

## Our Mission

*We give people the tools they need to become leaders in their own personal paths towards recovery. RECs provide educational and clinical support while encouraging people to develop the inner strength and accountability that can lead to long-term mental health wellness and freedom from substance use. Participation in REC courses can help people in recovery decrease their likelihood of facing crisis situations such as hospitalization, homelessness and involvement with the legal system.*



## Contact Information

For more information, please call our  
REC in High Point:

**RHA Health Services  
Recovery Education Center**  
211 S. Centennial Street  
High Point, NC 27260  
**Phone: 336-899-1505**  
Fax: 336-899-1513

Our site is a walk-in crisis and wellness support center serving individuals of all ages who are experiencing a mental health and/or substance use crisis. Our professional staff are prepared for any non-medical emergency - including emergency counseling, peer support, and daily access to psychiatric services.



For more information, please visit our website @  
**[www.rhahealthservices.org](http://www.rhahealthservices.org)**

Find us on 



**hope  
self-management  
self-advocacy  
education  
support**

# **Recovery Education Center**

**High Point, NC**



# We Offer Information, Treatment & Empowerment

To People with Mental Health  
& Substance Use Challenges

## What You Can Expect

Our wide range of course offerings is designed to promote overall wellness – encompassing the mind, body and spiritual self:

- Coping with difficult emotions – grief relief, relaxation, and classes aimed at managing anger, anxiety or stress.
- Self-enhancement classes such building self-esteem, improving life skills and overcoming the past.
- Building and maintaining healthy relationships with others can help people in recovery build stronger support networks.
- The healing process – for people who have experienced depression or some form of trauma.
- Creative enrichment courses in art, spirituality/ meditation, and journaling can help people learn more positive ways to focus their time and energy.
- Cognitive behavioral therapy offers ways of making lasting positive behavior changes.
- Substance use & dual recovery courses for people with both mental health needs and issues with substance use.

## Orientation & Enrollment

Anyone not currently enrolled with RHA can come to an RHA office during walk-in hours to complete a Comprehensive Clinical Assessment (CCA) with a clinician. The clinician will then work with the person to develop a treatment plan. Based on that treatment plan, individuals may be referred to attend an Orientation Class for the REC program. For more information about this process, please call your local RHA office as listed on the back of this brochure.

**NOTE: Our course offerings change periodically. Please contact one of our locations to find out more about the current class listings and schedule.**

# REC

## THE RECOVERY EDUCATION CENTER

provides an educational environment built around five key recovery concepts:

**1 HOPE   2 PERSONAL RESPONSIBILITY   3 SELF-MANAGEMENT   4 EDUCATION   5 SELF-ADVOCACY   6 SUPPORT**

Licensed clinicians and certified Peer Support Specialists teach classes, seminars and workshops on various recovery-related topics. In addition, our Peer Support Specialists, having been successful in their own recovery efforts, also offer knowledge, hope and motivation to others seeking to achieve or maintain recovery.

