



DEPARTMENT OF HUMAN SERVICES



Columbia County Mental Health Center

Licensed Professionals Serving Columbia County Residents. Connecting People, Ideas & Resources

Crisis Available 24 hours a day 518-828-9446

FACT SHEET 2021

Accessing Services at the Mental Health Center

The Columbia County Mental Health Center is licensed by New York State Office of Mental Health and is operated under the County's Department of Human Services. Columbia County residents seeking mental health services are asked to call 518-828-9446, and ask to be scheduled for an initial evaluation by a licensed therapist. You can also fill out our form on the website requesting our services and we will call you to get you scheduled for an appointment. Services are available for adults and children 5 years of age and over.

Services may include:

- Individual and group therapy
- Family and Couples Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Psychiatric and Psychological Evaluations
- Medication Management
- Health Monitoring
- Tobacco Cessation Counseling

What is the cost?

The Mental Health Center accepts Medicaid and Medicare as well as other select insurances. For more information, please contact us or visit our website at www.columbiacountymhc.com and click on insurance.

Children and Adult Care Coordination

Addresses Coordination of Care and Case Management services so that medical, behavioral health, and social needs are met in a comprehensive manner.

Services such as:

- Health Promotion
- Comprehensive Transition Care
- Client and Family Support
- Referral to Community and Social Support Services

518-828-9446

www.columbiacountymhc.com

Children's Single Point of Access

The SPOA process brings representatives from important county service providers together with families to provide support and assistance to families with children in distress.

Adult Housing SPOA:

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Aimed at finding the appropriate level of housing while working to remove barriers to successful community living for adults with serious mental illness.

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Primary Location:

Department of Human
Services Mental Health Center
325 Columbia St, Suite 300,
Hudson, NY 12534

Hours:

Monday, Tuesday, Friday 8am-5pm
Wednesday and Thursday 8am-7pm

Satellite Locations

**Valatie Behavioral Health
Valatie Medical Arts Building

1301 River St, Suite 206, Valatie, NY 12184

**Temporarily closed due to COVID restrictions