



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 & 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.



Intensive Outpatient Program

Williamsburg Office

1651 Merrimac Trail
Williamsburg, VA 23185

Phone: 757-220-3200

Fax: 757-229-7173

York-Poquoson Office

3804 George Washington
Memorial Hwy.

Yorktown, VA 23692

Phone: 757-898-7926

Fax: 757-898-4505

24/7 Crisis Services

757-378-5555

www.ColonialBH.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 and medical services through CBH or outside referral, if needed
- 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:
 - Monday, Tuesday, Thursday 9 a.m. - 12 p.m. in the York-Poquoson Office
 - Monday, Tuesday, Thursday 1:30 - 4:30 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:
 - Monday & Thursday 9 a.m. - 12 p.m. in the York-Poquoson Office
 - Monday & Thursday 1:30 - 4:30 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.