



FACT SHEET

Licensed Professionals
Serving
Columbia County Residents

*Connecting
People, Ideas, and Resources*

Primary Location:

Department of Human Services
Mental Health Center
325 Columbia Street, Suite 300
Hudson, NY 12534
(518) 828-9446

Mon., Tues., & Fri. 8am– 5pm
Wed., & Thurs., 8am– 7pm

Satellite Locations

Twin County Recovery Services
350 Power Avenue, Hudson

Valatie Behavioral Health
Valatie Medical Arts
1301 River Street, Suite 206, Valatie

Offering mental health school based services in the following locations:

- CG Community College
- Chatham
- Hudson
- Germantown
- Ichabod Crane
- Taconic Hills

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.

Accessing Services at the Mental Health Center

Open Access is available Monday through Thursday, 8:30am—10:30am allowing Columbia County residents seeking services to come to the clinic at 325 Columbia Street, and be seen by a licensed therapist. No appointment is necessary to begin your treatment. 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 other select insurances. For more information contact us or visit our website.

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 such as:

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

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:

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

For more information about the services available at Columbia County Mental Health Center, contact us at 518-828-9446 or visit us online at columbiacountymhc.com.