

## 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.

## Service Area(s)

Gloucester County

,

Hampton City

,

James City County

,

Newport News City

,

Poquoson City

,

Williamsburg City

,

York County

Email

[iepcil@hvacil.org](mailto:iepcil@hvacil.org)