

VOLUNTEER EVENT

Volunteer Info Session
Thursday 9 April
2:00-3:00pm
841 Case Street
Hendersonville

Join us for a tour of our clinic
and learn more about how you
can help!

RSVP at 828.697.8422 or email
volunteer@thefreeclinics.org.

COMING SOON

Salon 2020

FRIDAY 24 APRIL

6:00-9:00PM

HOSTED BY THE ORIOLE MILL

\$80 Early Bird
\$90 after April 13 & at the door

Join us for the best party of the season! Enjoy small plates, fine wine,
local craft beer & cider, live music, sparkling conversation, and a
curated silent auction, all in a unique setting.

TICKETS ON SALE AT [THEFREECLINICS.ORG/SALON](http://thefreeclinics.org/salon) OR CALL 828.697.8422



Winter 2020
Community Impact Focus:
Behavioral Health

Return Service Requested

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The Free Clinics
841 Case St.
Hendersonville, NC
28792

A Message from Our Executive Director:
Judith Long



The Free Clinics has been addressing behavioral health needs in our community since 2006, when we opened our Psychiatric Clinic. In 2010, we added Counseling and Care Navigation, assisting persons in finding the right home to meet their needs. That same year, with the adoption of the Community Pharmacy, we also became the source for psychotropic medications for vulnerable persons in Henderson and Polk Counties, including those detained in the Henderson County Detention Center. For the past several years, we have averaged 2,000 behavioral health encounters for approximately 500 unduplicated patients each year.

Our work in this arena continues to evolve to meet community needs. Last year, TFC launched our award-winning Bridges to Health program in the Henderson County Detention Center, with the remarkable result to-date of **53% of those patients nesting for care upon their release**. Recently, Henderson County contracted with TFC to add a Patient Health Advocate at the Detention Center, to assist inmates in navigating to appropriate care upon their release. The Sheriff's Office estimates that **between 75-80% of detainees are in need of behavioral health care**, so this new position will be integral to the care of vulnerable members of our community. Vaya Health also contracted with TFC to place a full-time behavioral health clinician in the Detention Center. And Henderson County is contracting with TFC to create a Post-Overdose Response Team to initiate discussions about treatment and recovery with those who have lived through an overdose.

These integrated services are designed to bridge tremendous gaps in behavioral health care in our community and to serve our most vulnerable neighbors. And we need your help! **We have a critical need for volunteers—psychiatrists and therapists especially.** Please join us if you are able or help us spread the word to potential volunteers!

828.697.8422

info@thefreeclinics.org

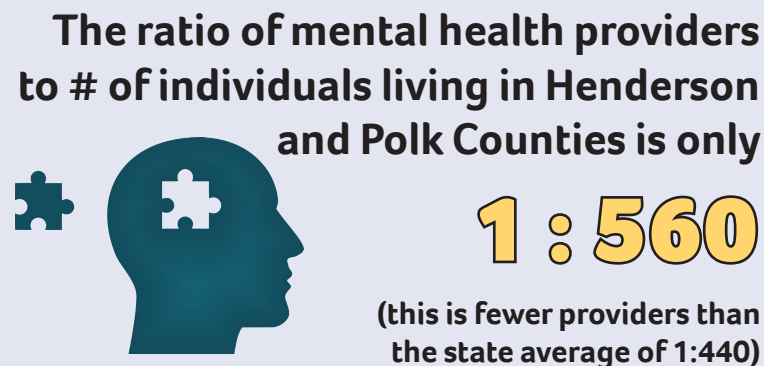
What is Behavioral Health?

Language is complicated, and it evolves. Often, you may read of efforts to address substance abuse or substance misuse, or more recently, substance use disorder. Each phrase seeks to describe the same challenge, but each phrase offers a very different portrayal of the issue—from “abuse” and “misuse” (both of which create negative connotations of the person) to “use disorder” (which suggests the person faces challenges in how they use substances).

