



Program Staff

For a listing of IOP staff, visit Colonial Behavioral Health's website.

www.colonialbh.org/adultstaff

Local Recovery Supports

To find local recovery support, visit the community calendar at www.WmbgCares.org, or one of the sites below.

SpiritWorks Foundation:
www.spiritworksfoundation.org

Alcohol Anonymous:
www.aa.org

Al-Anon:
www.al-anon.org

Celebrate Recovery:
www.crgroups.info

Marijuana Anonymous:
www.marijuana-anonymous.org

Narcotics Anonymous:
www.na.org

SMART Recovery:
www.smartrecovery.org

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 Outpatient Program

Williamsburg Office
1651 Merrimac Trail
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



Intensive Outpatient Program



Program Description

The Intensive Outpatient Programs (IOP) provide a safe, supportive place for adults, 18 and older, who are experiencing significant problems related to their use of alcohol and/or mood-altering drugs. The program offers intensive counseling, psycho-education, case management and peer support services to facilitate recovery.

The IOP's philosophy is to work in partnership with the whole person using the Bio-Psycho-Social approach and the Twelve-Step recovery model.

Additional Services

- Psychiatric
- Aftercare
- Recovery Support
- Services for Pregnant and Parenting Women and their Children

Phase One Schedule

Length of Phase: Six to eight weeks

1. Group Counseling & Psycho-Ed:
 - Monday, Tuesday, Thursday 9 a.m. - 12 p.m. in the York-Poquoson Office
 - Tuesday, Thursday, Friday 3:15 - 6:15 p.m. in the Williamsburg Office
2. Individual, marital and/or family counseling as needed
3. Case management as needed

Phase Two Step-Down

Length of Phase: Two to four weeks

1. Group Counseling & Psycho-Ed:
 - Tuesday and Thursday 9 a.m. - 12 p.m. in the York-Poquoson Office
 - 5:15 - 8:15 p.m. in the Williamsburg Office
2. Individual, marital and/or family counseling as needed
3. Case management as needed

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.

Licensing

The IOP is licensed by the Virginia Department of Behavioral Health and Developmental Services and CARF accredited.

Fees

The IOP is approved by most insurance companies. A co-payment is required by most insurance policies.

A sliding-scale fee plan will be arranged for self-pay individuals living in the catchment area. Co-payments or sliding-scale fees will be collected before each session.