

johnston county mental health center

johnston county mental health center plays a critical role in providing comprehensive mental health services to residents of Johnston County and the surrounding areas. As a dedicated facility, it offers a wide range of behavioral health programs, including outpatient counseling, crisis intervention, and specialized treatment for various psychological conditions. This center is designed to support individuals struggling with mental illness, substance abuse, and emotional difficulties by connecting them with professional care and community resources. Understanding the services provided, eligibility criteria, and access procedures at the Johnston County Mental Health Center is essential for those seeking help. This article offers an in-depth overview of the center's mission, services, patient programs, and how it integrates with broader mental health systems to ensure effective care delivery.

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Overview of Johnston County Mental Health Center

The Johnston County Mental Health Center is a state-supported facility committed to delivering high-quality mental health care to individuals and families within the county. It operates under the guidance of North Carolina's Department of Health and Human Services, providing both preventive and therapeutic services. The center focuses on promoting mental wellness, reducing the stigma associated with mental illness, and improving the overall quality of life for its clients. It serves diverse populations, including children, adults, and seniors, addressing a broad spectrum of mental health concerns.

Mission and Vision

The core mission of the Johnston County Mental Health Center is to provide accessible, compassionate, and effective mental health care that empowers individuals to achieve recovery and lead meaningful lives. The center's vision emphasizes integrated care, community partnerships, and continuous improvement in service delivery to meet evolving mental health needs.

Facility and Staff

The center is staffed by a multidisciplinary team of licensed psychologists, psychiatrists, social workers, counselors, and support personnel. The facility includes outpatient offices, therapy rooms, and crisis intervention units designed to create a supportive and safe environment for treatment.

Services Offered

Johnston County Mental Health Center offers a comprehensive array of services tailored to meet the unique needs of its clients. These services span assessment, diagnosis, treatment, and ongoing support for mental health conditions.

Outpatient Counseling and Therapy

The center provides individual, group, and family therapy sessions aimed at addressing issues such as anxiety, depression, trauma, and behavioral problems. Licensed therapists use evidence-based approaches to facilitate recovery and coping strategies.

Crisis Intervention and Emergency Services

In cases of mental health emergencies, the center offers immediate crisis intervention to stabilize the individual and prevent harm. This includes 24/7 access to crisis counselors, walk-in evaluations, and coordination with emergency services when necessary.

Medication Management

Psychiatrists and nurse practitioners at the center evaluate and prescribe medications to manage symptoms of mental illnesses such as bipolar disorder, schizophrenia, and major depressive disorder. Medication monitoring is integrated with therapy to optimize treatment outcomes.

Eligibility and Access

Access to services at the Johnston County Mental Health Center is based on specific eligibility criteria designed to ensure that those most in need receive timely and appropriate care. The center serves residents of Johnston County who meet clinical guidelines for mental health treatment.

Who Can Receive Services

Services are available to individuals of all ages, including children, adolescents, adults, and older adults. Clients typically must reside in Johnston County or demonstrate a connection to the area. Priority is often given to individuals with severe and persistent mental illnesses, those experiencing crisis, or persons with co-occurring substance use disorders.

How to Access Services

Individuals seeking care can initiate contact via phone or in-person visits to schedule an intake assessment. Referrals from primary care providers, schools, or social service agencies are also accepted. The intake process includes a comprehensive evaluation to determine the appropriate level of care and treatment plan.

Programs and Treatment Options

The Johnston County Mental Health Center implements a variety of specialized programs designed to address distinct mental health needs through structured treatment plans and community support.

Adult Mental Health Program

This program focuses on adults experiencing conditions such as depression, anxiety disorders, schizophrenia, and bipolar disorder. Services include therapy, medication management, and case management to support recovery and community integration.

Child and Adolescent Services

Specialized services cater to children and adolescents facing emotional, behavioral, or developmental challenges. The center offers counseling, psychiatric evaluation, and school-based support to enhance functional outcomes for young clients.

Substance Use Disorder Treatment

The center provides integrated treatment for individuals with co-occurring mental health and substance abuse disorders. This includes outpatient counseling, relapse prevention education, and coordination with detoxification and inpatient rehabilitation facilities.

Support and Rehabilitation Services

Additional programs include vocational rehabilitation, peer support groups, and housing assistance, which aim to promote independence and long-term wellness for clients transitioning back into the community.

Community Involvement and Support

Johnston County Mental Health Center actively engages with local organizations, schools, and public health agencies to foster awareness and reduce barriers to mental health care. Community education initiatives and outreach programs are integral to its mission.

Public Awareness Campaigns

The center participates in campaigns to educate the public about mental health issues, encourage early intervention, and combat stigma. These efforts help increase understanding and acceptance within the community.

Collaborative Partnerships

Partnerships with law enforcement, healthcare providers, and social services enable coordinated care for individuals with complex needs. These collaborations enhance resource sharing and continuity of care.

