

## **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)

Qualification 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

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Call for Information

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

Languages Spoken

English

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Call if translation is needed

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

Service Area(s)

Albemarle County

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Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Nelson County