



Mary Benson House

The Mary Benson House is a haven of healing and recovery for pregnant and parenting women located in Asheville, NC. Seven women can be served at a time with two residents per room. The residence includes a playroom and outdoor play area for young children.

"I couldn't have asked for a better opportunity. [At Mary Benson House], I learned so much about myself. My son and I are on a happy path!"

Contact Us



Mary Benson House

RHA HEALTH SERVICES

Phone: 828-252-5280

Fax: 828-253-2861

www.rhahealthservices.org



Mary Benson House is operated by RHA Health Services. Through its behavioral health programs, RHA has impacted the lives of over 12,000 individuals across North Carolina and has been helping people lead healthier, more fulfilling lives since 2005.

Find us on 



Mary Benson House

A Residential Substance Use Disorder Treatment Center for Mothers and Mothers-To-Be



"I [now] have the confidence I need to care for [myself] and my daughter!"

Services We Offer

The **Mary Benson House (MBH)** is a non-profit organization that offers the following services for women who are pregnant or parenting children under the age of 5:

- Person-centered treatment planning
- Weekly parenting class & self-care group
- Counseling (Individual & Group)
- Linkage to primary medical & pediatric care
- Case management
- Transportation to all appointments including medical care

"The Mary Benson House has given me another chance at life! It has been a positive and rewarding experience for both me and my daughter."



"The Mary Benson House is such a blessing to my daughter and me. We are thankful for this opportunity!"

Recovery Skills

Women at MBH begin Substance Abuse Comprehensive Outpatient Treatment (SACOT) at Women's Recovery Center shortly after admission. This program is Monday through Friday, 9:00 AM - 2:00 PM and lasts 12 to 14 weeks. Residents also receive addiction specific group therapy and individual counseling sessions at Mary Benson House. All residents are required to attend weekly twelve-step support group meetings.

Parenting Skills

The women at Mary Benson House are encouraged to practice healthy and nurturing parenting skills that are presented during weekly parenting groups. Staff are available to help encourage consistent and effective discipline. Case management is offered to ensure that the residents utilize health care services for themselves and their children.



Independent Living Skills

Residents of Mary Benson House are linked with opportunities to further their education, obtain employment, or gain experience through volunteer work after they complete their outpatient program. Financial counseling services are also available to our residents through a separate community agency. MBH can connect residents with the following community agencies to ensure their families' needs as well as their own recovery needs are met:

- Women's Recovery Center
- On Track Financial Services
- AB Technical Community College
- Local Childcare Facilities
- MAHEC Women's and Family
- Community Care of WNC
- Buncombe County Department of Health and Human Services

Referrals & Admission

Per State and Federal regulations, priority admission is given to pregnant women and IV drug users. Referrals to Mary Benson House can be made by anyone by calling our main number:

828-252-5280

To be admitted to MBH, a woman must:

- Be 18 years of age or older
- Be pregnant or have a child under the age of 5
- Meet the criteria for a substance use disorder
- Be Work First and Medicaid eligible
- Be a resident of North Carolina