



Living Wellness Outpatient Services

We call our Outpatient Program "Living Wellness" because the path you choose in your recovery efforts will give you the tools you need to live well. Group therapy is our main therapeutic approach because it has been shown to have lasting positive results for people who regularly attend therapy and self-help groups. We also provide individual and/or family therapy, psychiatric care, medication management, peer support specialist interventions and enhanced services where needed.



**Ready to Get
Started on Your Path?
Contact Us**

To begin services, discuss payment options
or learn more about our Outpatient Program,
please call:

RHA Health Services
Buncombe County:

RHA Health Services
C3356 Comprehensive Care Center
356 Biltmore Ave.
Asheville, NC 28801
Phone: 828.254.2700
Fax: 828.254.1524

*RHA provides priority substance use treatment services to
pregnant women and people who desire treatment for
IV substance use.*



Please also visit our website @
www.rhahealthservices.org

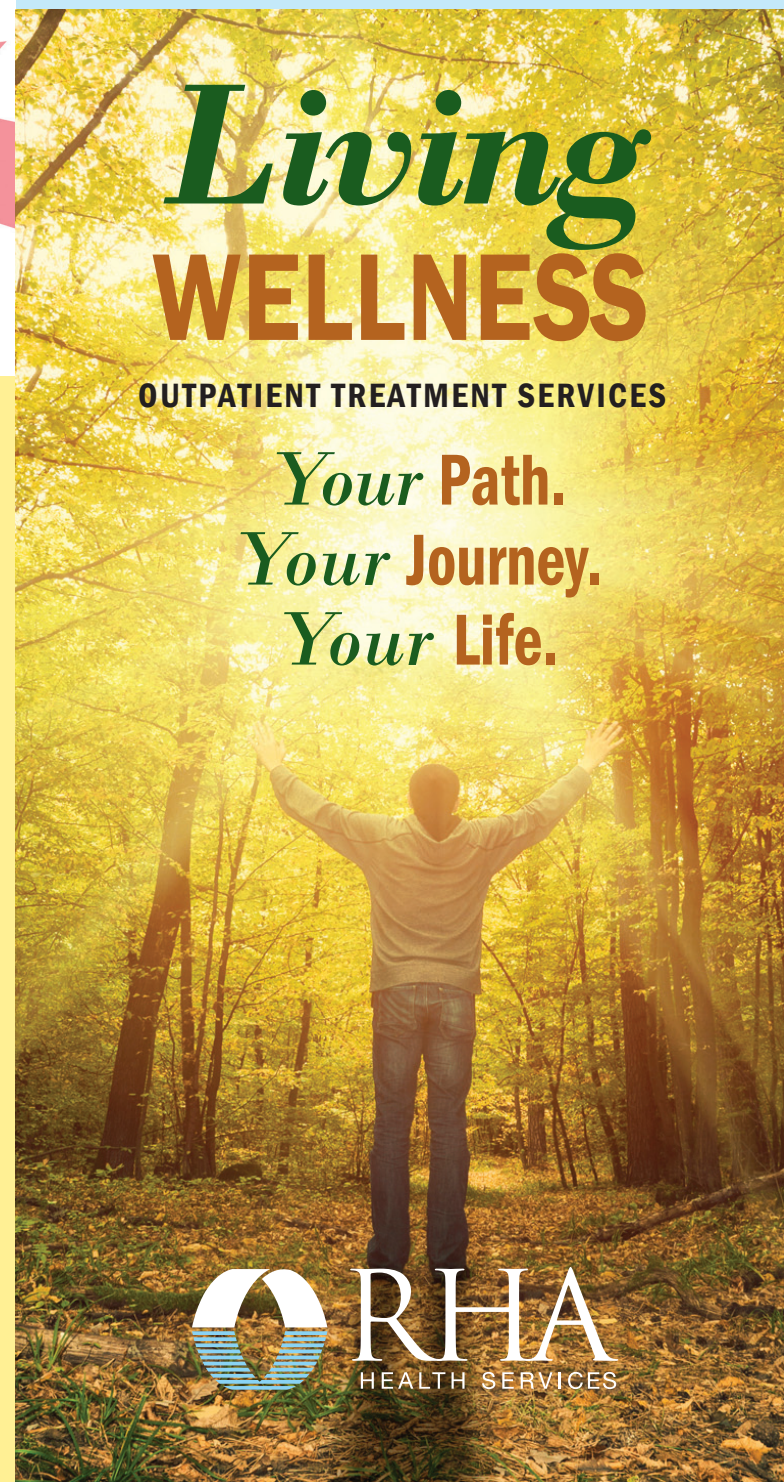
Find us on 



Living **WELLNESS**

OUTPATIENT TREATMENT SERVICES

*Your Path.
Your Journey.
Your Life.*





Getting the Tools You Need for Success

We believe that anyone can recover from a mental illness or addiction with the right tools. Recovery, however, is a continuous process of growth and skill-building that is unique to each person. Our team of licensed therapists, peer support specialists, and other qualified professionals can help you find the right “pace” of growth for your personal journey towards wellness. Our therapeutic foundation is built on these highly regarded, evidence-based practices:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Motivational Interviewing

Choosing Your Path To Wellness

Most of our group therapeutic sessions are clustered around these vital issues in the recovery process:

- Healthy Moods & Thoughts
- Overcoming Anxiety
- Substance-Free Living
- Trauma Recovery
- Healthy Relationships
- Daily Life Skills

Your therapist will help you choose the right Therapeutic Path for you, beginning with:

- 1) An individualized Needs Assessment
- 2) Establishment of meaningful and realistic goals for recovery, based on your level and type(s) of need
- 3) Placement in group and individual therapeutic sessions best suited to meet those needs (your “Path”)

Different Pathways, Same Destination: Success in Recovery

IMPORTANT: The foundation for all Therapeutic Paths is group and peer support specialist interventions. Individual therapy sessions are offered as an enhancement to group and peer support specialist interventions because ALL are more effective when taken together.

Group Therapy (60 – 90 minutes) allows you to learn and practice new skills with others, listen to and be listened to by others, receive and give support, and celebrate successes together.

Peer Support Specialist Interventions provide an individualized, recovery-focused service that allows people to learn to manage their own recovery and advocacy process. Interventions of Peer Support staff serve to enhance the development of natural supports, as well as coping and self-management skills. Peer Support Services emphasize:

- Personal safety
- Feelings of self-worth & confidence
- Connection to the community

- Planning & boundary setting
- Self-advocacy
- Personal fulfillment & growth
- Development of social supports
- The “Helper” therapy principle
- Effective communication skills

Individual Therapeutic Sessions provide an opportunity to develop and review your planned Path, discuss individual challenges, and manage crisis situations when needed.

Time Frame

Most people will complete our Outpatient Program in a year or less but it is important to remember that recovery will be better achieved and maintained if you follow your Therapeutic Path at the pace that best suits your personal needs and goals. Recovery is a journey not a race!

Payment Options

- Private Insurance
- Medicaid for eligible individuals
- Medicare for eligible individuals
- State funding available for eligible individuals

