



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.

Behavioral Health Services

Serving Columbus, Robeson and Scotland Counties

Outpatient Therapy and Psychiatric Services (Children and adults)

Mobile Crisis Services
(Children and adults)

Crisis Services Unit – Lumberton
(Adults only)

Group Therapy

Medication Management

Locations

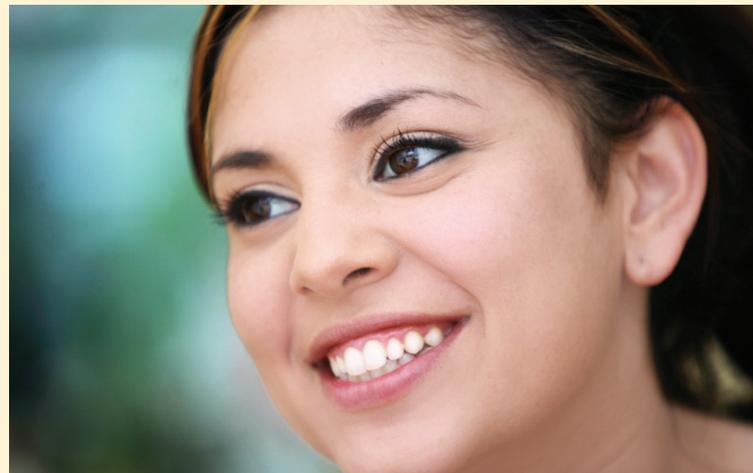
Columbus County
628 Madison Street
Whiteville, N.C. 28472

Robeson County
2003 Godwin Avenue, Suite C
Lumberton, N.C. 28359

207 West 29th Street
Lumberton, N.C. 28358

Scotland County
915 South Main Street, Suite G
Laurinburg, N.C. 28352

For more information about **Monarch Behavioral Health** services, call (910) 618-5606 or visit www.MonarchNC.org.



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 make it happen, whatever it takes.

Need assistance or want to schedule an appointment? Please call (910) 618-5606 24 hours a day, 7 days a week. For more information about **Monarch Behavioral Health** services, visit www.MonarchNC.org.



Find us on Facebook

Monarch Behavioral Health Services

Southeastern Region Programs and Services

Serving Columbus, Robeson and Scotland Counties



Additional Monarch services offered throughout the state

Intensive In-Home Services (Ages 5-21)

Day Treatment (Ages 11-21)

Peer Support (Adults only)

Psychosocial Rehabilitation (Adults only)

Community Support Team (Adults only)

**Crisis Services Assessment Center –
Guilford** (Adults only)

Residential Services (Adults only)

Vocational Services (Adults only)

For the most up-to-date information on **Monarch Behavioral Health** services and where they are provided, or for more information, visit www.MonarchNC.org or call (866) 272-7826.

Monarch provides supports and services to people with intellectual and developmental disabilities, mental illness and substance abuse challenges throughout North Carolina. Monarch, which operates The Arc of Stanly County, is a nonprofit and is an affiliate chapter of The Arc of North Carolina and The Arc of the United States. The nonprofit organization is nationally accredited by CQL and CABHA certified.



An affiliated chapter of The Arc

For people with intellectual
and developmental disabilities



The Council on Quality and Leadership

Outpatient Therapy and Psychiatric Services (Children and adults)

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. Our experienced doctors, physician extenders, nurses, and therapists coordinate treatment with primary care physicians to provide a comprehensive approach to treatment. People in crisis can be seen without an appointment so that treatment begins as quickly as possible.

Crisis Services Unit – Lumberton (Adults only)

Our Crisis Services Unit is designed as a 24/7/365 service to help people who are experiencing an acute mental health or substance abuse crisis. We provide rapid medical screening and crisis assessments to determine if an individual needs psychiatric hospitalization or detoxification services. Individuals can remain on site in a safe environment until a hospital bed becomes available and transportation can be provided. Treatment can include medication management.

Medication Management

Medication management is a very important step in the treatment process for some and ensures an individual's prescribed medications are individually assessed and determined to be appropriate for the individual's medical condition. Medication management includes monitoring the medications a person takes to confirm the person is complying with a medication regimen, while ensuring the person is avoiding potentially dangerous drug interactions and other complications. Adjusting medications as clinically indicated to ensure best possible outcomes.

Mobile Crisis Services (Children and adults)

Monarch's mobile crisis services are available when there is an immediate need for compassionate and expert intervention. Our Mobile Crisis Team is a 24/7/365 support service that assists individuals who are experiencing a mental health or substance abuse crisis in their home, school, or any other community location. Mobile Crisis team members are trained to evaluate and de-escalate crisis situations and then get the services needed to begin the process of recovery.

Group Therapy

In addition to traditional outpatient individual therapy, Monarch offers a variety of Group Therapies. Group Therapy has significant benefits, including reducing mental health symptoms and addressing personal goals. Participants experience emotional support, empathic understanding, and authentic encouragement from one another. Individuals can increase self-confidence through revealing their interior lives. Group therapy is instrumental in healing many types of emotional and psychological struggles people experience: depression, anxiety, anger, fear, shame, etc. Members feel less alone in the world through understanding that what they're going through is not altogether uncommon. Understanding other people's problems, goals, and solutions helps members clarify their own.