What Are Transition Management Services?

Transition Management Services (TMS) are a rehabilitation service intended to help people live independently within their own communities by gaining or maintaining apartment homes. RHA provides discreet housing support to people with mental health needs and/or substance use disorder who are struggling to maintain tenancy because of these or other issues.

We can help both first time tenants and long-term tenants who are experiencing difficulties and potentially facing eviction. The RHA Transition Management Team offers support to people in their own homes to ensure that they do not feel isolated and unable to cope with whatever challenges they may be facing. We focus on helping people identify and access needed resources, build support networks of family and friends, and manage the household tasks they need to perform to continue living independently.

Contact Us

To Coordinate Services in the Eastern Regions of North Carolina, please call the RHA Office in Lumberton:

RHA Health Services

2003 Godwin Ave. Ste. A
Lumberton, NC 28358
Phone: (910) 739-8849

To learn more about our services, please visit our website @
www.rhahealthservices.org.

Find us on [f]

RHA

Transition Management Services

Giving you the support you need to live an independent life

RHA
HEALTH SERVICES

What We Do

Our Transition Management Team will work closely with you, your landlord and other providers of community services to help you live as independently as possible in your own apartment home. We can assist you with:

■ Searching for the right housing situation for you and completing housing applications
■ Identifying resources to cover one-time expenses such as moving costs, security deposits, adaptive aids and home modifications, furnishings, etc.
■ Managing your money: paying your rent on time, accessing financial benefits such as SSI/SSDI, Medicaid, food stamps, Veteran benefits, etc.
■ Finding and using transportation
■ Tenant/landlord relationship: understanding your rights and responsibilities as a tenant; learning how to handle disputes with your landlord
■ Identifying problematic behaviors that may jeopordize your housing and helping you learn better ways to manage these behaviors
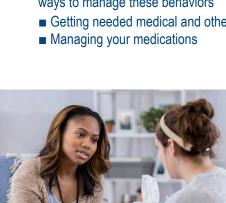■ Getting needed medical and other health services
■ Managing your medications

■ Self-care & daily living activities: planning meals/ grocery shopping, purchasing appropriate clothing, cleaning and maintaining the safety of your apartment home, doing laundry, etc.
■ Finding a job or looking for educational and volunteer opportunities if desired
■ Developing a personal crisis management or relapse prevention plan
■ Finding leisure/recreational activities of interest and exploring opportunities to make friends and build better social skills

Who Is Eligible For TMS?

■ You are eligible for TMS services if you meet the criteria for membership in the Transition to Community Living Initiative (TCLI).

■ Once you are a member of the TCLI, you must then accept a housing slot.

■ REMINDER: If you are currently receiving Assertive Community Treatment Team (ACTT) services, you are *not* eligible for TMS while you receive ACTT services.

How Do I Get Started?

When you are a member of the TCLI and accept a housing slot, a Transition Coordinator will get the proper authorization and then organize a TMS Team for you so you can begin receiving services. Transition Management staff members are part of the Transition Team and will be included in planning meetings to coordinate your services as a tenant. We're here to help you!

About RHA

RHA Health Services provides community, facility, and clinic-based services across North Carolina for people with mental health needs or substance use challenges. We offer evidence-based recovery programs for over 3,000 people statewide, providing traditional outpatient care as well as crisis services, peer support and prevention education. Our services offer effective treatment and compassionate support for people of all ages with behavioral health needs. We do our best to meet you where you are - whenever possible, we will work with you in your home, at work, or another preferred setting in your community.