

PSYCHIATRIC MEDICATION MANAGEMENT SERVICES



Medication Management

The goal of **RHA Medication Management** services is to empower people through the recovery process by seamlessly integrating safe and effective prescribed medications for mental illness, addiction and/or developmental disabilities with appropriate therapeutic interventions and psychiatric/medical care. *Our holistic approach to care encompasses the health and well-being of the entire person - body and mind. We seek to:*

- Stabilize the person, adjusting medications appropriately as level of need evolves - with the goal of safely reducing a person's reliance on psychiatric medications over time as the individual grows stronger in his/her recovery efforts
- Reduce the occurrence of crisis situations such as hospitalization or incarceration
- Screen for early detection of commonly occurring medical conditions
- Facilitate referrals to appropriate primary care providers
- Maintain consistent communication and cooperation between medical services, treatment and crisis teams, and the person receiving services
- Educate individuals as to the nature of their treatment and medication options, enabling them to make informed personal care decisions

RHA Medication Management Services are provided both as a stand alone therapy and alongside other recommended therapies depending on the assessed needs of the individual served.



An Education in “Active” Recovery

The “wrap-around”, person-centered approach we take to medication management means not only meeting the clinical treatment needs of the people we serve but also providing education and support in learning the “active recovery skills” needed to maintain healthy habits and a lasting recovery:

- **Proper nutrition - eating healthier foods & drinking more water**
- **Exercise - improving fitness through becoming more active**
- **Building supportive social networks that can help a person remain motivated in his/her recovery efforts**
- **Meaningful activities - maintaining sobriety and improving overall wellness through increased community involvement and participation in positive activities of interest**

Contact Us

To Learn More About RHA Medication Management Services, please contact:

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RHA
HEALTH SERVICES

Find us on 

Medication Management Services are provided by RHA Health Services. Through its behavioral health programs, RHA has impacted the lives of over 12,000 people across North Carolina and has been helping people lead healthier, more fulfilling lives since 2005.