

Region 5

BIRST & Dementia Programs

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What is BIRST?

Brain Injury Rehabilitative Support Team

Interdisciplinary team with a **Clinical
focus on Brain Injuries**

- **Primary Goal:** To provide wrap around services focusing on improving motor, social, and cognitive skills to enhance the capacity of the individual to achieve independent living.
- **Mission:** To improve the quality of life for individuals impacted by Brain Injury, Serious Mental Illness and other Neuro-Cognitive Disorders.





BIRST Home & Psychosocial Rehabilitation Program

BIRST Home

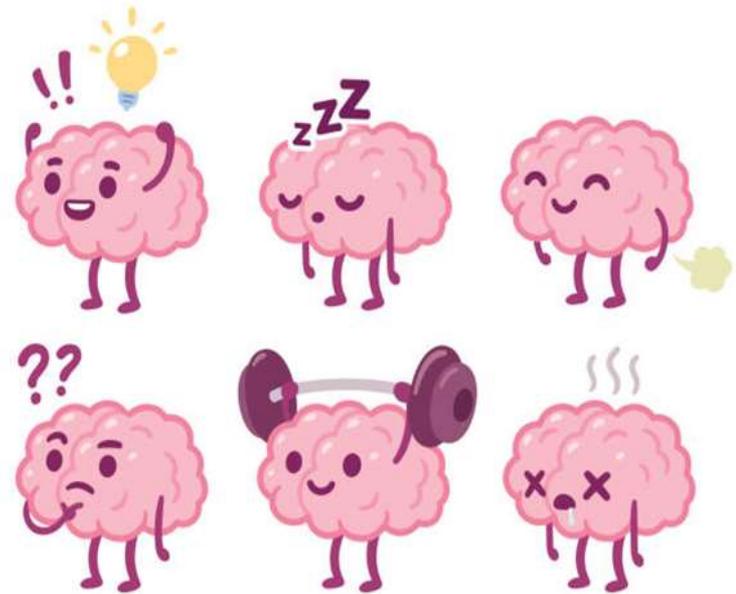
- Community Partner Home
- Provides appropriate step-down services for individuals discharging from State Facilities
- Supports clients in a home setting, by providing behavioral health expertise to include hands on services and interactions

Psychosocial Rehabilitation Program (Day Treatment)

- Open to the community
- Provides specialized Brain Injury Therapeutic Treatment

Specialized Psychoeducational, Clinical, and Supportive Services

- Person Centered Care
- Outpatient Therapy
- Case Management
- Vocational Rehabilitation
- Psychosocial Rehabilitation
- Mental Health Skill Building
- Occupational Therapy
- Physical Therapy
- Peer Support
- Psychiatric Medical Services
- Educational training



Virginia's Health Planning Regions:
ID/DD Children's Crisis Project



Eligibility Criteria

- Be a resident of Region 5
- Eighteen (18) years of age or older
- Diagnosis
 - Home - Has a diagnosis of BI with a dual diagnosis of SMI
 - Community - Has a diagnosis of PTSD or BI with dual diagnosis of SMI

Region 5

Chesapeake Integrated Behavioral Health	Colonial Behavioral Health
Eastern Shore Community Services Board	Hampton-Newport News Community Services Board
Middle Peninsula-Northern Neck Community Services Board	Norfolk Community Services Board
Portsmouth Department of Behavioral Healthcare Services	Virginia Beach Human Services Community Services Board
Western Tidewater Community Services Board	

“The Village”

Memory Care Unit at Tidewater Cove

- Partnership between the Department of Behavioral Health and Developmental Services and Tidewater Cove
- 8 beds and 2 respite beds are dedicated to the memory care unit.
- Goal for this new unit is to continue hospitalization prevention work by providing care for patients with dementia
- **Supports include:**
 - Case Management
 - Medical
 - Psychiatric
 - Social
 - On-site activities



Referral Contact Information

- For questions or to make a referral for the BIRST Program, call 757-759-4041 or email tbi@wtcsb.org
- For questions or to make a referral for G.C.S.T., call 757-979-0021 or email gero@wtcsb.org
- For questions or to make a referral for the Memory Care Unit email TWCReferral@wtcsb.org