



Get Help NOW!

Without treatment, these thoughts, feelings and behaviors can become worse over time.

For more information about the TRAILS program, or to make referrals, email trails2recovery@alexandriava.gov or call 703.746.3441.

Contact TRAILS

Department of Community and Human Services
4850 Mark Center Dr., 10th Fl.
Alexandria, VA 22311

703.746.3441 (voice) | 571.335.0929 (fax)
trails2recovery@alexandriava.gov
alexandriava.gov/go/1816



Scan for additional information.



TRansitioning Adults Into Living Successfully (TRAILS)



Department of Community and Human Services

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What is TRAILS?

TRAILS is a comprehensive program for young adults ages 14 to 30 who have recently experienced symptoms of psychosis. Some of the signs may include the following:

- Auditory Hallucinations (hearing things that other people don't hear)
- Visual Hallucinations (seeing things that other people don't see)
- Paranoid Feelings (feeling unusually afraid or suspicious)
- Unusual beliefs
- Disorganized thinking
- Changed behavior

TRAILS Services

- Outreach and referral
- Evaluation and assessment
- Psychosocial rehabilitation programming
- Psychiatric treatment
- Recovery coaching
- Psychotherapy
- Vocational and educational support
- Medication management
- Case management
- Peer support

TRAILS Meeting Needs

We know at TRAILS that these experiences are treatable. The goal of the TRAILS program is to help individuals cope with these experiences and improve their ability to work or go to school, live independently, and have enjoyable relationships. The TRAILS program offers comprehensive treatment for individuals who have these symptoms.

TRAILS is tailored to meet the needs of each individual. Services include: outreach and referral, evaluation and assessment, medication treatment, recovery coaching, case management, psychotherapy, substance use treatment, vocational and educational support, family education, peer support, and psychosocial rehabilitation through the West End Wellness Center.

Who Sponsors TRAILS?

TRAILS is a program of the Department of Community and Human Services' Alexandria Community Services Board. Services available on a sliding scale to those with private insurance. Private insurance may be billed for some services.

How Long Are Services?

Individualized and flexible services for up to three years, including:

- Help getting a job
- Help staying in school
- Access to a coordinated team of experienced professionals
- Therapy
- Peer support
- Medication management
- Support and education for family members

Can TRAILS Help You?

You may be eligible for the TRAILS program if you:

- Are between the ages of 14–30
- Are a City of Alexandria resident
- Have been experiencing unusual thoughts and behaviors or have started hearing or seeing things others do not within the last two years
- Are willing to have an evaluation by a health professional

