



Mental Health Skill-Building Services

Mental Health Skill-Building Services (MHSS) is goal-directed training 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 is training individuals in independent living skills such as maintaining personal hygiene, preparing food, maintaining adequate nutrition, managing finances, medication management, and monitoring health, nutrition, and physical condition.

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 Skill-Building Services are provided in the community 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.



Mental Health Skill-Building Services

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Phone: 757-220-3200
Fax: 757-229-7173
TTY: 711

York-Poquoson Office
3804 George Washington 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

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



Mental Health Skill-Building Services



Program

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

Through Assessment and Person-Centered planning, Mental Health Skill-building 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 Skill-Building Services are licensed by the Virginia Department of Behavioral Health and Developmental Services (DBHDS).

“Mental Health Skill-Building Services are much needed.”

~ Stakeholder, from the Stakeholders Satisfaction Survey

Consumer Satisfaction Survey Feedback

“The Mental Health Skill-Building 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.”

“I am having fun learning new skills. I feel like I am getting what I need from the program.”

Services

Services include goal-directed training in the following areas:

- Functional skills and appropriate behavior related to the individual's health and safety
- Activities of Daily Living
- Use of community resources
- Assistance with medication management
- Assistance in monitoring health, nutrition and physical condition

“Your Mental Health Skill-Building team provides an extremely valuable and much appreciated service to our residents.”

~ Assisted Living Facility Administrator, from the Stakeholders Satisfaction Survey