payments
Call (540) 463-6642
Hours: Monday – Thursday
from 9:30am – 12pm



CASA RESOURCE GUIDEBOOK

LEXINGTON, BUENA VISTA, AND
ROCKBRIDGE COUNTY

CONTACT

Christian Worth
Advocate Manager
Lexington, Buena Vista and
Rockbridge County
241 Greenhouse Road
Lexington, VA 24450
TEL: 540-213-2272, Ext. 705
FAX: 540-337-9173
christiane@blueridgecasa.org

NOTES

WHAT IS CASA?

A Court Appointed Special Advocate (CASA) Volunteer is a trained member of the community appointed by the Juvenile and Domestic Relations Judge to advocate for the best interests of a child involved in an abuse or neglect case. Blue Ridge CASA trains and supports all of these volunteer advocates. For more information, please go to <https://blueridgecasa.org/> or call (540) 213-2272, Ext. 705

This is meant to serve as a community guidebook on resources in the Lexington, Rockbridge County, and Buena Vista area, with information on how to access resources pertaining to health, transportation, childcare, food, housing, education, and other financial needs. Please note that this is not an endorsement.

Mental Health Care

COUNSELING SERVICES

Valley Mission Shelter in Staunton

- Private homeless shelter with comprehensive case management, counseling services, and afterschool programs. Visit <https://www.valleymission.net/> for more information.
- 1513 West Beverley Street, Staunton, Virginia 24401
- Call (540) 886-4673
- Hours: Monday-Friday 8:00 am to 4:30 pm

Shenandoah Psychiatric Medicine

- Comprehensive outpatient therapy in Augusta County, VA. Accepts medicaid, be sure to bring insurance card and ID to appointment.
- <http://shenpsymedicine.com/>
- 19 Briar Knoll Ct, Suite 1, Fishersville, VA 22939
- Call (540) 416-0798
- Hours: Monday, Wednesday, & Thursday 8:00 am to 4:30 pm; Tuesday 8:00 am to 3:30 pm

Western State Hospital

- State psychiatric hospital with in-patient services. Accepts Medicaid.
- <https://wsh.dbhds.virginia.gov/default.htm>
- 103 Valley Center Drive, Staunton, VA, 24401
- Call (540) 332-8000

Compass (Rockbridge)

- Offers in-home Medicaid funded Applied Behavioral Analysis (ABA) Therapy in the Rockbridge Area for children. Also sees patients in the Charlottesville office for testing services (3040 Avemore Square Place Charlottesville, VA 22911). Follow this link to fill out a patient intake form: <https://compassva.com/request-services/rockbridge/>
- General Website: <https://compassva.com/location/rockbridge/>
- 2424 Magnolia Avenue, Buena Vista, VA 22416
- Call (540) 462-2914

Mental Health Care

COUNSELING SERVICES

Strategic Therapy and Associates (Lexington)

- Offers Intensive in home services, crisis intervention, day treatment, mental health skill building, outpatient, therapeutic mentoring, parent education. Accepts medicaid, make sure to have an insurance card and ID.
- <http://www.strategictherapyassociates.com/>
- 15 S. Main St, Lexington, VA 24450
- Call (540) 523-1673

Richard W Capron

- Uses sliding scale, offering discounted services for those who cannot pay full price. Specializes in trauma, PTSD, anxiety and depression in adults.
- <https://www.psychologytoday.com/us/therapists/va/lexington/411263?sid=602e8c7c089a6&ref=3&tr=ResultsName>
- 116 North Main Street, Lexington, VA 24450
- Call (540) 319-4927

Vickie L Kave

- Specializes in trauma and PTSD, emotional disturbance, and relationship issues in adults and elderly populations. Accepts medicaid, not currently (March 2021) accepting new clients but may open up later.
- <https://www.psychologytoday.com/us/therapists/medicaid/va/rockbridge-county/358474?sid=602e8e4327435&zipdist=30&ref=1&tr=ResultsName>
- 204 E Washington St, Lexington, VA 24450
- Call (540) 235-5804

Mental Health Care

SUBSTANCE ABUSE COUNSELING/TREATMENT

Rockbridge Area Prevention Coalition/Rockbridge Area Community Services

- Mental Health Services: Available to individuals age 3 and up. Accepts Medicaid and most insurances. Psychiatric services available as well. Substance Abuse Services/Programs: Gender specific treatments and programs available.
- Contact the office to get involved.
- <https://www.racsb.org/>
- 241 Greenhouse Road, Lexington, VA 24450
- Crisis Hotline (855)-222-2046
- Call 540-463-3141
- Hours: Monday–Friday 8:30 am to 5:00 pm

