

## **Dialectical Behavior Therapy (DBT)**

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Serves individuals diagnosed with and/or experiencing some symptoms of Borderline Personality Disorder.

Intake Process

Visit the website for information. Call for an assessment. Admission forms are available on the website.

Intake Contact Telephone

(804) 727-8515

Provider Refer

Yes

Qualifications

Qualification Type

Licensure

Qualification Entity

Virginia Department of Behavioral Health and Developmental Services (DBHDS)

Qualification Number

099

Report Problems

Call the Agency

Residency Requirements

Serves residents of and people located in Henrico, Charles City and New Kent counties.

Self Refer

Yes

Henrico Area Mental Health and Developmental Services

<https://henrico.us/mhds/>

<http://henrico.us/services/mental-health-services/>

<https://www.facebook.com/henricova>

Main

(804) 727-8500

Phone Emergency

(804) 727-8484

TTY/TTD

(804) 727-8496

Woodman Road Center

10299 Woodman Road

23060 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Emergency crisis services are available 24 hours per day, every day.

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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FAPT

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Medicare

Languages Spoken

English

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Call if translation is needed

Henrico Area Mental Health and Developmental Services (HAMHDS) offers Dialectical Behavior Therapy (DBT), an evidence-based, compassionate and non-judgmental form of behavior therapy that assists individuals diagnosed with or experiencing some symptoms of Borderline Personality Disorder. DBT focuses on helping clients learn and apply coping and problem solving skills to improve their overall quality of life. The overarching goal of DBT is to help individuals work towards building a meaningful life. In order to achieve this, clients learn how to tolerate and manage their emotions, control their behaviors, be mindful of the present moment and interact more effectively with others.

Treatment includes 1 hour of weekly individual psychotherapy, 2 hours of weekly DBT skills class, and DBT telephone coaching as needed.

Services may be available at several locations.

Charles City and New Kent Counties:

Intake: (804)727-8970,

Emergency: (877)264-8484.

Service Area(s)

Charles City County

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Henrico County

,

New Kent County