

RUTHERFORD COUNTY, — NORTH CAROLINA — Behavioral Health & Recovery Resource Guide *Community Resource Brief*

Prepared in support of the
Franklin County Behavioral Health Resource & Community Support Session
Hosted by Nu Outlook Global Incorporated



MENTAL
HEALTH



RECOVERY
SUPPORT



WELLNESS
& HEALING



COMMUNITY
CONNECTION

You Are Not Alone

Mental health challenges, substance use disorders, trauma, grief, and life stressors affect individuals and families in every community. Seeking support is a sign of strength.

The following resources are available to residents of Rutherford County and surrounding communities.

Remember:

It's OK Not To Be OK.

What happens when WE choose not to go through it alone.

It Takes a Village.



This resource brief was prepared by Nu Outlook Global Incorporated to support community education and awareness regarding behavioral health, recovery, and wellness resources available to residents of Rutherford County, North Carolina.

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Crisis Resources

988 Suicide & Crisis Lifeline

Call or Text 988

Available 24 hours a day, 7 days a week.

Mobile Crisis Services

1-888-573-1006

Immediate behavioral health crisis support and intervention services.

Emergency Services

Call 911

If someone is in immediate danger or experiencing a life-threatening emergency.

BLUE RIDGE HOPE

Affordable Community Mental Health Services

Blue Ridge Hope is a nonprofit organization committed to providing mental health services regardless of an individual's ability to pay. Sliding fee options are available based on income and financial circumstances.

Services Include:

- Individual counseling and psychotherapy
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing
- Trauma-focused therapy
- Seeking Safety treatment
- Harm reduction approaches
- Integrated dual disorder treatment
- Substance use counseling
- Creative therapies
- Grief and loss counseling
- Family and supportive counseling

Locations:

314 US Highway 221A

Forest City, NC 28043

654 West Main Street

Forest City, NC 28043

11 Rocket Drive

Asheville, NC 28803

Phone: 828-202-3075

Fax: 828-382-2976

<https://www.blueridgehope.org/>

CHARLIE HEALTH

Virtual Intensive Outpatient Mental Health Services

Charlie Health provides virtual intensive outpatient treatment programs accessible from home and covered by many Medicaid plans and insurance providers.

Services Include:

- Virtual Intensive Outpatient Programs (IOP)
- Individual Therapy
- Group Therapy
- Family Therapy
- Mental Health Treatment
- Substance Use Treatment
- Adolescent and Adult Services

Contact:

Phone: 1-866-695-2714

<https://www.charliehealth.com/>

CLARVIDA

Behavioral Health, Recovery & Family Support Services

Clarvida provides a broad range of behavioral health and recovery services for children, adolescents, adults, and families.

Services Include:

- Tailored Care Management (NC Medicaid)
- Community Support Team (CST)
- Intensive In-Home Services
- Comprehensive Clinical Assessments
- Peer Support Services
- Psychosocial Rehabilitation
- Substance Abuse Intensive Outpatient Program (SAIOP)
- Substance Use Treatment Services
- Co-occurring Mental Health and Substance Use Services

Location:

139 East Trade Street
Forest City, NC 28043

Phone: 828-245-7871

Fax: 828-245-3375

<https://www.clarvida.com/locations/rutherfordton/>

PARTNERS HEALTH MANAGEMENT

Behavioral Health, Substance Use, and Developmental Disability Services

Partners Health Management serves North Carolina residents through behavioral health, substance use disorder, intellectual/developmental disability, and traumatic brain injury programs.

Services Include:

- Mental Health Services
- Substance Use Disorder Services
- Intellectual/Developmental Disability Supports
- Traumatic Brain Injury Services
- Tailored Plans
- Care Coordination
- Crisis Services
- Pharmacy Benefits Management

Behavioral Health Crisis Line

 **1-833-353-2093**

(Available 24 hours a day, 7 days a week)

Corporate Office:

901 South New Hope Road
Gastonia, NC 28054

<https://www.partnersbhm.org/>

RUTHERFORD REGIONAL HEALTH SYSTEM

Behavioral Health Services

Rutherford Regional Health System offers comprehensive behavioral health services delivered by psychiatrists, physicians, therapists, nurses, and behavioral health professionals.

Services Include:

- Adult Inpatient Behavioral Health Services
- Intensive Outpatient Programs (IOP)
- Emergency Mental Health Services
- Psychiatric Evaluation and Treatment
- Crisis Stabilization Services

Location:

288 South Ridgecrest Street

Rutherfordton, NC 28139

Phone: 828-286-5000

<https://www.myrutherfordregional.com/behavioral-health>

Why Health Coverage Matters

Access to health coverage can help individuals and families:

- Access mental health treatment
- Obtain substance use recovery services
- Receive preventive healthcare
- Manage chronic health conditions
- Access medications
- Reduce financial barriers to care

Support long-term health, recovery, and wellness

North Carolina Medicaid & Children's Health Coverage Programs

Access to health insurance can play an important role in supporting physical health, mental health, substance use recovery, and overall wellness. North Carolina offers several public health coverage programs that provide access to preventive care, behavioral health services, treatment, medications, and supportive services.

NC MEDICAID EXPANSION

Beginning December 1, 2023, North Carolina expanded Medicaid coverage to include adults ages 19 through 64 with incomes up to 138% of the Federal Poverty Level.

Approximate monthly income limits:

- Individual: approximately **\$1,800 per month**
- Family of three: approximately **\$3,065 per month**

Many adults who previously did not qualify for Medicaid may now be eligible.

NC Medicaid Covers:

Primary care and doctor visits

Prescription medications

Preventive care and wellness services

Dental services

Behavioral health and mental health treatment

Vision and hearing services

Substance use disorder treatment and recovery services

Maternity and postpartum care

Hospital and emergency services

Medical equipment and supplies

Cost:

- **No monthly premium**
- **Copays generally do not exceed \$4**

You May Qualify If You:

- Live in North Carolina
- Meet citizenship or qualifying immigration requirements
- Meet household income eligibility guidelines

The best way to determine eligibility is to apply.

NC Medicaid Contact Information

NC Medicaid Eligibility Section

 919-813-5340

NC Medicaid Contact Center

 888-245-0179

<https://medicaid.ncdhhs.gov/north-carolina-expands-medicaid>

<https://www.ncdhhs.gov/assistance>

NORTH CAROLINA HEALTH CHOICE (NCHC)

Health Coverage for Children

The North Carolina Health Choice program helps provide health insurance coverage for children in families who earn too much to qualify for Medicaid but cannot afford private insurance.

Covered Services Include:

Behavioral health and mental health services	Hospital care
Substance use treatment services	Physical and occupational therapy
Well-child and sick visits	Speech and language services
Dental services	Home health services
Prescription medications	Care coordination and case management
Emergency services	

How to Apply for Medicaid or Health Choice

One application can be used to apply for both Medicaid and Health Choice.

Apply:

- Online through **ePASS**
- Online through **Healthcare.gov**
- In person at your local Department of Social Services office
- By mail
- By fax
- By telephone

Rutherford County Department of Social Services

Address:

389 Fairground Road
Spindale, NC 28160

Mailing Address:

PO Box 242
Spindale, NC 28160

https://rutherfordcountync.gov/departments/social_services/medicaid_health_choice.php