

CooperRiis Healing Community

(Residential Treatment Center & Young Adult Program)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
Ages: 18+
Grades: N/A
Enrollment: 60
Duration: Individualized 6-9 months at our primary campus
Founded: 2003



NATSAP Member
Since: 2012

Airport: Charlotte, NC (CLT)
 Asheville Regional Airport (AVL)
 Greenville-Spartanburg Int'l (GSP)

CooperRiis is a healing community in western North Carolina where individuals with mental health challenges learn new ways to gain coping skills, learn to become independent and attain fulfillment in life. Typical diagnoses include schizophrenia, schizo-affective disorder, bipolar disorder, major depression or anxiety disorders. Some residents experience borderline personality disorder and many have a history of substance abuse.

CooperRiis practices relationship-centered care which places the relationship at the core of the therapeutic and recovery process. All interactions are based upon a fundamental commitment to mutual respect and self-awareness. As a result, our community functions as a positive, affirming force with the goal of moving residents from being "stuck" and disengaged, toward a more active, fulfilling and hopeful life.

We help each resident create an Overall Recovery Plan that addresses the physical and mental challenges of life, while coaching the resident's creation of a "Dream Statement." The Dream Statement becomes the resident's 'road map' for the Core Goals and Objectives they wish to achieve.

Our comprehensive program addresses mind, body, spirit and heart. In addition to the best of modern psychiatry, psychology, substance abuse counseling, we focus on nutrition and exercise. Yoga, meditation and acupuncture are offered. Our holistic nutritionist works with our psychiatrist to offer dietary supplements for optimal mental health. Medication is often a necessary component, however, it is but one aspect of the recovery process. CooperRiis Healing Community embraces and honors the whole person, seeking not only recovery of mental health but restoration of overall health.

CooperRiis is a community; in fact, most residents tell us that aspect is the most important aspect of their recovery experience with us. Our Community Work and Service Program give residents the opportunity to engage in activities that are necessary to the life of CooperRiis. The integration of residents into the work-life of the community is one way of helping them to restore their identity as responsible citizens of the community. In the morning the resident awakens with a sense of purpose knowing that the community needs them, not as a 'patient', but as a gardener, a woodworker, an animal caretaker, an artist, a chef, a housekeeper...

Residents who choose the CooperRiis Community Program remain in a formal relationship with CooperRiis while gaining skills in the work-a-day world, in going to college, and in managing their own living arrangements. As residents move through CooperRiis' four levels of community programming, they become more and more independent.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: North Carolina Department of Health and Human Services

Professional Affiliations: NATSAP-Full Member; International Society for Psychological Treatments of Schizophrenias and other Psychoses; American Residential Treatment Association; Association of Therapeutic Communities; Young Adult Transition Association