



Admission and Referral

For admission and referrals, please contact the Central Access Screener for Williamsburg at **757-220-3200** between 8 a.m. and 5 p.m.

For Yorktown, contact **757-898-7926** between 8 a.m. and 5 p.m.

Staffing and Licensing

All clinical services are provided by professional staff including licensed therapists and board-certified psychiatrists. Programs are licensed through the Virginia Department of Behavioral Health and Developmental Services.

Fees

Services are provided on a fee-for-service basis. Most insurance plans and HMOs are accepted.

Persons without insurance coverage are charged according to ability to pay, based on income and dependents.

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.



Outpatient Counseling Services

Williamsburg Offices

1651 Merrimac Trail
Williamsburg, VA 23185

921 Capitol Landing Road
Williamsburg, VA 23185

Phone: 757-220-3200

Fax: 757-229-7173

TTY: 711

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

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



Outpatient Counseling Services



Service Overview

Colonial Behavioral Health provides a continuum of care in counseling services to children, adolescents and adults through individual, group and/or family therapy.

Our services are:

- Person centered
- Outcome driven
- Evidence based

Regular, ongoing feedback is obtained regarding the effectiveness and fit of the treatment.

If a particular approach is not resulting in any positive change, or is not a good fit, then other treatment approaches or options are sought.

Types of Services

Consultation and Evaluation:

- Psychological and Clinical evaluations
- Substance Use Disorder evaluations
- Consultations to individuals and other agencies
- Psychiatric Evaluations

Group Therapy, including:

- Anger Management
- Substance Use Disorder
- Intensive Outpatient Program
- Coping Skills
- Women's Issues
- Bereavement
- Caregiver Therapy
- Adolescent Issues
- Dialectical Behavioral Therapy
- Stress Management
- Motivational Groups

Brief Individual Therapy

Psychiatric Services

Emergency Services:

- 24-hour emergency services
- Available 365 days a year
- Crisis counseling and intervention
- Pre-admission screening for psychiatric hospitalization

Geriatric Services:

- Counseling
- Family Support and Consultation
- Case Management
- Psychiatric Services