

Program Description



R E S O U R C E S
F O R
H U M A N D E V E L O P M E N T . I N C .

The RHD Varsity Crest program in Wake County (a sister program in Durham serves that county) is specifically designed for adults with severe and persistent mental illness who have a long history of psychiatric hospitalizations and whose symptoms are not fully remediated by medication. Many individuals also have significant physical health issues. The program provides wrap-around services, which includes a combination of Community Support Team and Supervised Living in an apartment setting. RHD has awake staff on site 24 hours a day, 365 days a year. Staff provide individualized supports needed for each person to maintain their community tenure; staff interact with them several times throughout each day and when needed, during the night.

The RHD team consists of a licensed psychiatrist who provides clinical assessments, medication evaluation and monitoring on a weekly basis, a full-time Licensed Professional Counselor (LPC), a full-time MSW and a part-time PLCSW, in addition to a team of Associate Professionals and Paraprofessionals who on a daily basis assess individuals clinical needs and functioning and provide the appropriate clinical and support services.

The clinical service centers around rehabilitation geared to the person's improving: interpersonal skills, independent living skills, symptom monitoring skills and community coping skills. Staff are trained to use appropriate crisis de-escalation techniques when dealing with aggressive or symptomatic behavior. Multiple daily contacts with the persons being served allows for early intervention, increasing the likelihood that it will be effective. RHD staff administer medications

and monitor to assure medication compliance. They also educate people concerning their medication and side effects. RHD staff coordinate medical, psychiatric and other necessary services to assist individuals in reaching their goals.

Supervised living services focus upon implementing strategies and activities that support personal interaction, enhanced social roles and community membership with an eye to safety skills as well. RHD provides group and individual leisure activities on a weekly basis and other activities on a larger scale such as a Spring Prom and attending musicals along with taking an annual vacation to the beach.

RHD gives people as much control over their lives as possible without putting the person at risk. The intensive nature of the services along with individualizing supports allow people to be successful who have not succeeded in more traditional models.

Referrals can be made by submitting psychiatric evaluations, psychosocial evaluation, FL2, Person centered plan (all dated within the last year), occupational therapy assessment, insurance information, county of residence and documented evidence to meet community support team criteria. Referrals can be faxed to 919-755-1624 or mailed to Karen Gall, 1503 Crest Rd Apt 201, Raleigh, NC 27606