

Opportunities Unlimited

ID Day Support Services provide personal, social and behavioral skill training for persons with intellectual disabilities in order to help improve the quality of their daily lives. Opportunities Unlimited strives to facilitate self-empowerment, community integration and independent living through skills assessment and person centered planning. Opportunities Unlimited services include training and assistance for the acquisition, retention or improvement in self-help, socialization and adaptive skills. Peer interaction and an opportunity for community and social interactions are made available through participation in the program.

Opportunities Unlimited offers two types of services: Center-based, which is provided partly or entirely in a single location with other individuals with disabilities, or Non-center-based, which is provided mostly in community settings. The program operates Monday through Friday, 8:30 a.m. to 3:30 p.m. Transportation to and from the program is available through Colonial Behavioral Health's Transportation Service or arrangements can be made for transport by a private provider.

Individuals with a primary diagnosis of mental retardation (intellectual disability) can access services through the intake and assessment services of 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.



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



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Participants

Individuals who attend the program must have a primary diagnosis of mental retardation (intellectual disability) and be at least 18 years of age. They must be able to maintain their personal health and safety, respect the property of others and benefit from services within an average staff to participant ratio of 1 to 5. Program participants must maintain an average weekly attendance of 2 days for continued program admission.

Services

Annual Service Plan Development:

- Includes individual/family input and participation
- Based on the choices and preferences of the individual for active participation in the program
- Includes identified individual strengths and needs
- Based on the ongoing program assessment of the individual's skills
- Includes collaboration with Case Management and other service providers

- Includes instructional programs designed to develop and improve overall personal, behavioral and social skills
- Designed to be culturally sensitive and focused on training occurring in the least restrictive environment
- Focused on the individual's and family's satisfaction with daily service provision
- Includes any personal supports needed for active program participation within the ability of the program

Community/Center Based Services include:

- Volunteer opportunities at several local organizations including Dream Catchers, Grove Outreach Center, local nursing homes, the Peninsula SPCA and York Senior Center
- Participation in community enclave employment
- Participation in charitable events to help the local community

- Utilization of community resources such as libraries, parks, museums, malls and recreation centers
- Training activities for active community participation include street crossing, socialization, communication, money usage skills, etc.
- Leisure skills activities include field trips, sports/games, exercise, picnics, etc. occurring in integrated community settings
- Daily training to address the personal, social and behavioral skill needs of the individual
- Other activities include: cultural awareness, arts and crafts, sensory stimulation, fitness and exercise, cooking and nutrition education and many more. These activities are designed based on the wishes of the participants.

Fees

Individuals interested in participating in the Opportunities Unlimited program must have an ID/MR Waiver, Day Support Waiver, or DD Waiver slot.