

Our Counselors

In keeping with requirements by the Department of Medical Assistance Services, all of our counselors are designated Qualified Mental Health Professionals (QMHP). This means that they must have a Bachelor's Degree or higher in the human services field and have one or more years of experience working with children. They are certified in CPR/First Aid and Crisis Intervention Training.

“One hundred years from now, it will not matter what my bank account was, how big my house was, or what kind of car I drove. But the world may be a little better, because I was important in the life of a child.”

Forest Witcraft



5 Ways to Raise a Happy Child

1. Show respect. You have to give respect to get it. If you constantly put your children down, they'll develop low self-esteem and believe it's acceptable to treat others disrespectfully.
2. Lead by example. Your lifestyle and behavior serves as a model for your children.
3. Keep an open mind and heart. Let your children know you respect their opinions, even if you disagree with them.
4. Be your child's biggest fan. Always celebrate your child's successes and accept their limitations.
5. Love unconditionally. A happy child is a loved child.

—Johnson Publishing 2004

Blue Ridge Counseling Services

1122 Cherry Creek Road
Meadows of Dan, VA 24120
Phone: 276-952-1756 or 276-692-5673
Fax: 276-952-1756
E-mail: swilsonbrcs@embarqmail.com

THERAPEUTIC DAY TREATMENT

BLUE RIDGE COUNSELING SERVICES

1122 Cherry Creek Road
Meadows of Dan, VA 24120
276-952-1756 or 276-692-5673
swilsonbrcs@embarqmail.com

Children, after all, are not just adults-in-the-making. They are people whose current needs and rights and experiences must be taken seriously.
- Alfie Kohn

Providing Quality
Counseling Services
to the Patrick
County Community

Blue Ridge Counseling
Services

Therapeutic Day Treatment

Therapeutic Day Treatment services are provided to aid children who are experiencing emotional,



mental health and/or behavioral difficulties that are impeding their progress at school. With this service, counselors are placed in your child's classroom to assist them with their behavioral issues thus aiding them in achieving their academic potential. Our counselors offer redirection through prompting your child to pay attention and stay on task in the classroom. Counselors work closely with your child's teacher to ensure that your child's needs are being met. This program has proven successful in helping children with such issues as inattentiveness, impulse control, anger, peer relational problems, anxiety and depression.

Supportive therapy in the classroom

Our counselors are present in your child's classroom to assist them in making positive behavior choices throughout the day. Therapeutic interventions are based on utilizing your child's strengths and offering incentives to increase their desire to maintain good behavior. Incentives may include praise, extra gym time, etc.

Individual and Group Counseling

When a child receives Therapeutic Day Treatment services, an individualized service plan is developed for them that is unique to target their specific needs. This plan is developed through a team approach with input from your child, you, his/her teacher, and our counselor. Once the service plan is developed, our counselor will meet with your child at least twice each week for individual and group counseling to assist them in meeting their behavioral goals. In addition, counselors will be in contact with you each week to update you on your child's progress and to address any concerns you may have.

Summer Program

In order to maintain the lessons learned during the school year, your child is invited to attend our summer program. This program will consist of therapeutic interventions offered in the form of art, music, recreation and drama. Field trips are also provided to enhance your child's cultural and social skills. Transportation is provided to the program, which is normally held at the school. Participation in our summer program will not interfere with your child's participation in summer school.



Contact: Sharon Wilson

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