

# OUTPATIENT BEHAVIORAL HEALTH SERVICES



**MidHudson  
Regional Hospital**

Westchester Medical Center Health Network



[MidHudsonRegional.org](http://MidHudsonRegional.org)

# Therapy

The Behavioral Health professionals at MidHudson Regional Hospital believe that people can make improvements in their lives. Therapy encourages people to explore how they presently function and helps them to identify areas that need improvement.



Our focus is on the changes in thinking and behavior that occur over the course of a lifetime. These changes may include self-image, relationships with others, vocational adjustment, use of leisure time, and the ability to plan for the future.

Self-defeating behavior patterns and plans for changing them will be explored. In each case, the length and focus of treatment will be jointly determined by the individual and his/her therapist.

We are dedicated to assisting individuals to achieve goals meaningful to them.

# Outpatient Services

The Behavioral Health Clinic offers outpatient services to individuals of all ages, from preschool through adulthood. These services include:

- Comprehensive mental health assessment
- Individual therapy
- Group therapy
- Couples therapy
- Family therapy
- Psychiatric evaluations
- Medication management

# Who We Serve

We treat people experiencing the following difficulties:

- Depression
- Anxiety disorders
- Adjusting to life changes
- Children's behavioral and emotional problems
- Stress-related problems
- Maladaptive behavior
- Low self-esteem
- Thought disorders

Individuals come to explore their thoughts with an objective, professional listener, to receive constructive feedback, and to clarify personal goals and objectives.

Clinic services are available to individuals with long-term problems and needs, as well as those struggling to cope with short-term situational problems.

# Telepsychiatry

Through our revolutionary telepsychiatry program, behavioral health outpatients and staff at MidHudson Regional Hospital are able to connect remotely with clinical psychiatry specialists at Westchester Medical Center's Valhalla-based Behavioral Health Center. This greatly increases a patient's access to convenient, expert care, reduces travel time, and increases patient satisfaction.

## Referrals

Please call 845.431.8287 to inquire about our services or to schedule an appointment. Requests for services for minors must be made directly by the parent or legal guardian. Professional referrals are not required but will also be accepted.

## Your Care Team

- Psychiatrists
- Clinical Psychologists
- Social Workers

Treatment may be provided by any of these clinicians based upon the patient's particular problems and needs.



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### Behavioral Health Clinic

241 North Road, Poughkeepsie, New York 12601  
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