



Prevention Services

We offer individuals and families a variety of prevention services, which are specifically designed to promote and enhance health and wellness.

CBH offers a set of prevention groups and classes, and creates tailored services to meet individual needs.

Our existing services include:

- Family support and group education
- Youth groups on friendship, managing emotions, divorce and bullying
- Parenting skills and education, including classes about divorce
- Alcohol screening, feedback and education on harm reduction

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.



Mental Health Services for service members, veterans, and their families

York-Poquoson Office
3804 George Washington
Memorial Hwy.
Yorktown, VA 23692

Phone: 757-898-7926

Fax: 757-898-4505

TTY: 711



24-hour Behavioral Health Crisis

Phone: 757-378-5555

www.ColonialBehavioralHealth.org



Colonial Behavioral Health’s (CBH) York-Poquoson office provides a welcoming environment and quality services designed to meet the needs of the military community.

CBH staff are trained and experienced in providing sensitive, compassionate and respectful services to active duty, veterans and military dependents who have a variety of mental health concerns.

With more than 36 combined years of service in the U.S. Air Force, U.S. Reserves and Department of Defense, CBH staff understands the unique concerns military members and their dependents face.

General Services Overview

Colonial Behavioral Health staff is available to provide:

- Pre and post-deployment assessments
- Community and family reintegration support
- Coping skills for the transition to civilian life

Our therapists utilize best practice techniques when addressing:

- Depression
- Anxiety
- Post-traumatic stress disorder
- Trauma
- Anger
- Relationship issues
- Any other concerns you may have

Who We Are

Vincent Green
Military Liaison

Mr. Green is a decorated combat veteran who served 11 years in the U.S. Air Force and 27 years with the Department of Defense.



Hillary Zaneveld, LPC, CSAC, NCC
Lead Therapist

Ms. Zaneveld is experienced in providing general clinical and counseling services. She served eight years in the U.S. Army Reserve Medical Services Corps.