



WHERE HUMANS BLOOM

NORTH CAROLINA
BEHAVIORAL HEALTH SERVICES

Your path to wellness begins here.

ABOUT RHA

A TRUSTED LEADER IN SUPPORTING PEOPLE

RHA HEALTH SERVICES is a leading provider of high-quality supports and services for people with a variety of behavioral health needs in North Carolina.

We offer a wide array of mental health services for adults and children, provided by experienced and compassionate professionals. This includes facility-based, community-based, and crisis services.



We deliver services tailored to the individual, and grounded in what each person values.

Community-Based Services
Comprehensive Care Centers
Crisis Services
Deaf and Hard of Hearing (DHH) Services
Employment Services

Mobile Clinic Services
Outpatient Services
Peer Living Rooms
Substance Use Services
Other Specialized Services



Evidence-based methods form the backbone of RHA's services.

Each program takes approaches that have been shown through clinical research to help people recover, whether for adolescents experiencing behavioral crises, adults managing serious mental illness, or individuals addressing substance use disorders.



Getting people back into everyday community life is a key goal.

Programs help people build the practical skills they need to live more independently and make meaningful connections with others, right in their own neighborhoods and surroundings.



Multidisciplinary, person-centered approaches drive treatment planning.

We recognize that mental health affects all parts of life. RHA addresses the physical, emotional, and social aspects of each person's situation through coordinated expertise that aligns with each person's specific circumstances and personal recovery goals.

LOCATIONS ACROSS NORTH CAROLINA

Alamance County | **Burlington**

- Comprehensive Care Center: Alamance Behavioral Health Center, 24/7 Behavioral Health Urgent Care, Facility Based Crisis Center, Peer Living Room

Alexander County | **Taylorsville**

- Taylorsville Behavioral Health Office

Buncombe County | **Asheville**

- Comprehensive Care Center: Asheville Behavioral Health Office, 24/7 Behavioral Health Urgent Care, Neil Dobbins - Facility Based Crisis Center, Peer Living Room
- Asheville Prevention Office
- Mary Benson House Residential Substance Use Treatment

Cabarrus County | **Concord**

- Anarosi Place Psychosocial Rehabilitation (PSR) Center
- Concord Behavioral Health Office

Caldwell County | **Lenoir**

- Comprehensive Care Center: Lenoir Behavioral Health Office, 24/7 Behavioral Health Urgent Care, Facility Based Crisis - Foothills Regional Treatment Center

Caswell County | **Yanceyville**

- Caswell Behavioral Health Office

Columbus County | **Whiteville**

- Whiteville Behavioral Health Office & Columbus Psychosocial Rehabilitation (PSR)

Craven County | **New Bern**

- New Bern Behavioral Health Office

Davidson County | **Lexington**

- Lexington Behavioral Health Office & Passageways Psychosocial Rehabilitation (PSR)

Forsyth County | **Winston-Salem**

- Facility-Based Crisis Center

SERVICE LOCATIONS

SUPPORTING PEOPLE STATEWIDE

Guilford County | High Point

- High Point Behavioral Health Office

Madison County | Marshall

- Marshall Behavioral Health Office

McDowell County | Marion

- Marion Behavioral Health Office

Mitchell County | Bakersville

- Mitchell Behavioral Health Office

New Hanover County | Wilmington

- Wilmington Behavioral Health Office & DHH Services
- *Coming Soon:* Facility-Based Crisis Center

Person County | Roxboro

- Roxboro Behavioral Health Office

Robeson County | Lumberton

- Lumberton Behavioral Health Office & Robeson Psychosocial Rehabilitation (PSR)

Rowan County | Salisbury

- Carter House Psychosocial Rehabilitation (PSR) Center

Rutherford County | Forest City

- Assertive Community Treatment Team (ACTT) Office

Scotland County | Laurinburg

- Shining Star Psychosocial Rehabilitation (PSR) Center
- Scotland Behavioral Health Office

Stanly County | Albemarle

- Piedmont House Psychosocial Rehabilitation (PSR) Center

Union County | Monroe

- Union House Psychosocial Rehabilitation (PSR) Center

Wilson County | Wilson

- Wilson Office – Assertive Community Treatment Team (ACTT) and DHH Services

Yancey County | Burnsville

- Burnsville Behavioral Health Office

SCAN THIS QR CODE OR VISIT [RHAHEALTH.ORG/LOCATIONS](https://rhahealth.org/locations)
FOR LOCATION PHONE NUMBERS AND ADDRESSES!



