



## About us

Hudson Valley Mental Health, Inc. (HVMH) is a not-for-profit corporation formed in 2006, and is charged with developing comprehensive and integrated services to meet the behavioral health needs of adults living in the community. HVMH strives to ensure that services are accessible, affordable, culturally competent and community-oriented.

HVMH operates 8 adult outpatient mental health clinics throughout Dutchess County and Ulster County.

HVMH is a member of Coordinated Behavioral Health Services (CBHS). HVMH is also an affiliate of Family Services.

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HVMH has trained & experienced clinical staff offering both individual & group DBT. We also have medical staff for medication needs. Call our main number for info on how to get connected to our services!

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**(845) 486-2703**

### DUTCHESS COUNTY

**Poughkeepsie Mental Health Clinic**  
230 North Road  
Poughkeepsie, NY 12601

**Beacon Mental Health Clinic**  
223 Main Street  
Beacon, NY 12508

**Eastern Dutchess Mental Health Clinic**  
7 Market Street  
Dover Plains, NY 12522

**Millbrook Mental Health Clinic**  
131 Country House Road  
Millbrook, NY 12545

**Rhinebeck Mental Health Clinic**  
47 West Market Street, Ste. 2  
Rhinebeck, NY 12572

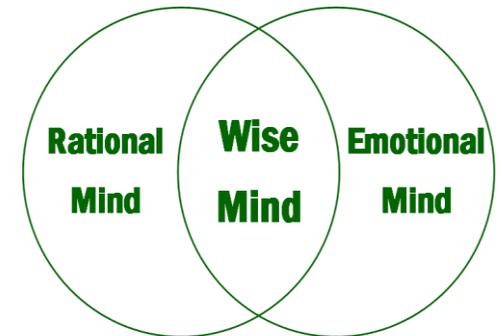
### ULSTER COUNTY

**Kingston Mental Health Clinic**  
239 Golden Hill Lane  
Kingston, NY 12401

**New Paltz Mental Health Clinic**  
137 North Chestnut Street  
New Paltz, NY 12561

**Ellenville Mental Health Clinic**  
50 Center Street  
Ellenville, NY 12428

# Dialectical Behavior Therapy (DBT)





## What is DBT?

- DBT is a form of cognitive behavioral therapy for people who have difficulty controlling their emotions & behavior.
- DBT helps people tolerate emotional distress & decrease the intensity of difficult emotions.
- DBT aims to reduce problem behavior & increase skillful behavior.
- DBT helps people learn how to better understand and value themselves & others.
- DBT helps people create a life worth living.
- DBT includes individual therapy and group skills training.

## What does "Dialectical" mean?

The term "dialectical" means an integration or balance of opposites. DBT uses the seemingly opposite strategies of acceptance and change to promote growth and recovery. For example, DBT therapists accept clients as they are while also acknowledging that they need to change in order to reach their goals.

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"Radical acceptance rests on letting go of the illusion of control and a willingness to notice and accept things as they are right now, without judging." – Marsha M. Linehan

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## How effective is DBT?

Research has shown DBT to be highly effective in reducing suicidal behavior, non-suicidal self-injury, psychiatric hospitalization, anger, treatment dropout, substance use, and depression and improving social and global functioning.



## What skills are taught in DBT?

- **Mindfulness:** the practice of being fully aware and present in this one moment
- **Distress Tolerance:** how to tolerate pain in difficult situations
- **Interpersonal Effectiveness:** how to ask for what you want and say no while maintaining self-respect and relationships with others
- **Emotion Regulation:** how to change emotions that you want to change

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You are not your thoughts!  
You can have a life worth living!

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