

## **Boost**

### Age Requirements

18 and over

Available 24/7

No

### Documents Required

Call for details

### Other Eligibility Criteria

Serves individuals who receive services through the Region Ten Community Services Board.

### Intake Process

Call for an intake and assessment appointment.

### Intake Contact Telephone

(434) 972-1800

### Provider Refer

Yes

### Qualifications

#### Qualification Type

Licensure

#### Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

#### Qualification Number

173

### Report Problems

Call the Agency

### Self Refer

Yes

Region Ten Community Services Board

<http://regionten.org>

<http://regionten.org/service/boost>

### Main

(434) 972-1800

Toll-Free

(866) 694-1605

Phone Emergency

(434) 972-1800

800 Preston Avenue

22903 VA

United States

Monday: 8:00 am-6:00 pm

Tuesday: 8:00 am-6:00 pm

Wednesday: 8:00 am-6:00 pm

Thursday: 8:00 am-6:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Emergency Services are available 24 hours per day, 365 days per year.

Fee Structure

Sliding Scale Fee

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Call for Information

Languages Spoken

English

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Call if translation is needed

Region Ten Community Services Board's (RTCSB) Boost is a wellness service for Region Ten consumers interested in:

- improving health,
- managing stress,
- increasing movement,
- learning about healthy eating,
- working on eliminating bad habits such as smoking.

Interested consumers will be screened for this service which is available during normal work week hours.

Service Area(s)

Albemarle County

,

Charlottesville City

,  
Fluvanna County

,  
Greene County

,  
Louisa County

,  
Nelson County