



You are not alone! We can help.

What is RHA SHORE?

SHORE stands for Supporting Hope, Opportunities, Recovery and Empowerment.

Through our SHORE program, RHA offers holistic treatment and team-based support to adolescents and young adults who have recently (within the past 3 years) begun experiencing unusual thoughts or behaviors or seeing and hearing things that others do not.



Contact Us

RHA Health Services
503 Covil Ave., Suite 102
Wilmington, NC 28403

1-800-848-0180

Hours: 8:00 am - 5:00 pm
Monday - Friday

Closed Saturday & Sunday.
Calls placed on the weekend will be
returned on Monday.

In a crisis situation, please call our
24/7 Mobile Crisis Services:
1-844-709-4097

www.rhahealthservices.org



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

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SHORE Program



*Supporting Hope,
Opportunities, Recovery &
Empowerment*



Why should I choose RHA SHORE?



RHA SHORE provides effective therapeutic services and support for individuals aged 15 - 30 who are experiencing certain life challenges due to unusual thoughts or behaviors or seeing and hearing things that others do not.

To help young people overcome these challenges, SHORE services offer:

- A Comprehensive Clinical Assessment within 72 hours.
- Development of an individualized plan of treatment (Person-Centered Plan)
- Individual, Group & Family Therapy
- Medication management
- Regular meetings with our clinical team, including a licensed psychiatrist, to track progress and update the Person-Centered Plan if needed
- Case management
- Educational support/help returning to school
- Supported employment/help finding a job
- Family education & support
- Substance use treatment if needed
- A discharge plan upon completion of the program that may help reduce the likelihood of future behavioral health crises



How do I know if an individual is eligible to receive SHORE services?

To be eligible for SHORE, a teen or young adult must:

- Be between the ages of 15 and 30
- Within the past 3 years, have begun experiencing unusual thoughts or behaviors, or seeing and hearing things that others do not OR
- Have a diagnosis that falls within the schizophrenia spectrum and other psychotic disorders
- Be willing to undergo evaluation and treatment by our team of mental health professionals

What is the goal of SHORE?

Young people who exhibit behaviors associated with schizophrenia spectrum or similar disorders often experience disruptions in many areas of life. The goal of SHORE is to improve an individual's ability to work or succeed in school, live independently, and build healthy, enjoyable relationships.

How do I enroll an individual in the SHORE program?

To enroll a young person in SHORE or to find out more information about this program, call us at:

1-800-848-0180

8:00 am - 5:00 pm
Monday - Friday

