



## 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 & Vision Statement

### Our Mission

To facilitate recovery and resiliency of individuals and families affected by mental illness, developmental disabilities, and substance use disorders.

### Our Vision

Continuing to serve as a vital partner in a community system of care that promotes the highest possible quality of life.



## 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](http://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