



FOR IMMEDIATE RELEASE

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Media Contact:

April Walker, Marketing Specialist
304.781.5118 | abwalker@valleyhealth.org

**Valley Health Welcomes Psychologist Martha Fernandez;
Launches New Dialectical Behavior Therapy Programs**

HUNTINGTON, W.VA. – Martha Fernandez, PsyD, recently joined Valley Health’s team of behavioral health providers at Valley Health – East Huntington and Hurricane.

Fernandez earned her bachelor’s degree from the University of Central Florida, and her master’s and doctorate in clinical psychology at Florida Institute of Technology. She is also a member of the American Psychological Association (APA).

Fernandez is applying her previous experience in the development of Valley Health’s first dialectical behavior therapy (DBT) program at East Huntington as well as an additional DBT program specifically for substance use disorders in Hurricane.

“The program at Hurricane is unique to other DBT programs offered in the area as we will be addressing the core issues that likely lead to addiction problems in the first place as part of a patient’s recovery,” Dr. Michael Hackman, behavioral health director and psychiatrist at Valley Health, explained.

DBT is an evidence-based treatment that is shown to be effective with some of the most difficult-to-treat symptoms and problems, such as those struggling with chronic suicidal behaviors, non-suicidal self-injury and a great deal of intense emotional suffering. The program requires a large time commitment on the part of both the clients and clinicians who work actively together to solve these complex problems.

For a complete list of Valley Health’s services and locations, visit www.valleyhealth.org or call (304) 525-3334.

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Valley Health Systems, Inc. is a network of almost thirty non-profit health centers that has been a Tri-State leader in the delivery of primary healthcare since 1975. Operating in southern West Virginia and southeastern Ohio, Valley Health provides services to around 60,000 patients each year.