DOMESTIC ABUSE/VIOLENCE

Project Horizon

- Works with victims of domestic violence and abuse, provides Counseling Services, Child Advocacy Center, emergency shelter for people experiencing domestic violence and abuse (Lisa's House).
- <https://www.projecthorizon.org/survivors/>
- 120 Varner Lane, Lexington, VA 24450
- Call (540) 463-2594, 24 hour hotline

Health Care

SENIOR CARE

Mayflower Home for Adults

- Assisted living service for seniors.
- <https://americanretirementhomes.org/assisted-living/the-mayflower>
- 409 South Main Street, Lexington, VA 24450
- Call (540) 463-3161
- virginia@americanretirementhomes.net

VPAS/Maury River Senior Center/The Magnolia Center

- Support in successful aging, lots of programs available including Medicare counseling.
- <https://www.vpas.info/MRSC>
- 2137 Magnolia Ave., Buena Vista, VA 24416
- Call (540) 261-7474
- Hours: Monday–Thursday 9:00 am to 4:00 pm, Friday 10:00 am to 2:00 pm

Rockbridge Area Hospice

- End of life treatment/care. Funding via Medicare/Medicaid, also Good Neighbors Group funding available.
- <https://www.rockbridgeareahospice.org/>
- 315 Myers Street, Lexington, VA 24450
- Call (540) 463-1848
- Hours: Monday–Friday 8:30 am to 5:00 pm

Heritage Hall

- Senior care, available as extended or short term (rehab). Accepts medicaid and medicare.
- <https://www.heritage-hall.org/>
- 205 Houston Street, Lexington, VA 24450
- Call (540)464-8181

Health Care

SENIOR CARE

Kendal at Lexington

- Continuing care and retirement community. Memory support, assisted, and nursing care offered as needed. Out of pocket cost.
- <https://kalex.kendal.org/>
- 160 Kendal Drive, Lexington, VA 24450
- Call (540) 463-1910

DISABILITY SERVICES

Lexington Presbyterian Group Home (HumanKind)

- Group homes and supervised living for adults with disabilities.
- <https://www.humankind.org/locations/lexington/>
- Call (540) 464-8260
- estilwell@humankind.org

The Arc Rockbridge

- Provides social support, advocacy, scholarships, and other services for individuals with intellectual and developmental disabilities.
- <https://arcofrockbridge.dreamhosters.com/>
- Call (540)-461-0074

HEALTH SERVICES

Rockbridge Area Health Center

- Accepts Medicaid and other insurances. Also offers a sliding scale application that helps reduce the cost of medical fees, dependent on family size and annual income (<https://www.rockahc.org/wp-content/uploads/2019/09/Fin-Assist.pdf>).
- After Hours Advice Line (540) 319-5181.
- <https://www.rockahc.org/>
- 25 Northridge Lane, Lexington, VA 24450
- Call (540) 464-8700, Press 1 for medical/behavioral health, press 2 for dental
- Hours: Monday-Wednesday 8:00 am to 6:00 pm, Thursday 9:00 am to 6:00 pm, Friday 8:00 am to 5:00 pm

Health Care

HEALTH SERVICES

Augusta Health

- Accepts Medicaid, make sure to bring your insurance card and ID. To apply for financial assistance:
https://www.augustahealth.com/sites/default/files/documents/business-office/financial_assistance_application_06-22-2020.pdf
- <https://www.augustahealth.com/services>

Fishersville Office (Main)

- 78 Medical Center Dr, Fishersville, VA 22939
- Call (540) 332-4000

Lexington Office:

- 55 Comfort Way, Suite 1, Lexington, VA 24450
- Call (540) 463-3381
- Hours: Monday - Friday 8:00 am - 4:30 pm

Buena Vista Health Department

- Call for more information or to make an appointment. Will take you through some instructions when you call on which extensions to use, or you can continue on to talk to someone directly. If you need to apply to the WIC program:
<https://www.womeninfantschildrenoffice.com/buena-vista-city-health-department-wic-virginia-wcl2578>
- 2270 Magnolia Ave, Buena Vista, VA 24416
- Call (540) 261-2149
- Hours: Monday - Friday 8:00 am to 4:30 pm

Carilion Lexington Hospital

- Accepts Medicaid, Medicare, and other private insurances. You must bring a copy of your insurance and your ID to your appointment. Also bring the referral from your primary doctor if applicable.
- <https://carilionclinic.org/locations/carilion-stonewall-jackson-hospital>
- 1 Health Circle, Lexington, VA 24450
- Call (540) 458-3488