AN EXPLORATION OF OUR SERVICES

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A NOTE OF GRATITUDE



I'm so lucky to have come across RHA Health Services. I would not be where I am today without their **assistance, patience, and compassion.**

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ABOUT

The Assertive Community Treatment Team (ACTT)

provides evidence-based, community-based support for individuals with serious mental health conditions or addiction.

A team delivers services in natural environments, building skills for independence, education, employment, and community engagement—reducing hospital stays, strengthening relationships, and promoting recovery for a stable, fulfilling future.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Delivering services directly in community settings where people live, work, and socialize.



Conducting comprehensive assessments to identify individual strengths, needs, and preferences.



Collaboratively developing treatment plans with measurable goals.



Teaching coping strategies and life skills.



Coordinating with primary care providers to address physical health needs.



Facilitating connection to community resources and natural support systems.

PROGRAM HALLMARKS

Key Features of ACTT Services:



24/7 Help Is Available

Support available around the clock, including weekends and holidays.

Mobile Service Delivery

The team will come to the person to provide services, eliminating transportation barriers.

Continuous Long-Term Support

Ongoing care for as long as eligibility requirements are met.

Dynamic Care and Treatment Planning

Daily team meetings enable rapid adjustments to care plans as needs change.

Consistent Care Team

Works with consistent team members who become familiar with their unique circumstances.

Family and Support System Integration

Education and guidance are available for family members and other supports when appropriate.

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ABOUT

The Community Support Team

(CST) offers personalized, community-based support for people living with serious mental health needs or addiction.

Skilled team members work alongside individuals in their own environment, building skills to manage symptoms, follow treatment, and navigate daily life. By focusing on recovery, confidence, and community involvement, CST helps reduce crises and supports a more stable, fulfilling life.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Delivering robust, community-based rehabilitation services addressing both mental health and substance use challenges.



Conducting thorough assessments and developing individualized treatment plans that support recovery goals.



Teaching adaptive coping skills, symptom management strategies, and strengthening social support networks.



Coordinating care that addresses physical health needs while assisting with employment and housing.



Empowering to build confidence, recognize strengths, and develop self-advocacy skills.



Providing flexible services across homes, schools, and shelters to prevent crises, and improve quality of life.

PROGRAM HALLMARKS

Key Features of CST Services:



Increased Learning and Understanding

Education about mental health conditions, substance use disorders, and evidence-based treatment approaches.

Support with Medications

Guidance to improve medication management skills.

Intensive Case Management

Coordinated services, crisis planning, and ongoing follow-up.

Resource Connections

Community resource connections including recovery programs, assessments, and supplemental services.

Practical Needs Assistance

Assistance finding housing, getting a job, or building skills for employment.

Community Integration

Social and independent living skills to promote community participation.

A Strengths-Based Approach

Builds on personal strengths to encourage self-advocacy and confidence.

ABOUT

Intensive In-Home (IIH) Therapeutic Services for Youth provides short-term, family-centered support for households facing serious behavioral or mental health challenges.

Services are delivered in the home to ensure safety, strengthen relationships, and prevent out-of-home placements. A team offers skill building, crisis support, and care coordination to promote stability and well-being.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Delivering therapeutic interventions directly in the home to maintain family unity and prevent out-of-home placements.



Providing services including intensive case management, therapy, substance use treatment, and family counseling.



Creating individualized treatment plans for youth with serious mental health and substance use needs.



Implementing personalized intervention plans during the critical three-to-six month treatment period.



