

## How do I begin?

### Contact your RBHA Case Manager

RBHA Case Managers will make a referral to MHSS.

## What's next?

### Complete an assessment

An assessment will be conducted with you to make sure MHSS is a good fit.

### Set personal goals

Working with a Skill Builder, you will identify your personal goals and your goals will be added to your Individualized Service Plan (ISP).

### Meet with your Skill Builder

You and your Skill Builder will meet weekly to work toward achieving your goals. Progress will be assessed every 3 months to evaluate your achievements, continue current goals and/or add new goals.



We believe every person *deserves* a chance to have a secure, happy, and fulfilling life.

That's why *we're here.*

### Statement of Nondiscrimination

Eligibility for services shall not be determined on the basis of race, sex, religion, sexual orientation, or ethnic origin.

### RBHA Offices

107 S. 5th St.  
Richmond, VA 23219

 804-819-4000

**RBHA** RICHMOND  
BEHAVIORAL HEALTH  
AUTHORITY

**RBH** RICHMOND  
BEHAVIORAL  
HEALTH

You've taken the first step.

Let's talk about the rest of the journey.



MENTAL HEALTH  
SKILL-BUILDING SERVICES



## What we help with:

### → Personal & Home

- How to find solutions to day-to-day problems
- How to remember important things, such as taking medication
- How to wash, dress, and be alone in your home for a few days
- How to create a meal schedule
- How to pay bills and other household responsibilities
- How to clean and maintain your home



## What we help with:

### → People & Community

- How to listen and understand what people are saying
- How to start and maintain a conversation
- How to maintain employment or stay in school
- How to recognize danger
- How to deal with people you don't know
- How to make and maintain friendships

**Mental Health Skill-Building Services (MHSS)** are designed to assist individuals with living independently and maintaining community stability. MHSS is available for adults with long-term mental health needs, intellectual disabilities, and/or co-occurring diagnoses.



## Contact Us

 [www.rbha.org](http://www.rbha.org)

 804-819-4000