

MINDFUL CARE

- 1. Finding recovery with Turning Point*
- 2. Long-term residential treatment at CenterPoint*
- 3. Our new Quick Response Team for Substance Use Disorders*
- 4. Mayfield's Fuller Center expands short-term residential treatment capacity*





Finding Recovery

Turning Point is our newest initiative in the treatment of substance use disorders

Turning Point, located at 1620 Kentucky Ave., in Paducah, is part of Four Rivers Behavioral Health's comprehensive substance abuse services. Turning Point was recently established to provide easily accessible services to those in recovery with a focus on those who are just learning to live a sober life.

Recovery is a life-long commitment and many of those new to recovery need support and guidance along the way.

Shamike Stiles is the Program

Manager for the newly opened Turning Point. She said, "Reaching out to the recovery community and area professionals through speaking engagements, community group meetings and learning events will give us insight into what they need and how we can help.

We are starting with some meetings and services for Veterans, who are under-served in this region in regards to substance use disorder treatment and recovery services."

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Centerpoint

A long-term residential treatment program for men

CenterPoint is a Recovery Kentucky men's substance abuse treatment program. It is a peer-driven community that includes a transitional phase back into society.

CenterPoint is managed by Four Rivers Behavioral Health and is funded in part by the Kentucky Housing Corporation, The Department for Local Government and the Kentucky Department of Corrections.

Treatment at CenterPoint Recovery Center is divided into five distinct



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Recovery

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Turning Point is unique in that the program is designed around the concept of peer support.

Staff at Turning Point have personal experience with substance abuse and can offer guidance and support from a “been there, done that” perspective.

Turning Point will offer Peer Support Services, recovery groups, skill groups and individual support as well as individual follow up services.

Stiles said, “Negative self judgment and the stigma of recovery can make it hard to stay sober. We are here to offer a guiding hand with no judgment.

So many people in recovery need help with treating the underlying issues of their substance abuse, like depression or Post Traumatic Stress Disorder, but they don't always recognize those things as the root of their substance abuse. So, they treat the addiction but ignore the cause. These are the people that don't come to my office for counseling and the exact people that we will be able to reach in a recovery community setting as opposed to a mental health care setting.”

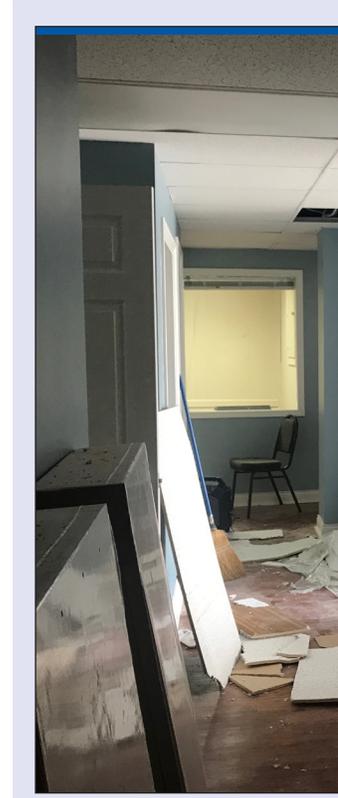
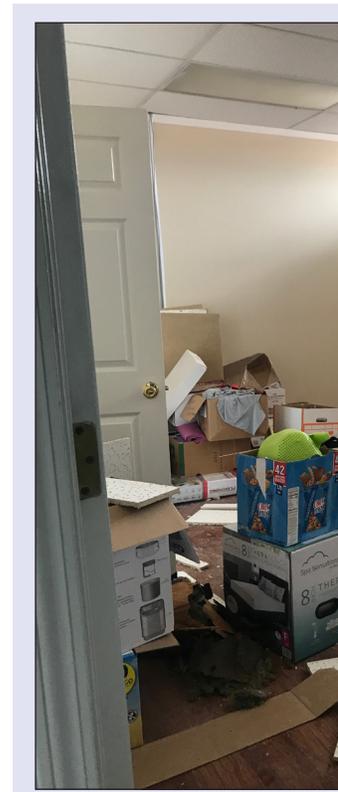
Relapse prevention and treatment are a focus at Turning Point. Staff

provides coaching led by Peer Support Specialists which focuses on identifying and correcting problems for those who find maintaining recovery difficult. An individualized plan of action is developed with the client and Turning Point staff provide guidance throughout the process of preventing a relapse.

Turning Point maintains up-to-date information on resources available to assist with a variety of recovery-focused needs and provides referrals to area meetings and services. Our on-site, multi-station computer lab has staff available to assist clients with job applications, resumes, obtaining a GED, developing online skills and more. In addition, we work closely with area colleges and adult education providers to give Turning Point program participants a number of education options.

Turning Point will soon have an advisory board made up of both community members and people in recovery. This grass roots involvement will give staff insight into the needs of the recovery community.

You can learn more about Turning Point on our substance abuse focused website at www.4rbhAddictionTreatment.org.





Before & After

Work on the new Recovery Zone really began when our youth drop in center opened early last year. The front offices were not needed, so they were only partially renovated and mostly used for storage.

