



RHA
HEALTH SERVICES



Foothills Regional Treatment Center

Foothills Regional Treatment Center (FRTC) is a medical, non-hospital detoxification and crisis stabilization facility, licensed by the Division of Mental Health, Developmental Disabilities, and Substance Use Services. Located in a tranquil small town community within the foothills of western North Carolina, FRTC provides a private, discrete, and non-threatening atmosphere to aid people on their path to recovery and wellness.

The Foothills Regional Treatment Center is operated by RHA Health Services and serves the Vaya Health Region with an emphasis on Alexander, Caldwell, and McDowell counties. Currently admitting clients with Medicaid and/or state funding.

**To make a referral or access services, call:
828.394.5585 | Ext. 2**

rhahealth.org/frtc



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Why choose FRTC?

- FRTC offers a viable alternative to hospitalization, which can be costly.
- Our nurses are available to provide immediate phone screenings and prompt consideration of all referrals and walk-ins.
- Safety is a priority at FRTC, and each individual's responsiveness to treatment is closely monitored via 24-hour supervision by a psychiatrist, medical director, and other skilled staff members.
- Care doesn't stop once you leave FRTC: discharge planning begins at admission in order to ensure appropriate aftercare is provided.

What services are available at FRTC?

Crisis Services

- Intended for adults in need of short-term intensive evaluation, treatment, or behavior management to stabilize acute mental health crisis situations.
- Crisis services are intended for individuals who present an imminent risk of danger to themselves or others but do not require seclusion or restraint.

Detox Services

- Intended for individuals who are actively using alcohol or illicit substances.
- Admission eligibility is determined on a case-by-case basis.

**To coordinate care or make a referral,
please contact:**

RHA Health Services
2415 Morganton Blvd SW, Suite 200
Lenoir, NC 28645

Phone: 828.394.5585 | Ext. 2

Fax: 828.758.4086