

## **Adult Outpatient Counseling, Williamsburg**

### Age Requirements

18 and over

Available 24/7

No

### Documents Required

Call for details

### Other Eligibility Criteria

Serves adults with behavioral health and substance use disorders.

### Family

No

### Intake Process

Call Central Access between the hours of 8 a.m.-5 p.m., Monday through Friday.

### Intake Contact Telephone

(757) 220-3200

### Provider Refer

Yes

### Qualifications

#### Qualification Type

Licensure

#### Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

#### Qualification Number

048

### Report Problems

Call the Agency

### Residency Requirements

Serves residents of the City of Williamsburg and James City County.

### Self Refer

Yes

Colonial Behavioral Health

<https://www.colonialbh.org>

<http://www.colonialbh.org/adult-services/outpatient-counseling.aspx>

### Main

(757) 220-3200

Phone Emergency

(757) 378-5555

TTY/TTD

711

1651 Merrimac Trail

23185 VA

United States

Monday: 8:00 am-5:00 pm

Tuesday: 8:00 am-5:00 pm

Wednesday: 8:00 am-5:00 pm

Thursday: 8:00 am-5:00 pm

Friday: 8:00 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Some services are available with evening appointments. Emergency crisis services are available 24 hours per day, every day.

Fee Structure

Sliding Scale Fee

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Call for Information

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

,

Medicare

,

Veterans

,

Tricare

Languages Spoken

English

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Call if translation is needed

The Outpatient Counseling Program of Colonial Behavioral Health (CBH) for adults is a counseling service that uses treatment and intervention to increase the strengths and resources of each individual served. Outpatient counseling serves individuals with behavioral health, substance use and co-occurring disorders. The program empowers individuals to build skills needed to begin the recovery process using evidence based practices. Services are recovery focused and based on person-centered planning and client-directed outcomes.

Specialized groups are offered for Women's Substance Use recovery, Co-occurring groups, Dialectical Behavioral Therapy (DBT), Coping Skills, Anger Management, and more. Motivation Services and an Intensive Outpatient Program for substance use and co-occurring disorders is also available. The [Outpatient Counseling brochure](#) is available on the website.

Service Area(s)

James City County

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Poquoson City

,

Williamsburg City

,

York County