

# About Our Behavioral Health Centers

Family Services assures access for all adults to high-quality behavioral health centers in Dutchess and Ulster counties. Our counseling and medical staff help people find their way towards recovery without stigma.

## Behavioral Health Center Locations

To reach a center directly by phone, dial **(845) 486-2703** and select from the option listed below.

### Dutchess County    Ulster County

Poughkeepsie / Option 1  
230 North Road  
Poughkeepsie, NY 12601

Ellenville / Option 4  
50 Center Street  
Ellenville, NY 12428

Beacon / Option 2  
223 Main Street  
Beacon, NY 12508

Kingston / Option 5  
239 Golden Hill Lane  
Kingston, NY 12401

Eastern Dutchess / Option 3  
7 Market Street  
Dover Plains, NY 12522

New Paltz / Option 7  
137 North Chestnut Street  
New Paltz, NY 12561

Millbrook / Option 6  
131 County House Road  
Millbrook, NY 12545

Rhinebeck / Option 8  
91-93 Montgomery Street  
Suite 7  
Rhinebeck, NY 12572

## 24-Hour Crisis Intervention Hotlines

Dutchess County  
(845) 485-9700

Ulster County  
(845) 338-2370

## To schedule an initial intake appointment

In Dutchess County  
Dutchess County HELPLINE  
(845) 485-9700

In Ulster County  
(845) 486-2703 ext. 4016

[www.familyservicesny.org](http://www.familyservicesny.org)



Founded in 1879, Family Services brings people together to find the support they need, improving their lives and communities, and building a stronger, safer Hudson Valley. Our program areas include Behavioral Health Centers, Victim Services, Family Programs, Youth Services, Community Safety, and Prevention, as well as the management of the Family Partnership Center.



Think **DIFFERENTLY.**

Funded in part by

Dutchess County Dept. of Behavior and Community Health  
and Ulster County Dept. of Health and Mental Health

# Behavioral Health Centers

We are for *support*  
for *recovery*  
for *hope*  
against *stigma*



Family Services  
communities without limits

# We help people make positive changes in their lives

Family Services offers comprehensive, person-centered & evidence-based treatments proven to be effective. These include Cognitive Behavioral Therapy, Dialectical Behavior Therapy, medication management and support groups.

## Cognitive Behavioral Therapy

A treatment proven to be effective for a range of challenges, Cognitive Behavioral Therapy is based on the core principals that psychological problems can grow out of unhelpful thoughts and behaviors, and that people can learn better ways of coping with those, thereby relieving their symptoms.

## Dialectical Behavior Therapy

Dialectical Behavior Therapy is a type of Cognitive Behavioral Therapy that focuses on the acceptance of a client's experience while teaching them skills to change negative and self-destructive behaviors.

## Additional Programs

### RESTART

The Re-Entry Stabilization Transition & Reintegration Track (RESTART), in the Dutchess County Jail, is an innovative program targeting clients with high recidivism rates for incarceration. RESTART is a partnership with the Dutchess County Department of Behavioral & Community Health and Project M.O.R.E.



## Our services are accessible

- Eight locations throughout Ulster and Dutchess Counties.
- Convenient appointment times and the ability to see a therapist, psychiatric nurse practitioner or psychiatrist when you need to.
- Many centers are on bus routes.
- Most insurance plans accepted, including Medicare & Medicaid.
- Assistance in coordinating Medicaid Transportation.

**Family Services is a member of Coordinated Behavioral Health Services (CBHS) and is developing home and community-based services**

- Community Psychiatric Support & Treatment
- Empowerment Services & Peer Supports
- Family Support & Training

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