



# Here for Support.

One of North Carolina's most trusted providers of services for people with mental illness, substance abuse challenges, and intellectual and developmental disabilities.

## Wake County Behavioral Health Services

Open 8 a.m.-5 p.m., Monday-Friday

### Open Access

Outpatient Therapy and  
Psychiatric Services

Assertive Engagement



## Several locations throughout Wake County to serve you

232 High House Road  
Cary, N.C. 27513

130 N. Judd Parkway  
Fuquay-Varina, N.C. 27526

401 E. Whitaker Mill Road  
Raleigh, N.C. 27608

350 E. Holding Avenue  
Wake Forest, N.C. 27587

1002 Dogwood Drive  
Zebulon, N.C. 27597

**At Monarch, we believe that each person is a unique individual with a personal dream.** We understand that life poses challenges for some more than others. Often, these challenges can prevent people from realizing their full potential. Monarch is here to help individuals and their families take control of their lives and reach their dreams.

**Monarch is a nonprofit organization.** We support people with varying degrees of mental illness, substance abuse challenges, and intellectual and developmental disabilities. Monarch provides safe and nurturing environments and relationships to help people learn, grow, heal, and break through barriers.

**Monarch is for everyone.** We provide support and services for people and their families regardless of age, race, religion, or cultural beliefs. We understand that different phases of life pose different sets of challenges. Our staff has expertise working with a variety of people and circumstances.

**Often people tell us that we have succeeded where others have failed.** That's because at Monarch, our dream is to see the people we support achieve their dreams. We are here to help make it happen, whatever it takes.

**Need assistance or want to schedule an appointment?** Please call toll free (855) 986-1763 from 8 a.m.-5 p.m., Monday-Friday. For more information about **Monarch Behavioral Health** services, visit [www.MonarchNC.org](http://www.MonarchNC.org).



An affiliated chapter of The Arc



# Wake County Programs and Services

## Additional Monarch services offered throughout the state

**Open Access**

**Outpatient Therapy**

**Psychiatric/Medication Management  
Services**

**Hospital Discharge & Transition Services /  
Assertive Engagement**

**Intensive In-Home Services (Ages 3-20)**

**Peer Support (Adults only)**

**Community Support Team (Adults only)**

**Psycho-social Rehabilitation (Adults only)**

**Assertive Community Treatment Team  
(ACTT) (Adults only)**

**Mobile Crisis Services (Children and Adults)**

**Crisis Assessment Center (Guilford -  
Children and Adults)**

**Facility-Based Crisis / Non-Hospital  
Medical Detox (Adults only)**

Established in 1958, Monarch provides support statewide to thousands of people with intellectual and developmental disabilities, mental illness and substance abuse challenges. Monarch is a nonprofit organization that is nationally accredited by CQL and CABHA certified.

For the most up-to-date information on **Monarch Behavioral Health** services and where they are provided, visit [www.MonarchNC.org](http://www.MonarchNC.org) or call toll free (855) 986-1763.



Find us on Facebook



### **Open Access**

We believe in providing the help people need when they request it. Open Access means we encourage individuals who need services and are new to Monarch to simply walk-in for the first appointment. Our goal is to jumpstart the road to recovery by providing a comprehensive clinical assessment, a treatment plan, a psychiatric evaluation with prescriptions if needed, and a referral to the proper level of care. While this process takes longer than a traditional appointment, it reduces what could otherwise be months of waiting.

### **Outpatient Therapy and Psychiatric Services**

Monarch clinicians provide comprehensive clinical assessments, counseling/therapy, psychiatric assessments, and medication management for individuals dealing with mental health challenges such as bipolar disorder, schizophrenia, depression and anxiety. There is also help for individuals challenged by substance use disorders. Monarch utilizes evidence-based groups as our primary modality and is enhanced by individual therapy when clinically appropriate to ensure the best possible outcomes. Our experienced doctors, physician extenders, nurses, and therapists coordinate treatment with primary care physicians to provide a comprehensive approach to treatment. Through Open Access, individuals in crisis can be seen for their first service without the need of an appointment so treatment can start right away.

### **Assertive Engagement**

Sometimes people experiencing mental health symptoms struggle to trust and engage with the service system that is designed to help them. Monarch's Transition and Engagement Professionals team up with Peer Support Specialists to meet with people while they are hospitalized. Together they build trust, create a crisis plan, and help people move successfully back into the community. We help the individual to navigate the service system and even attend the first appointment with the individual and their new provider.