



Intensive In-Home Services

Intensive In-Home Services provide five to 15 hours per week of crisis intervention, family therapy, individual therapy and case management services.

Intensive In-Home seeks to support and empower the families by teaching problem solving skills, assisting parents in becoming advocates for themselves and coordinating community resources.

Services are based on the idea that the family is the most powerful resource a child has and that families should be supported and maintained whenever possible.

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.



Intensive In-Home Services

Williamsburg Office

921 Capitol Landing Road
Williamsburg, VA 23185
Phone: 757-253-4074

Grafton Office

3804 George Washington Hwy.
Yorktown, VA 23692
Phone: 757-898-7926

24-hour Behavioral Health Crisis
Phone: 757-220-3200

www.ColonialBehavioralHealth.org

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



Intensive In-Home Services



Treatment

Meetings are typically held in the home. Sessions are held with family members or others who are important to aiding the child or adolescent. The length of time for treatment is determined by how quickly treatment goals are met. Treatment also includes collaboration with other professionals (e.g. schools, court service units, social services) to reach treatment goals and to support the family.

Expectations

Individuals who receive in-home services will be asked to meet with their clinician on a weekly basis. These meetings usually take place on separate days in the week and range from one and a half to three hours per meeting. While this may seem like a large commitment, our families have seen this as refreshing and essential to solve significant behavioral problems. Parents are also asked to participate to address their child's or adolescent's behaviors.

Services

Intensive In-Home services are comprehensive in nature and can assist children, adolescents and their families with treatment services such as:

- Anger management skills
- Case management
- Communication skills
- Crisis management
- Family relationship building
- Family therapy
- Individual therapy
- Parenting skills
- Social skills
- Trauma-Focused Cognitive Behavioral Therapy

Eligibility

Children and adolescents who are at risk of an out of home placement or who are returning from an out of home placement due to behavioral health issues are eligible for the program.

Eligible children are between the ages of birth to 22 and live in James City County, the City of Williamsburg, the City of Poquoson or York County.

Staff

All services are provided by our clinically trained professional staff. Colonial Behavioral Health programs are licensed by the Virginia Department of Behavioral Health and Developmental Services.

Clients and their families are encouraged to participate in service planning and decisions about their care. All services are confidential.