



A LITTLE ABOUT US...

The Henry and Rilla White Youth Foundation, Inc. is a Florida-based, not-for-profit corporation that was founded to serve individuals, youth, and their families. It was established in 1988 in memory of two of Levy County's most respected citizens, Henry and Rilla White. Henry was a teacher, school board member and superintendent of the Levy County School System. His wife, Rilla Drummond White, owned White's Grocery Store, a gathering place for youth. She was widely known for her commitment to her family, church and the youth of the community.

The professional staff at the White Foundation provide a wide range of mental health and substance abuse services to adults, including individual and group therapy, and case management.



RECOVERY SERVICES You will receive a return phone call within 24 hours to set up an appointment. All services are provided directly, by referral, or by contract. The following services are offered to individuals who live with severe and persistent mental illness. If you are not sure you have a mental illness we can evaluate and treat if needed.

- **Bachelor of Science - Adult Targeted Case Management-based on a needs assessment**
- **Certified Behavioral Health Technician - Day Treatment, two days a week**
- **Certified Behavioral Health Technician - Psychosocial Rehabilitation, 3 days a week**
- **Licensed Medical Health Counselor - Substance Disorder Treatment, as needed**
- **Licensed Medical Health Counselor - Individual Counseling-daily, weekly, as needed**



The Henry & Rilla White Youth Foundation

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 386-752-7813 Office
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 Program Director

The Henry & Rilla White Youth Foundation, Inc.

Insurance Accepted:

Prestige, Sunshine, OPTUM, United Health Care, Medicaid

Health Home

A Health Home is a healthcare delivery approach that focuses on the whole person; it integrates and coordinates primary care, behavioral health, other healthcare, and community and social support services.

A Health Home, also, allows for individual choice and is capable of assessing the various physical and behavioral health needs of the persons served.

Services are designed to support overall health and wellness.

Substance Abuse

The Substance Abuse Treatment Program is a short-term and intensive outpatient (IOP) that is an alternative to residential care. The typical course for IOP is a 100+ hour program where members commit to 3 days per week for 3 months. A variety of treatment methods are incorporated, including member and group counseling. We, also, incorporate a family component to treatment. Traditional substance abuse outpatient services for members are, also, available as determined by member needs. Each member will receive a comprehensive evaluation and treatment plan to get on the way to recovery. Treatment is provided by experienced and licensed clinicians.

Transitional/Supported Employment

Develops emotional, social, and employment skills necessary to secure job placement. It provides opportunities to try various jobs to assess interest and skill level, and provides opportunities to work in the community for a competitive wage with a job coach working to maximize the client's opportunity for success.

Mental illness isn't anything to be ashamed about. It's an illness that impacts the brain. So, reclaim your life; it is possible!

Psychosocial Rehabilitation (PSR)

Provides opportunities for personal growth and empowerment in a group setting by offering classes that are designed to develop and enhance skills necessary for improved mental health and recovery. PSR builds on the strengths and capabilities of each member, while encouraging hope and promoting respect, and, believes that all members have the capacity for learning and growth. An evidence-based curriculum is designed to address the unique needs of members, consistent with their treatment goals and aspirations.

THE MYTH:

People with mental illness can't be cured and they are a menace to the rest of society. The only way to handle "these types of people" is to lock them away in an asylum.

THE FACTS:

All mental illnesses can be Treated!

Some mental illnesses can't be cured **but they can be managed so that individuals can lead a full and productive life!**

Adult Targeted Case Management

Assesses people with mental illnesses for service needs and links them to the needed community resources such as social security, Medicaid, and food stamps. They assist people in planning short and long-term goals for recovery while monitoring progress on reaching the recovery goals. Case management, also, serves as an advocate in a member's recovery.