Volunteer and Peer Support Opportunities

Johnston County Mental Health Center offers opportunities for volunteers and peer support specialists to contribute to client services, providing lived-experience guidance and fostering a supportive environment.

Contact and Location Information

The Johnston County Mental Health Center is conveniently located to serve the community with accessible office hours and multiple points of contact for client convenience.

Location and Hours

The center's primary facility is situated within Johnston County with ample parking and public transportation access. Office hours typically cover weekdays with provisions for after-hours crisis support.

How to Reach the Center

Prospective clients and referring agencies can contact the center via telephone or visit in person to obtain information, schedule assessments, or access emergency services. Staff are available to provide guidance on eligibility and available programs.

Additional Resources

- Client intake forms and informational brochures
- Community support groups and workshops
- Referral contacts for specialized care and housing assistance

Frequently Asked Questions

What services does Johnston County Mental Health Center offer?

Johnston County Mental Health Center provides a range of services including counseling, psychiatric evaluation, medication management, crisis intervention, and substance abuse treatment.

How can I make an appointment at Johnston County Mental Health Center?

You can make an appointment by calling the center directly during business hours or by visiting their official website to fill out an intake form.

Does Johnston County Mental Health Center accept insurance?

Yes, the center accepts most major insurance plans, including Medicaid and Medicare. They also offer sliding scale fees for uninsured patients.

What are the operating hours of Johnston County Mental Health Center?

The center typically operates Monday through Friday from 8:00 AM to 5:00 PM. It is recommended to call ahead for specific service hours and emergency care availability.

Are there any support groups available at Johnston County Mental Health Center?

Yes, the center offers various support groups for mental health conditions such as depression, anxiety, and substance abuse, providing peer support and coping strategies.

How does Johnston County Mental Health Center handle crisis situations?

The center has a dedicated crisis intervention team available 24/7 to assist individuals experiencing mental health emergencies, offering immediate assessment and referral to appropriate care.

Additional Resources

1. *Healing Minds: A Journey Through Johnston County Mental Health Center*

This book offers an in-depth look at the services and programs provided by the Johnston County

Mental Health Center. It shares personal stories of recovery and resilience, highlighting the center's role in supporting individuals with mental health challenges. Readers gain insight into the compassionate care and innovative treatments available in the community.

2. Community Care: Mental Health Initiatives in Johnston County

Focusing on community-based mental health efforts, this book explores the various initiatives led by Johnston County Mental Health Center. It discusses outreach programs, prevention strategies, and collaborations with local organizations to improve mental wellness. The narrative emphasizes the importance of accessible care for all residents.

3. Breaking Stigma: Understanding Mental Health in Johnston County

This title tackles the stigma surrounding mental illness in Johnston County and the center's efforts to combat it. Through educational campaigns and advocacy, the book explains how attitudes toward mental health are shifting. It includes interviews with patients, caregivers, and professionals dedicated to fostering acceptance and support.

4. From Crisis to Care: Emergency Mental Health Services in Johnston County

Detailing the crisis intervention services at Johnston County Mental Health Center, this book provides an overview of emergency response protocols. It highlights the center's role in managing acute mental health episodes and supporting individuals in distress. The book also covers training for first responders and partnerships with local hospitals.

5. Youth Voices: Mental Health Support for Young People in Johnston County

This book focuses on programs specifically designed for children and adolescents served by the Johnston County Mental Health Center. It addresses challenges faced by young people, such as anxiety, depression, and trauma, and describes tailored therapeutic approaches. Success stories demonstrate the positive impact of early intervention and family involvement.

6. Innovations in Therapy: Johnston County Mental Health Center's Approach

Highlighting the innovative treatment methods employed at the center, this book explores new therapies and technologies used to enhance patient outcomes. It covers cognitive behavioral therapy, telehealth services, and integrative approaches combining medication and counseling. The book serves as a resource for mental health professionals and interested community members.

7. Caregiver's Guide: Supporting Loved Ones Through Johnston County Mental Health Services

Designed for family members and caregivers, this guide offers practical advice on navigating the mental health system in Johnston County. It explains how to access services, communicate effectively with providers, and provide emotional support to loved ones. The book also addresses caregiver self-care and community resources.

8. Building Resilience: Recovery Stories from Johnston County Mental Health Center

Through a collection of personal narratives, this book celebrates the strength and perseverance of individuals who have received care at the Johnston County Mental Health Center. Each story highlights different aspects of recovery and the impact of therapeutic support. The book aims to inspire hope and reduce feelings of isolation among readers.

9. Policy and Progress: The Evolution of Mental Health Care in Johnston County

This comprehensive work examines the historical development of mental health services in Johnston County, focusing on policy changes and funding initiatives. It analyzes the role of the mental health center in shaping local healthcare landscapes and improving access. The book provides context for ongoing challenges and future directions in mental health care delivery.

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