



## Local Recovery Supports

To find local recovery support, visit the community calendar at [www.WmbgCares.org](http://www.WmbgCares.org), or one of the sites below.

### SpiritWorks Foundation:

[www.spiritworksfoundation.org](http://www.spiritworksfoundation.org)

### Alcohol Anonymous:

[www.aa.org](http://www.aa.org)

### Al-Anon:

[www.al-anon.org](http://www.al-anon.org)

### Celebrate Recovery:

[www.crgroups.info](http://www.crgroups.info)

### Marijuana Anonymous:

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

### Narcotics Anonymous:

[www.na.org](http://www.na.org)

### SMART Recovery:

[www.smartrecovery.org](http://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

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### York-Poquoson Office

3804 George Washington  
Memorial Hwy.  
Yorktown, VA 23692

**Phone:** 757-898-7926

**Fax:** 757-898-4505

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### 24/7 Crisis Services

757-378-5555

[www.ColonialBehavioralHealth.org](http://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 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.