Independent Living Skills Training, Mental Health

Age Requirements No Age Requirement Available 24/7 No **Documents Required** Call for details Other Eligibility Criteria Persons with mental illness residing in the service area Family No Intake Contact Email iepcil@hvacil.org **Intake Process** Call the office. Intake Contact Telephone (757) 827-0275 **Provider Refer** Yes Self Refer Yes Insight Enterprises, Peninsula Center for Independent Living http://www.hvacil.org Main (757) 827-0275 Toll-Free (800) 339-3269 TTY/TTD (757) 827-8800 2021 A Cunningham Drive Suite 2 23666 VA **United States**

Fee Structure

No Fee

Languages Spoken English

Insight Enterprises, Peninsula Center for Independent Living's staff will assist individuals with mental illness to develop and achieve independence and self-reliance. Participants develop a plan to achieve maximum independence and set goals towards that independence. Through counseling, sharing of experiences in coping with the effects of disability, participants learn about the needs and resources to achieve their goal. Peer counseling can be on an individual basis, as well as group support. Also provides encouragement and information about community resources, sharing insights and perspectives from personal experience.

Independent Living Skills: Individual and group training is provided in several categories including personal assistant management, building self-esteem, money management, navigating one's environment, self-advocacy, and much more. All programs are designed to meet individual needs.

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Service Area(s)
Gloucester County
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Hampton City
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James City County
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Newport News City
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Poquoson City
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Williamsburg City
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York County
Email
iepcil@hvacil.org
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