



Quick Reference Guide

City of Alexandria Behavioral Health Services



Eligibility for these services requires proof of residency in the City of Alexandria.

Other eligibility criteria may need to be met in order to access these services.

We use a sliding scale based on income to assess fees. Clients with insurance are billed accordingly.

Please call the number listed for more information.

Services for Adults (Age 18+):

Available During Normal Business Hours:

Psychiatry	Psychiatric medication evaluation and management. By appointment only. Same-day service is not available.	Call 703.746.3535 to speak to an Intake Assistant.
Case Management	Planning, linking, assisting and supporting persons with SMI and/or Substance Use disorders.	Call 703.746.3535 to speak to an Intake Assistant.
Therapy (Mental Health and/or Substance Use)	Psychotherapy for Mental health and/or Substance Use.	Call 703.746.3535 to speak to an Intake Assistant.
Older Adult Services	(Age 60+) intensive mental health services. Community based.	Call 703.746.3535 to speak to an Intake Assistant.
Program of Assertive Community Treatment (PACT)	For persons with SMI, multiple hospitalizations, and significant challenges to community integration.	Call 703.746.3535 to speak to an Intake Assistant.
Project for Assistance in Transition from Homelessness (PATH)	Outreach and assistance to adults with SMI who are homeless or are at risk of homelessness.	Call 703.746.5700.
Alexandria Residential Treatment Center (ARTC)	ASAM Level 3.5 residential treatment (1-6 weeks) to help people interrupt substance use, stabilize, and engage in ongoing treatment.	Call 703.746.3636 (24/7) for admission information.
Opioid Treatment Program (OTP)	Medication assisted treatment to help individuals using heroin and/or other forms of opioids.	Call 703.746.3610 for OTP Intake.
Transitioning Adults into Living Successfully (TRAILS)	Coordinated Specialty Care approach for psychosis for persons who are between the ages of 16 and 25.	Call 703.746.3441 or email trails2recovery@alexandriava.gov for more information.

Services for Those Under the Age of 18 and Their Families:

Psychiatry	Psychiatric medication evaluation and management. By appointment only. Same-day service is not available.	Call 571.213.7963
Youth and Family Services	Individual, group and family therapy. Office and school based.	Call 571.213.7963
Community Wraparound Team	For youth at risk of losing placement or residential: Intensive Care Coordination, Case Management, individual and family therapy, family support and parent coaching.	Call 571.213.7963

Services for Any Age:

Emergency Services	24/7 interventions for persons experiencing a behavioral health crisis in Alexandria.	703.746.3401 (24/7 access)
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