Notes

Children's Services

RECREATION

Rockbridge Area Recreation Organization

- Offers different recreational activities/sports teams. Out of pocket cost.
- <https://www.rarorec.org/Default.aspx?tabid=696277>
- 300A White Street, Lexington, VA 24450
- Call (540) 463-9525

Halestone Dance Studio

- Non-profit dance studio that believes in dance education for everyone, offers scholarships as needed. Halestone Dance Studio is committed to ensuring that anybody and everybody can dance. Contact Halestone to inquire about scholarship opportunities. To apply for scholarships: https://halestone.com/wp-content/uploads/2020/06/Halestone-scholarship-application_2021.pdf
- General Website: <https://halestone.com/>
- PO Box 1583, Lexington, VA 24450
- Call (540) 463-7444

Boxerwood Nature Center and Woodland Garden

- Community based non-profit nature center in Lexington, VA. Free play trail open to families with kids ages 8 and under. Trails to explore in park, parking for free with a recommended \$5 donation. Music in the Garden Friday during the summer. Follow Facebook page for updates on programming (<https://www.facebook.com/loveboxerwood/>).
- <https://boxerwood.org/>
- 963 Ross Rd, Lexington, Virginia 24450
- Call (540) 463-2697

Children's Services

RECREATION

Lake Robertson

- Park with lake, fishing, boats. A swimming pool, tennis court, softball field, a playground, hiking trails, and a group picnic shelter are conveniently located next to the lake. The cost for the Daily Access Permit is \$4 per person. The cost for the Annual Access Permit is \$23 per person.
- <https://dwr.virginia.gov/waterbody/lake-robertson/>
- Lake Robertson, 106 Lake Robertson Drive, Lexington, VA 24450
- Call (540) 463-4164

Rockbridge 4H

- Community Clubs, Project Clubs, In school and afterschool clubs, school enrichment clubs, and special interest groups available. Summer camps available also. Open to children ages 5-19.
- <https://www.facebook.com/RockbridgeVA4H>
- Call (540) 463-4734
- Email meganeb1@vt.edu

Glen Maury Park

- Free park and recreational space with campgrounds and a pool. There is a fee for camp and pool usage.
- <https://www.buenavistava.org/residents/recreation/glen-maury-park/>
- 101 Maury River Rd, Buena Vista, VA 24416
- Call (540) 261-7321

Natural Bridge State Park

- State park with 7 miles of hiking trails, open 9-dusk. Admission is \$6 for ages 6-12 and \$8 for those 13 and older. Children's Discovery Area and Nature Explore Outdoor Classroom.
- <https://www.dcr.virginia.gov/state-parks/natural-bridge>
- 6477 South Lee Highway, Natural Bridge, VA 24578
- Call (540) 291-1326
- Email NaturalBridge@dcr.virginia.gov

Children's Services

ENRICHMENT

Lexington Office on Youth: Community Center

- 8 week long summer program and weekly after school program, currently limited spots open. City of Lexington students have priority, but Rockbridge County students can also register. Some scholarships available as needed.
- 300 E. Washington St., Lexington, VA 24450
- Call (540) 463-4315
- tdunn@lexedu.org

YAS Program (Maury River Middle School)

- After school tutoring and enrichment program for students at Maury River Middle School.
- 600 Waddell Street, Lexington, VA 24450
- Contact Mary Lupsha: mary_lupsha@rockbridge.k12.va.us

YMCA

- After school enrichment programs. Currently, due to school closures, the Rockbridge Area YMCA is offering full day care at Grace Episcopal Church. Please contact Annie LePere alepere@ymcavbr.org for availability. To apply for financial assistance contact the nearest YMCA branch and request a Financial Assistance Application.
- <https://ymcavbr.org/y-after-school/rockbridge-county-schools/>
- 790 North Lee Highway, Lexington, VA 24450
- Call 540-464-9622
- Hours: Monday-Thursday 5:00 am to 8:00 pm, Friday 5:00 am to 7:00 pm, Saturday: 8:00 am to 5:00 pm, Sunday 1:00 pm to 5:00 pm

Children's Services

EDUCATION

Yellow Brick Road Early Learning Center

- Educational programs available for infants - pre K. Partners with early headstart and accept social services. There are some scholarships available for those who do not qualify for social services.
- Yellow Brick Road ELC - home (weebly.com)
- 410 Yellow Brick Road, Lexington, VA 24450
- Call (540) 463-7344
- Hours: Monday-Friday 8:00 am to 4:00 pm

