



2010 Old Greenbrier Road, Suite: B  
Chesapeake, VA 23220

Greetings Community Partner:

We are pleased to announce the opening of Access Behavioral Health Urgent Care (a subsidiary of Rawles & Associates, PLC), whose mission is: To initiate and achieve from a trauma-informed, social justice perspective on an individual and community level, healing, and empowerment among vulnerable populations, locally, nationally, and abroad.

With this mission in mind, we sought to respond to the growing need of access to mental health care for those experiencing non-acute emotional crisis. ABHUC is the region's first and only urgent care/walk-in clinic dedicated to mental health. The clinic treats both adults and children in urgent need of care for mental health crises. This service provides immediate access to behavioral health care without the often long and costly wait for Emergency Room care to address non-emergent issues.

### **ABHUC is a new kind of urgent care**

#### **Key Services**

- Depression
- Mood disturbances
- Anxiety
- Medication issues/concerns
- Stress
- Grief reactions

When confronted with a mental health crisis, many individuals may not know where to turn, which frequently leads them to law enforcement or traditional ER settings. We know that our community requires more individualized, empathetic mental health treatment, despite the fact that both services provide the greatest support possible. Thus, a psychiatric-specific urgent care, will provide those in greatest need access to fully integrated, whole-person care. We are pleased to provide an additional healing hand for the strengthening of our community.

ABHUC Is available to any person 10+ years old in the Hampton Roads area. Available services include:

- Psychiatric Evaluation & Medication
- Behavioral Health Assessment
- Intensive goal directed individual therapy
- Referral to Needed Resources
- Referral to Long-Term Services



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- Interim Services if Needed

### **What to Expect:**

1. Our front desk staff or Counselor Technician will complete the Triage and Registration process.
3. Our therapists will complete a brief behavioral health assessment to assess your current needs and history of behavioral health treatment and then make treatment recommendations.
4. If needed, our Psychiatrist or Nurse Practitioner will complete a brief psychiatric or medication evaluation. If appropriate, they can make medication adjustments, provide refills, or prescribe new medications until we are able to connect you with a long-term medication provider.
5. Our Outreach Case Manager will meet with you to assess your current needs regarding resources and referrals. They will assist in connecting you to a long-term medication provider or other behavioral health provider if needed. They will continue to provide interim services until you are connected with your new provider.

### **Initial Hours of operation**

**Grand Opening: Tuesday, September 6, 2022**

Monday – Friday 8:00am – 6:00pm.

\*Hours will be increased over the next several months

**We look forward to working with you**

Kind Regards,

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