Utilizing a team approach with licensed clinicians, case managers, and qualified behavioral health professionals.



Preserving family living arrangements while addressing mental health and addiction issues.

PROGRAM HALLMARKS

Key Features of IIH Services:



Help Comes to the Home

Services are provided in the family's home, eliminating the need for travel.

Support for the Whole Family

Addresses needs of the entire family system.

Time-Limited but Effective Help

Services last three to six months, focusing on rapid and meaningful progress.

Collaborative Team

Includes therapists, case managers, and behavioral health professionals.

Help for Children and Young Adults

Available to youth up to age 20 (Medicaid) or 17 (state-funded).

For Serious Behavioral Challenges

Designed for youth facing significant mental health or addiction issues unresponsive to traditional treatments.

Goal of Family Preservation

The primary focus is to help children improve while remaining safely at home with their families.

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ABOUT

Psychosocial Rehabilitation

(PSR) helps individuals build skills and confidence to live more independently while managing mental health challenges.

Services provide structured routines, focus on strengths, and encourage community involvement. Through skill-building, peer support, and daily living practice, PSR promotes independence, self-advocacy, and a sense of belonging.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Implementing recovery plans focused on strengths to promote independent living.



Developing daily living skills including personal care and medication management.



Facilitating social interactions through community engagements and recreational activities.



Offering employment and educational development.



Supporting self-advocacy and stress management skills.



Connecting individuals with peer support and community resources.

PROGRAM HALLMARKS

Key Features of PSR Services:



Personalized Recovery Planning

Individualized program built around personal goals and strengths.

Self-Advocacy Development

Guidance on effectively expressing needs and preferences.

Daily Living Skills

Support with housekeeping, meal preparation, money management, hygiene, medication management, and transportation.

Work Readiness

Skill and work habit development.

Social Connection

Assistance building relationships, practicing social interactions, and community participation.

Wellness Strategies

Education on rights, responsibilities, and coping skills.

Peer Support

Guidance from Certified Peer Support Specialists with lived experience and proven recovery strategies.

ABOUT

Substance Abuse Intensive Outpatient Program (SAIOP)

offers personalized, recovery-focused care for individuals facing substance use challenges, promoting a healthy, balanced life by addressing emotional, physical, and social well-being.

Services include individual, group, and family therapy, case management, and connections to community resources. Recovery plans use evidence-based methods to build skills, confidence, and lasting wellness.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Providing structured treatment that addresses all aspects of addiction through evidence-based practices.



Delivering comprehensive care through individual, group, and family therapy sessions.



Utilizing a team of addiction specialists to meet diverse recovery needs.



Coordinating personalized care and developing tailored relapse prevention strategies.



Offering education about substance use to build understanding and self-awareness.



Supporting individuals in building hope, healing, and a stronger commitment to long-term recovery.

PROGRAM HALLMARKS

Key Features of SAIOP Services:



Comprehensive Therapeutic Approach

Structured individual, group, and family therapy addressing all aspects of recovery.

Coordinated Care Support

Case management linking participants to essential services and community resources.

Substance Use Education

Learning about the physical and emotional changes of recovery.

Recovery Maintenance Planning

Development of specific strategies to sustain progress and manage challenges.

Evidence-Based Care

Treatment approaches proven effective in supporting addiction recovery.

Whole-Person Wellness

Addressing physical, emotional, and social aspects for long-term recovery.

Recovery Mindset

Encouraging hope, resilience, and a positive outlook beyond addiction.

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ABOUT

Mobile Crisis Management (MCM)

services provide intensive, on-site response, stabilization, and intervention for individuals of all ages who are experiencing a mental health or substance use crisis, including people with developmental disabilities. Our team of professionals is available 24/7/365 to provide confidential and secure stabilization services for individuals in their homes, workplaces, schools, or anywhere within the community where a crisis occurs.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Offering 24/7/365 support, with no insurance required.



Meeting people wherever they are during a crisis.



