

care

We are committed to providing continuity of care to our clients. When you have realized the goals in your treatment plan, or when you and your therapist decide to terminate counseling, your therapist will help link you with other services that may continue to enhance your growth. We also have physicians, psychiatrist, psychologist, and counselors on staff to help you thrive.



for more information about Commonwealth Behavioral Health

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Commonwealth
Behavioral Health



Commonwealth

Behavioral Health



Committed to Providing Continuity of Care

mission

Commonwealth Behavioral Health (CBH) offers quality comprehensive mental health services to adults, children, and adolescents. Our client-centered approach is based on holistic mental health practices. This includes understanding the biological (medical), psychological (thoughts and emotions), and social (friends, family, and culture) factors that play a significant role in an individual's functioning.

about us

We are committed to providing quality mental health services to our clients. We have highly trained qualified staff that has experience working with a wide range of clinical issues and populations. While we have our own team of skilled mental health professionals, we also work closely with external professionals to ensure that you are receiving the best quality of care.

Our staff maintains flexible schedules. We have daytime, evening, and weekend availability. Our therapists emphasize efficient person-centered, and solution focused treatment. Our staff will help clarify your problem and discuss alternate ways to reach your desired outcome.

who we serve

We provide clinical services to adults, children, and couples. It is normal to feel challenged by life's obstacles such as loss of a job, death of a loved one, divorce, or difficulty in school. Even though these can be typical life experiences, they can often present as stressful and confusing. These events can not only present as stressful and confusing to the individual experiencing the problem, but it can also feel this way to his/her support system. Our counselors are here to help you work through life's challenges by helping you gain the skills you need in order to successfully navigate through.

Accepted Insurance Plans

We participate with the following insurances

- Anthem
- Cigna
- Coventry Health Care
- Health Keepers
- Health Keeper's Plus
- Medicaid
- MH Net
- Optimum Health
- Southern Health
- Tricare
- Virginia Premier

If you do not see your insurance provider listed please give us a call. Chances are we have a clinician who participates in your plan. Specialty Request: Such as attending IEP meetings, court appearances, letter drafts, and specialty training may incur additional fees. This is not an all-inclusive list.

Treatment Modalities

We believe in an individualized approach to treatment. We use the following modalities when working with our clients:

Motivational Interviewing

A collaborative conversation to strengthen a person's own motivation for and commitment to change.

Person-Centered Therapy

Person Centered Therapy emphasizes the sense of self.

Narrative Therapy

This approach places the experiences of the person coming to therapy in a central position of importance.

Cognitive Behavioral Therapy

Helps individuals learn new behaviors and replace self-defeating ones.

Play Therapy

Children naturally express themselves through play. Play allows children to express their thoughts and feelings in ways best suited to their development level.

Sand Tray Therapy

This is a three dimensional approach to solving problems. Sand Tray Therapy can help people of all ages, languages, and developmental levels.