



## Mental Health Association in Fredericksburg

2217 Princess Anne Street, Suite 219-1  
Fredericksburg, VA 22401

## "TALKING POINTS"

540-371-2704 or 800-684-MHAF  
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*The Mental Health Association in Fredericksburg is our community's oldest nonprofit organization addressing all aspects of mental health and mental illness. Founded in 1955 by local citizens, MHAF works to improve our community's mental health through advocacy, education, and service.*

**History of Accomplishments** -- MHAF is proud to have "parented" in concept and funding:

- ◆ 1956 Mental Hygiene Clinic established; became RACSB in 1970
- ◆ 1962 Fredericksburg Personal Counseling Services founded; independent agency 1969
- ◆ 1964 Social Club for discharged psychiatric patients; today is Kenmore Club
- ◆ 1965 New School opened for children with learning disabilities; closed in 1976 when public schools began offering services
- ◆ 1968 Opportunities Unlimited opened; now Rappahannock Goodwill Industries
- ◆ 1971 Hotline services began and continued as an independent agency until 2003
- ◆ 1974 "The Society" founded; today is Rappahannock Legal Services
- ◆ 1981 Mary Washington Hospital Psychiatric Unit opened – first inpatient services
- ◆ 1994 Faith outreach; now Virginia Interfaith Committee on Mental Illness Ministries
- ◆ 1997 Chamber of Commerce Regional Cooperative Award - Comprehensive Resources Directory; now Community Connections Directory
- ◆ 1998 MHAV Best Advocacy Award for "Widening Courthouse Doors"
- ◆ 1999 Behavioral Health Task Force convened; Lloyd Moss Pilot program to screen new patients for mental health began and "Community Counseling Project" by FCS
- ◆ 2000 Senior Visitors Program launched
- ◆ 2001 Listening to Youth: King George Mental Health School-Community project successfully transitioned to community through interagency governance and funding in June 2004

### **Current Programs & Services**

***Mental HOPE*** – HelpLine, support groups, lending library, public education, health fairs, and national depression/anxiety screening initiatives

***Senior Visitors*** – recruits, trains & matches volunteers to provide *free* weekly in-home services to isolated, health-impaired older adults. Nearly 250 seniors have been enrolled who receive weekly services from 175 volunteers.

***Campaign for America's Mental Health*** – selected as one of 60 national public education sites

### **Emerging Issues**

For five decades, MHAF has recognized gaps in services, then worked collaboratively to develop resources that meet identified needs. Current emphasis areas include: medication access, substance abuse and dual diagnosis, children's mental health services and suicide prevention.