

The Counseling Center

206-C Packets Court, Williamsburg, VA 23185

Phone: (appts-826-4600) 757-229-4645, **Fax:** 757-826-4617 or 757-229-4645

: www.thecounselingctr.com

Contact Person: Jennifer Kittrell, M.S.Ed., N.C.C., Case Mgr.

Hours Of Operation: Monday – Saturday (varies)

Program Name: Outpatient Substance Abuse Treatment

Program Description: Outpatient groups meet weekly and focus on substance abuse education and treatment. The groups are one hour long and length of treatment is tailored to each individual, varying between 10 to 26 sessions. Participants are also required to attend 12 step meetings, but the number required also varies depending on the individual's situation. Most major insurance plans are accepted. The self-pay rate is \$25 per group plus the cost of urine drug screens and breathalyzers. Currently there are groups scheduled Mondays through Thursdays in Williamsburg at 5:30 and 7:00 p.m. and Tuesdays and Thursdays at noon.

Information needed to make a referral: To schedule an appointment for an Intake assessment, call 826-4600.

Program Name: Intensive Outpatient Program (IOP)

Program Description: IOP groups meet between once and four times weekly, depending on the individual's assessment. Groups are one hour long and 12-step meetings are required, although the number varies depending on assessment. Length of treatment also varies. Most major insurance plans cover the program and financial plans are created to help people paying out of pocket.

Information needed to make a referral: To schedule an appointment for an Intake assessment, call 826-4600.