




## COMMUNITY SUPPORT TEAM *SERVICES*



**D**o you know someone whose quality of life has been dramatically impacted by severe mental illness and/or substance use?

**Call Us...We Can Help.**

### WHAT WE CAN DO

**Community Support Team (CST)** services provide intensive community-based mental health and/or substance use rehabilitation services for adults with severe mental health or addiction needs. We use a “team” approach to assist adults in achieving their recovery goals. The members of our CST team act as advocates, monitors and service coordinators. We can:

- Help individual service users and their caregivers understand a person’s mental illness or addiction and how to treat it
- Work with service providers to document and improve a person’s medication management skills
- Offer intensive case management - coordination of services, support systems, crisis planning and prevention; monitoring & follow-up
- Link individuals with needed community resources: recovery programs, mental health/substance use assessments and evaluations, etc.
- Help people find housing, employment or build job skills
- Work with individuals to help them become better integrated in their communities through improved interpersonal and independent living skills



## OUR GOAL

**T**he goal of Community Support Team services is to empower individuals to realize their strengths, integrate into their communities, and build the confidence to become their own best advocates. We can help adults with severe mental illness and/or addiction:

- **Get needed treatment**
- **Increase their coping skills**
- **Build better social supports**
- **Improve medication management skills**
- **Find housing and employment**
- **Live more independently**
- **Improve the quality of their lives**
- **Reduce the occurrence of crisis situations such as hospitalization or incarceration**

## Contact Us

***We Come To Where You Are:*** CST Services can be provided in a person's home, school, a homeless shelter or other locations in the community.

**To Coordinate CST Services, Please Contact:**

**RHA Health Services  
2732 Anne Elizabeth Dr.  
Burlington, NC 27215  
Phone: 336-229-5905  
Fax: 336-229-5906**

**[www.rhabebehavioralhealth.org](http://www.rhabebehavioralhealth.org)**

***Community Support Team (CST)*** services are provided by RHA Health Services. Through its behavioral health programs, RHA impacts the lives of over 12,000 people across North Carolina and has been helping people lead healthier, more fulfilling lives since 2005.

