

## **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