Maintaining confidentiality and supporting privacy during treatment.



Supporting ongoing recovery by connecting people with community resources.



Offering education about mental wellness.



Stabilizing crises in homes, workplaces, schools, and within the community because crises can occur anywhere.

PROGRAM DETAILS

How to Contact MCM:



MCM East

Serves Bladen, Brunswick, Carteret, Craven, Jones, New Hanover, Onslow, Pamlico, and Pender counties.



1.844.709.4097

MCM Central

Serves Alamance, Caswell, Franklin, Granville, Person, and Vance counties.



1.844.709.4097

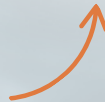
MCM West

Serves Alexander, Buncombe, Caldwell, Henderson, Madison, McDowell, Mitchell, Polk, Rutherford, Transylvania, and Yancey counties.



1.888.573.1006

SAVE THESE NUMBERS IN YOUR PHONE.
YOU NEVER KNOW WHEN YOU'LL NEED THEM!



Learn more at rhahealth.org/mcm



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ABOUT

Child First works with very challenged young children and families, providing intensive, mental health, and home-visiting services.

We provide children birth through age five years with emotional/behavioral and developmental/learning programs. We provide support for families experiencing challenges such as: lack of basic needs, trauma, homelessness, parental mental health issues, poverty, or domestic or community violence.

OUR APPROACH

Our team brings RHA's person-centered approach to life by:



Decreasing stress related to family needs.



Improving child language, behavior, and social skills.



Connecting families to community resources.



Providing tools to develop strong caregiver-child bonds.



Meeting families in their home environments.



Linking caregivers with local service providers.

CHILD FIRST

AN EXPLORATION OF OUR SERVICES

PROGRAM DETAILS

Key Features of Child First Services:



Studies indicate that Child First enhances mental health, school readiness, and reduces child abuse, significantly improving family health and wellbeing, both now and in the future. Although the benefits of Child First are many, here are a few measured results of the program:

- 75% improvement in caregiver-child relationships.
- 70% decrease in symptoms of depression in caregivers.
- 68% decrease in child language problems.
- 67% decrease in parenting stress.
- 57% improvement in children's social skills.

Child First services are covered at no charge for those enrolled in Vaya's Healthcare Plan.



Expanding Your Path to Wellness

RHA provides a range of services to support people through life's stages and challenges. Discover how we can help you and your loved ones thrive by visiting our website at rhahealth.org or calling 1.800.848.0180.

Outpatient Services

We offer group, individual, and family therapy, psychiatric care, medication management, peer support services, behavioral health services for people who are Deaf/Hard of Hearing, and more.

LEARN MORErhahealth.org/opt**Comprehensive Care Centers**

One-stop treatment centers that include a 24/7 Behavioral Health Urgent Care, Facility-Based Crisis center, and other mental health and substance use services.

LEARN MORErhahealth.org/c3**Employment Services**

Comprehensive employment services for people with mental health and substance use needs through several specialized programs.

LEARN MORErhahealth.org/employNC

ADDITIONAL SERVICES OFFERED
IN NORTH CAROLINA

Mobile Clinic Services

Two mobile clinics provide mental health and substance use services across Eastern North Carolina, designed to boost health equity and access to treatment.



LEARN MORE

rhahealth.org/mobile

Peer Living Rooms

Inviting, home-like environments open to anyone seeking a safe space. Certified Peer Support Specialists are available to offer support.



LEARN MORE

rhahealth.org/plr

Prevention Resource Centers

Substance misuse prevention services for youth and families across Western North Carolina, including mental health promotion, education, and community support services.



LEARN MORE

rhahealth.org/prevent

Tailored Care Management

Enhancing quality of life for people with mental health or substance use needs, or intellectual or developmental disabilities by coordinating all aspects of their healthcare needs.



LEARN MORE

rhahealth.org/carenc



1.800.848.0180

RHA has been accredited by the Council on Quality and Leadership (CQL) since 2001. Since 2019, RHA has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) International.

