



NEWS RELEASE

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Highland Rivers Health to open new resiliency support clubhouse in Cartersville week of January 4

ROC Clubhouse to provide supportive environment for youth working on mental health issues

CARTERSVILLE, Georgia – December 30, 2015 – Highland Rivers Health today announced its new youth resiliency support clubhouse will open the week of January 4, 2016, at 1 Goodyear Ave. in Cartersville (in the former church at the corner of Goodyear Ave. and Cassville Rd.) The ROC (Reaching Our Community) Clubhouse will provide a fun and safe environment for youth ages 11 to 18 with a mental health diagnosis to interact and build positive social and life skills.

Highland Rivers will host a community open house and tours of the ROC Clubhouse on Thursday, January 7, from 4:00 to 6:00 p.m.

“Adolescence can be a challenging time for anyone, but for kids with a mental health issue, it can become distressing – so early intervention is critical,” said Melanie Dallas, CEO of Highland Rivers Health. “The Clubhouse will provide a safe and supportive environment for young people with mental health problems to work on their recovery, learn important resiliency skills and interact with other kids who are facing the same challenges they are.”

According to the National Association for Mental Illness, half of all lifetime cases of mental illness begin by age 14. However, the earlier someone receives treatment services, the more likely they are to recover and grow to be productive adults. Clubhouse services will include a combination of individual counseling, group discussions, interactive learning and family supports that foster effective communication, employment readiness and other life skills.

The ROC Clubhouse will accept referrals from Bartow County schools, healthcare professionals, the Department of Family and Children Services, juvenile court and others that provide services to youth. The Clubhouse will operate Monday through Thursday from noon to 7:00 p.m., and Friday from noon to 8:00 p.m. At least one Saturday each month, the Clubhouse will hold a special recreational outing that could include hiking, horseback riding, sporting events, movies and more. All services are provided at no cost to participants and include transportation to and from the Clubhouse and Saturday outings.

About Highland Rivers Health

Highland Rivers Health provides comprehensive treatment and support services for adults, children and families affected by mental health disorders, intellectual and developmental disabilities, and addictive diseases. One of the state's largest public safety net providers, Highland Rivers operates 28 treatment facilities across a 4,400-square mile area of Northwest Georgia that includes Bartow, Cherokee, Fannin, Floyd, Gilmer, Gordon, Haralson, Murray, Paulding, Pickens, Polk, and Whitfield counties, and serves nearly 16,000 consumers annually. Highland Rivers is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and is a Core Provider for the Georgia Department of Behavioral Health and Developmental Disabilities. For more information, visit www.highlandrivershealth.com.

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