

## Blue Ridge Center (BRC) Frequently Asked Questions

### Does a consumer need to be in Region Ten's catchment area to attend Blue Ridge Center?

No. Unlike other departments within the agency, BRC is open to the broader community. We welcome any adult (18+) regardless of where they live.

### How do I refer a consumer to BRC?

A referral through Credible is needed. As a low-barrier program, consumers may simply come to BRC anytime Monday–Friday between 9:00am–4:00pm. Staff will welcome them, provide an orientation, review group options available that day, and help determine a good fit. Flyers are available to share.

### What types of populations attend BRC groups?

BRC serves a diverse mix of participants, including:

- Individuals living in group homes, some with Serious Mental Illness (SMI) diagnoses
- Individuals stepping down from the Wellness Recovery Center
- Community members who attend groups independently for ongoing grounding/maintenance

### Does BRC just focus on mental health?

No, we have several weekly groups that incorporate substance misuse focus, including our SMART Recovery, Substance Misuse Group, Courage to Change, and Co- Occurring all facilitated by a credentialed CSAC.

### How do BRC groups differ from MHOP groups?

- Cost: BRC groups are free; MHOP groups are not.
- Structure: MHOP is a more intensive program, meeting three times per week (MWF) for three hours each session (9:15am–12:15pm).
- Accessibility: BRC offers low-barrier, open groups that typically meet once per week, with the exception of Peer Support and Acuwellness groups.

### Do you offer therapy at BRC?

**Yes. BRC offers:**

- A free walk-in clinic on Tuesdays and Thursdays from 1:00–4:00pm (first come, first served; participants request a slot at the front desk).
- A BRC Outpatient program, where our clinician (Steven Le) maintains a caseload that includes both MHOP participants and individuals seen through the walk-in clinic.

### Why is it no longer called a “clubhouse”?

During the pandemic, we engaged with the community to better understand local needs, and accessibility emerged as the top priority. Additionally, agency leadership transitioned to using “Center” language across departments. As BRC no longer offers traditional clubhouse components (such as social outings, unit work, or lunch),

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reopening provided an opportunity to rebrand in a way that better reflects our current model and services.

### **Who is a good fit for BRC?**

Blue Ridge Center is a good fit for adults (18+) who:

- Are seeking low-barrier, voluntary support in a welcoming, community-based setting
- May benefit from psychoeducation, peer support, wellness-based groups, or brief clinical support
- Are not currently able to commit to a highly structured or intensive treatment schedule
- Are stepping down from higher levels of care and looking for ongoing connection and routine
- Prefer services that are free, flexible, and open rather than referral- or insurance-based