Dialectical Behavior Therapy (DBT)

Age Requirements 18 and over Available 24/7 No **Documents Required** Call for details Other Eligibility Criteria Serves individuals with behavioral health disorders. Family No Intake Process Call for an intake and assessment appointment. Intake Contact Telephone (434) 972-1800 **Provider Refer** Yes Qualifications Qualification Type Licensure **Qualification Entity** Virginia Department of Behavioral Health and Developmental Services (DBHDS) **Oualification Number** 173 **Report Problems** Call the Agency **Residency Requirements** Serves residents of and people located in the city of Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louisa and Nelson. Self Refer Yes **Region Ten Community Services Board** http://regionten.org http://regionten.org/service/dialectical-behavior-therapy-dbt Main

(434) 972-1800 Toll-Free (866) 694-1605 Phone Emergency (434) 972-1800

Peterson Health Center 800 Preston Avenue 22903 VA United States

Monday: 8:00 am-6:00 pm Tuesday: 8:00 am-6:00 pm Wednesday: 8:00 am-6:00 pm Thursday: 8:00 am-6:00 pm Friday: 8:00 am-5:00 pm Saturday: Closed Sunday: Closed Additional Availability Comments Emergency Services are available 24 hours per day, 365 days per year. Fee Structure Sliding Scale Fee

Call for Information Payment Method(s) Private Pay

Private Insurance

Medicaid

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Medicare Languages Spoken English

Call if translation is needed

Region Ten Community Services Board (RTCSB) offers Dialectical Behavior Therapy (DBT). The skills group uses an evidence based practice for individuals with cooccurring issues who want to develop skills to reduce self destructive behaviors.

Service Area(s) Albemarle County

Charlottesville City

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Fluvanna County

Greene County

Louisa County

Nelson County