**CommWell Health Behavioral Health Services**

CWH Behavioral Health Services provides services to individuals in order to help reduce suffering and improve quality of life; we strive for excellence in service delivery to individuals with substance abuse, mental health and related problems.

Guiding the formation of principles stated below is the underlying belief that, regardless of the severity of disability, in human life even small gains counts. This belief will strengthen staff, consumers, and families to maintain hope and optimism.

* The consumer will be viewed as the director of services in order to promote independence, self-determination, and personal dignity.
* Services will be provided in the least restrictive environment and at the appropriate level of intensity to address the unique needs of each individual.
* Services will be provided in a culturally and linguistically appropriate manner.
* State-of-the-art methods and techniques will guide cost effective service delivery.
* The community will be viewed as an oasis of potential resources for consumers.
* The community, including special interest groups, will be educated to improve their ability to understand value, and help our consumers.
* The input of consumers and families will be welcomed as a valuable resource in planning and evaluating all levels of treatment/ service.

The following are the comprehensive Mental Health and Substance Abuse Services that we offer:

**Harvest House Residential Program**

We offer a residential treatment program for individuals recovering from the disease of alcoholism and drug addiction located on the main campus of CommWell Health at 3331 Easy Street, Dunn, NC. Through motivational and cognitive counseling, we have structure a comprehensive recovery program which offers a positive atmosphere, individual and group counseling, in-house meetings, meditation, educational sessions and a schedule based on all aspects of recovery. By applying the tools provided by our certified bilingual staff, patients can build a strong foundation and learn how to continue the lifelong process of recovery.

Services and Components:

**Angelic House**

The Angelic House is a transitional housing program for women. This program offers a safe and supportive environment for women who are in recovery from chemical dependencies and desire to live a healthy lifestyle. It is a structured living environment that allows each client to practice life and social skills, and work on independent living skills daily. Individuals that are in the transitional housing program are required to make a minimum of one AA/NA or CA meeting per week.

Ongoing case management helps each resident to continue dealing with the root causes of homelessness so that she may become self-sufficient. Group living provides an environment for necessary support from other women who have undergone similar life experiences. In this residence, women work toward achieving employment retention and independent living.
Services and Components:

**Substance Abuse Intensive Outpatient Program (SAIOP)**

This program gives the individual an opportunity to interact in the real world environment while benefiting from a peer-oriented, structured therapeutic program. Client progress is assessed regularly by clinical staff, which develops individualized treatment plans with each client. SAIOP utilizes a step down approach, which focuses directly on the role of alcohol and drugs as they relate to problem feelings and behavior and how problems can be solved without the use of drugs or alcohol. The curriculum is designed to help participants increase their motivation to abstain from their drug of choice and to establish a recovery program for themselves.

Services and Components:

**Outpatient Groups (OPG)**

These groups are focus in individuals who are new to recovery or who are returning after a relapse. The OPG are appropriate for individuals who have made poor decisions around alcohol and/or other drugs repeatedly. The group focuses on education about the disease process, recovery tasks, and relapse prevention planning. This program is designed to develop skills to deal with tasks that are part of the early recovery process and to develop skills for relapse prevention. It addresses the needs of a whole range of clients whose substance abuse use has caused problems in their lives and the lives of those who care about them. Our certified bilingual staff provides support two nights a week for adults with substance abuse problems while allowing clients to remain employed.

**Aftercare Program (AC)**

After care is the stage following discharge, when the client no longer requires services at the intensity required during primary treatment. The aftercare program assists us in providing a complete, supportive continuum of care for those patients who completed residential, SAIOP, or outpatient treatment programs. It consists of a weekly group facilitated by an experience counselor who helps guide clients in their recovery efforts, assisting them in meeting the goals in their Patient Centered Plan. In the Ac groups, clients my explore success, obstacles, and day to day issues that confront them, receiving feedback and support form the group facilitator and other group members. This program helps families and pro-social support systems reinforce a healthy living environment. AC is an integral part of every recovery program and plays a vital role in bringing permanence to new learned behaviors.

Service Components:

**Building Bridges Walk in Crisis Center**

Building Bridges is a crisis walk in center that offers Mental Health and Substance Abuse treatment services. It is located at 306 Beaman Street, Clinton, NC.

When your life is in crisis this can be a turning point in a person's life. By providing individualized treatment and support, we help people move beyond this overwhelming stressful time and get their lives back on track.

Crisis services are designed to assist individuals who are confronting life-threatening circumstances, current or recent traumatic crises, and serious mental illness. These issues include:

**All services of CommWell Health are offered on a sliding fee scale based on family size and income**

**We accept most insurance, IPRS, Medicaid, Medicare, Visa, Master Card and Debit Card**

**For more information on any of our services, please call**

**910 567-5020**

**1 800 567 5021**