



## Mental Health Support Services

Mental Health Support Services (MHSS) offer training and support to enable individuals with significant functional limitations to achieve and maintain community stability and independence in the most appropriate, least restrictive environment. The treatment focus assists individuals with independent living skills such as maintaining personal hygiene, preparing food, maintaining adequate nutrition and managing finances.

Individuals eligible for this service may have a dual diagnosis of either mental illness and intellectual disability or mental illness and substance use disorder.

Mental Health Support Services are provided in the community, Transitional Living Apartments (TLA) and Assisted Living Facilities (ALF) throughout the Colonial Behavioral Health catchment area.

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

## Mental Health Support Services

**Williamsburg Office**  
1657 Merrimac Trail  
Williamsburg, VA 23185

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TDD: 757-872-6650  
Fax: 757-229-7173

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**Grafton Office**  
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Yorktown, VA 23692

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[www.ColonialBehavioralHealth.org](http://www.ColonialBehavioralHealth.org)

*Serving James City County, City of Poquoson,  
City of Williamsburg and York County*

# Mental Health Support Services



## Program

Services are provided by Qualified Mental Health Professionals (QMHP).

Through Assessment and Person-Centered planning, Mental Health Support Services support and promote self-determination, empowerment, recovery, resilience, health and the highest possible level of consumer participation in all aspects of community life including work, school, family and other meaningful relationships.

Mental Health Support Services are licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS).

*"Mental Health Support Services are much needed."*

*~ Stakeholder, from the Stakeholders Satisfaction Survey*

## Consumer Satisfaction Survey Feedback

*"The Mental Health Support Services program has helped me grow"*

*"This is a very supportive program"*

*"This program helps me with my mental state. When I am feeling down, I end up feeling better after my appointment."*

## Fees

Services are provided on a fee for service basis. Most insurance plans and HMOs are accepted, including Medicaid. Persons without insurance coverage are charged according to ability to pay, based on income and dependents. No one will be denied services because they are unable to pay.

## Services

### Services include:

- Training or reinforcement of functional skills and appropriate behavior related to the individual's health and safety
- Training or assistance in Activities of Daily Living
- Training or assistance in use of community resources
- Training in or assistance with medication management
- Training or assistance in monitoring health, nutrition and physical condition

*"Your mental health support team provides an extremely valuable and much appreciated service to our residents."*

*~ Assisted Living Facility Administrator, from the Stakeholders Satisfaction Survey*