



## 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 & 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.



## Mental Health Skill-Building Services

**Williamsburg Office**  
1657 Merrimac Trail  
Williamsburg, VA 23185  
**Phone:** 757-220-3200  
**Fax:** 757-229-7173  
**TTY:** 711

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**York-Poquoson Office**  
3804 George Washington Hwy.  
Yorktown, VA 23692  
**Phone:** 757-898-7926  
**Fax:** 757-898-4505  
**TTY:** 711

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**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



## 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”*

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*“This is a very supportive program”*

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*“This program helps me with my mental state. When I am feeling down, I end up feeling better after my appointment.”*

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*“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