



Program Staff

Stephanie Savage, LPC, LSATP

Stephanie has over 33 years experience providing superior treatment for individuals with substance use and co-occurring disorders

Diane Green, LPC

Diane has been providing outstanding intensive treatment to individuals with substance use and co-occurring disorders for over ten years

Cynthia M. Levy, EdD, LPC, LSATP Program Coordinator

Cindy had been providing exceptional counseling to individuals with substance use and co-occurring disorders for over 34 years; in service with Colonial Behavioral Health for the past 22 years

Wellness, Support & Recovery Services



Colonial Behavioral Health

Mission Statement

The mission of Colonial Behavioral Health, the local Community Services Board, is to facilitate opportunities for recovery, resiliency and wellness to individuals and families affected by mental illness, intellectual disabilities and substance use disorders. Through an array of strategies and collaborative partnerships with local and regional providers, CBH will demonstrate a commitment to quality assessment, prevention, treatment and habilitation through best practice methodology for the citizens of James City County, City of Poquoson, City of Williamsburg and York County.



Colonial Behavioral Health

Wellness, Support & Recovery Services

Intensive Outpatient Program

1657 Merrimac Trail
Williamsburg, VA 23185

Phone: 757-220-3200
TDD: 757-253-4377
Fax: 757-229-7173

24-Hour Crisis
Phone: 757-220-3200

Monday through Friday
8 a.m. to 8:30 p.m.

www.ColonialBehavioralHealth.org

*Serving individuals with
substance use disorders*



Intensive Outpatient Program



Program Description

The morning and evening *Intensive Outpatient Programs* (IOP) provide a safe, supportive place for adults, age 18 and older, who are experiencing significant problems related to their use of alcohol and/or mood-altering drugs. The program offers intensive counseling, psycho-education, case management and peer support services to facilitate recovery.

The IOP's philosophy is to work in partnership with the whole person using the Bio-Psycho-Social approach and the Twelve-Step recovery model.

Additional Services

Related services include:

- Psychiatric
- Residential through the Hope Recovery Program
- Recovery Support
- Aftercare

Phase One Schedule

Six to eight weeks

Monday, Tuesday, Thursday
9 a.m to 12 p.m. or 5:30 to 8:30 p.m.
group counseling and
psycho-education

Individual, marital
and/or family counseling

Case management services as needed

Phase Two Step-Down

Two to four weeks

Continue Tuesday and Thursday
9 a.m. to 12 p.m. or 5:30 to 8:30 p.m.
group counseling

Continue individual, marital
and/or family counseling

Case management services as needed

Admission and Referral

For admission and referrals, please contact the Central Access Screener at 757-220-3200 between 8 a.m. and 5 p.m.

Licensing

The IOP is licensed by the Virginia Department of Behavioral Health and Developmental Services and CARF accredited.

Fees

The IOP is approved by most insurance companies. A co-payment is required by most insurance policies. A sliding scale fee plan will be arranged for self-pay individuals living in the catchment area. Co-payments or sliding scale fees will be collected before each session.