Head Start/ Early Head Start

- Head start program headquartered in Roanoke but also serves Buena Vista, Lexington, and Rockbridge County. Each family applying will have to provide the following income documents as proof of eligibility:
 - If employed: Check stub; W-2 Form; Letter on official letterhead from your employer stating the days, hours, and wages per hour that you earn
 - Proof of other forms of income, such as: TANF letter from DSS; SSI letter from the Department of Social Services
 - Verification of child's birth: Birth certificate; Birth letter from a hospital
- <https://tapintohope.org/program/head-start-and-early-head-start/>
- Call (540) 283-2785

Children's Services

EDUCATION

Rockbridge Regional Library

- Services: Free internet connected computers and wifi, charging stations, preschool education materials, library supplies (books, films, etc). Also printing, faxing, and copying available at a low cost.
- <https://www.rrlib.net/>

Youth Literacy Program

- Offers reading tutors for children.
- Youth Literacy Program Rockbridge Regional Library 138 South Main Street Lexington, VA 24450 (540) 463-4324, ext. 105
- Becky McKenzie: bmckenzie@rrlib.net

Lexington

- 138 South Main Street, Lexington, VA 24450
- Call (540) 463-4324
- Hours: Monday - Thursday 10:00 am to 7:00 pm, Friday 1:00 pm to 5 pm, Saturday 10:00 am to 2:00 pm, Sunday: CLOSED

Buena Vista

- 2110 Magnolia Avenue, Buena Vista, VA 24416
- Call (540) 261-2715
- Hours: Monday, Tuesday, & Thursday 10:00 am to 6:00 pm, Wednesday & Friday: CLOSED, Saturday 10:00 am to 2:00 pm, Sunday: CLOSED

Goshen

- 1124 Virginia Avenue, P.O. Box 129, Goshen, VA 24439
- Call (540) 997-0351
- Hours: Monday 10:00 am to 6:00 pm, Tuesday - Thursday 10:00 am to 5:00 pm, Friday CLOSED, Saturday 10:00 am to 2:00 pm, Sunday CLOSED

Children's Services

Notes

EDUCATION

Rockbridge Regional Library (cont)

Glasgow

- 1108 Blue Ridge Road, Glasgow, VA 24555
- Call (540) 258-2509
- Hours: Monday 10:00 am - 6:00 pm, Tuesday-Thursday 10:00 am - 5:00 pm, Friday CLOSED, Saturday 10:00 am - 2:00 pm, Sunday CLOSED

Bath County

- 96 Courthouse Hill Road, P.O. Box 250, Warm Springs, VA 24484
- Call (540) 839-7286
- Hours: Monday, Wednesday & Thursday 10:00 am - 5:00 pm, Tuesday 10:00 am - 6:00 pm, Friday: CLOSED, Saturday: 10 AM - 2 PM, Sunday: CLOSED

Bookmobile

- 138 South Main Street, Lexington, VA 24450
- Call (540) 463-4322 ext 104

OTHER

Valley Mission Shelter in Staunton

- Private homeless shelter with comprehensive case management, counseling services, and afterschool programs.
- <https://www.valleymission.net/>
- 1513 West Beverley Street, Staunton, Virginia 24401
- (540) 886-4673
- Hours: Monday-Friday 8:00 am to 4:30 pm

Hoofbeats TRC

- Therapeutic horseback riding services for adults and children. Some scholarships available.
- <https://hoof-beats.com/>
- P.O. Box 979 Lexington, VA 24450
- Call (540) 464-3337
- info@hoof-beats.com

Transportation

Notes

Rockbridge Area Transportation Services

- Provide safe and affordable transportation for anyone in need; wheelchair accessible vans. Medicaid riders need to call the number on the back of their Medicaid card. We accept rides from multiple Medicaid companies. Please call us if you have questions about setting up your Medicaid Transportation.
- <https://www.rockbridgetransportation.org/>
- 712 N. Main Street, Lexington, VA 24450
- Call (540) 463-3346

E'SY Rider Transportation

- Non-emergency medical transportation company. Medicare, medicaid, and private paid transportation available.
- <https://esyriderstransport.com/>
- Lexington, VA 24450
- Call (540) 461-2467

Maury Express

- Public transportation around Rockbridge County, 50 cent bus fare. Can also request rides off of the route if you have disabilities.
- <https://radartransit.org/ridership-information/maury-express/>
- Buena Vista, Lexington, and Rockbridge County
- Call (800) 964-5707 Ext. 3 or 4
- Hours: Monday-Friday 8:00 a.m. to 6:00 p.m., Saturday 10:00 a.m. to 4:00 p.m., excluding holidays