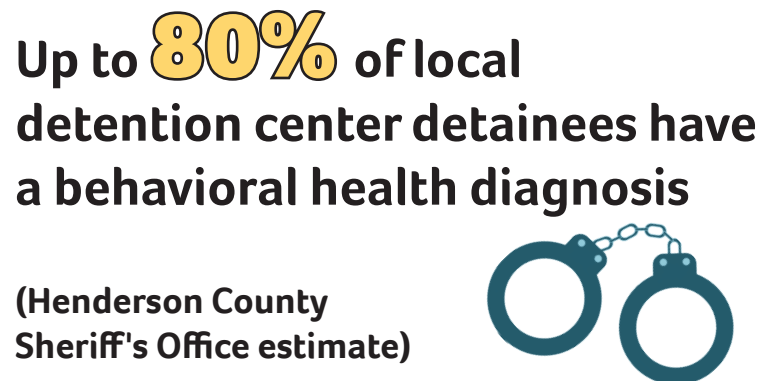
Locally, in Henderson County and WNC, we use the phrase “behavioral health” to include both mental health and substance use disorder needs and programs.



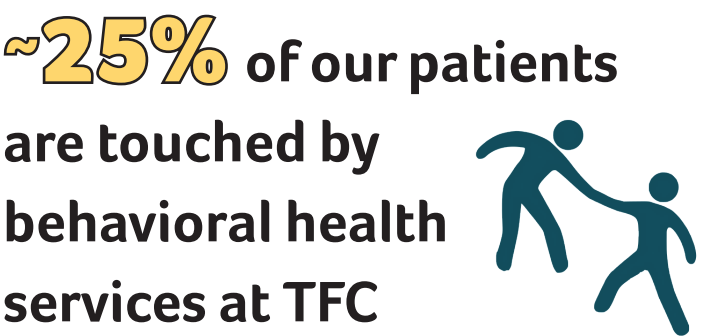
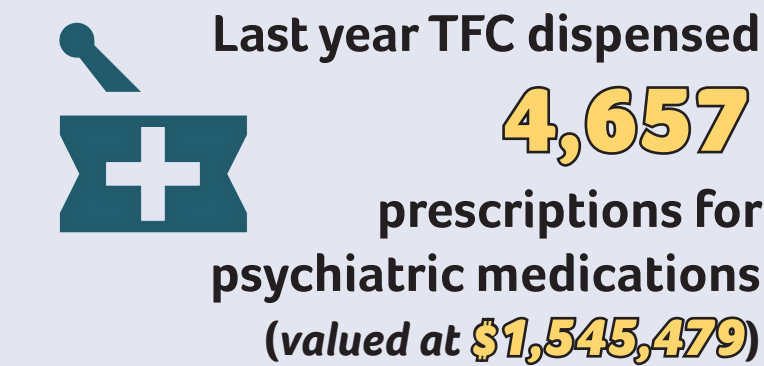
Source: The Parity Leadership Group, paritytrack.org, "Evaluating State Mental Health and Addiction Parity Statutes-State Report Card", 2018.



Source: countyhealthrankings.org, 2019.



Behavioral Health at TFC (2018-19)



Countywide Action on Behavioral Health

Every three years, all N.C. counties conduct a **Community Health Assessment** to determine what health areas need improvement. Two of Henderson County's top priorities in the last assessment were 1) access to mental and behavioral health services and 2) substance misuse

disorder. The *Henderson County Partnership for Health* (made up of local leaders from the school system, sheriff's office, EMS, hospitals, local agencies like TFC, and many more) developed a **Behavioral Health Strategic Plan** in response to these priorities. A **Substance Abuse Task Force** was formed in July 2018 to take action on substance misuse and the opioid epidemic within Henderson County.



New TFC staff members Andrés Ruiz (LCSW-A) and Tina LaFoy (PHA) are based at the Henderson County Detention Center.

Continuing this work, TFC is collaborating with the Henderson County Department of Public Health to create a **Post-Overdose Response Team** to conduct recovery outreach with recent overdose survivors. We have also implemented a **Detention Care Team**, with a new **Patient Health Advocate** and **Licensed Clinical Social Worker** at the jail to address inmates' behavioral health needs.