New doors and paint along with built-in desks and cabinetry were installed in June. Renovations were completed and the Recovery Zone began seeing clients in early July.



Quick Response Team

For Substance Use Disorders

Four Rivers Behavioral Health offers emergency services 24-hours a day, 365 days a year. Emergency crisis intervention is provided through our Crisis Line at 800.592.3980.

In addition, we offer specialized crisis stabilization services for Substance Use Disorder. This 5 - 7 day crisis stabilization program gives participants time to heal and decide on their next step.



Our QRT program is designed to provide immediate options for those in a substance abuse crisis, such as an overdose. We have a mobile team that will meet potential clients wherever they may be. Our *"will come to you"* attitude helps keep a crisis from going unanswered.

There are several treatment options available and we encourage people to take action and develop a plan. That plan may or may not include choosing to talk to our Rapid Response Team or checking into a treatment facility. The team includes a Clinical Practitioner and a Peer Support Specialist who will help review recovery options. If someone chooses to wait, our team will follow up with them personally a few days after the crisis.

Crisis Options to Consider

When there is a substance abuse crisis, individuals and their families are overwhelmed and often do not know what to do next. These are some of the options we offer.

*Substance Use Disorder
Crisis Stabilization Unit*

*Fuller Center Residential
Treatment*

*CenterPoint Recovery
Center for Men*

*Intensive Outpatient
Treatment*

Fuller Memorial Center

Residential Substance Abuse Treatment adds bed space

The William H. Fuller Center in Mayfield is part of the overall goal of treating every client like they are home. By having offices in Mayfield, at the Fuller Center, as well as our Lakes Center in Murray, we believe we are meeting our client's needs by being in their neighborhood.

At our Fuller Center campus, we house a short-term, co-ed, 28-day residential treatment program. The facility was recently renovated and capacity was increased by 20% to meet the growing demand for substance use disorder treatment.

The Fuller Substance Abuse Center is a licensed residential treatment program for adults and provides services to both men and women.

The treatment model is 12-step based and utilizes proven methods of treatment such as Motivational Interviewing and Cognitive Behavioral Therapy. In addition to providing substance use disorder treatment, we work closely with therapists and clinicians to address co-occurring mental health disorders such as depression and anxiety.

Treatment does not end at 28 days. We maintain a strong follow up program that focuses on the resolution of problems that come with addiction. We work to improve life skills that will help graduates stay clean and sober.

Many clients find 28 days insufficient to treat their addiction and many are referred to a long-term facility like our six month residential treatment program

at CenterPoint Recovery Center or other similar programs in the region.

Our aftercare programs employ a combination of professional therapy, self-help supports such as AA, NA, or Al-Anon and family involvement.

Fuller Center's increase in bed space is part of larger effort that has seen substance use disorder services expand agency-wide. It is expected that the Fuller Center will be able to again increase bed space at the end of this year.



Centerpoint

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phases with each phase designed to further recovery goals while at the same time, offering clients more independence.

At CenterPoint, learning to live a life of recovery is an important part of treatment. CenterPoint hosts several events throughout the year

including their annual golf scramble and holiday open house. Residents at CenterPoint participate in these events and see first-hand how to have fun and live life substance free.

For several years, CenterPoint has fielded an amateur softball team in the spring and fall Paducah Parks leagues. In 2017 the team went undefeated for the season. This is just one more thing that shows residents there is a more fulfilling life in recovery.



BRIEFLY

FRBH Supports Kindness

We are thrilled to once again be a part of the Paducah Kindness Color Walk coming up on August 3 at Noble Park in Paducah.

This year, the Guess Anti-Bullying Fund will honor the kindness legacy of Dr. Lisa Lasher as the honorary Grand Marshal. For info, visit www.guessantibullying.com.

Facebook and Mental Health Agencies

Community mental health agencies, like Four Rivers Behavioral Health, are working to build awareness of available services. Social media platforms have done a great deal in making it that much easier.

We encourage you to like our page as well as the state's broader effort. For details, visit www.4rbh.org or www.facebook.com/CMHCOK.

Meet our staff



Shamike Stiles
Turning Point Program Manager

Meet ***Shamike Stiles***. Shamike holds a bachelors in psychology from Murray State University and has been with Four Rivers Behavioral Health for several years.

She began her carrier as a Clinical Associate in our 28-day residential substance abuse treatment program at the Fuller Memorial Center in Mayfield. She moved on to a position as an Assessment Specialist at the Fuller Center and eventually to the Center for Substance Abuse Services in Paducah as a Clinical Practitioner.

Shamike recently moved back to the Fuller Center and her first

love of residential substance abuse treatment. She has now been named as the Program Manager for Turning Point - our newest initiative in substance abuse treatment. Shamike said what most excites her about Turning Point is, "(she will be) working with the area's recovery community to help fill in the gaps of what they need - not what we think they need.

We will learn their needs as we go and hopefully catch those people who otherwise would have fallen through the cracks."

You can read more about Turning Point in the cover story of this issue of *Mindful Care*.



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