

MINDFUL CARE

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Peer Support Specialists care with lived experience

Drawing on their own lives, Peer Support Specialist can truly empathize with clients

What is Peer Support?

Peer supporters are people who use their lived experience of recovery from mental health concerns or substance use disorders to support others working through their journey.

Combined with skills learned in formal training, their experience and knowledge put them in a unique position to offer support, share their knowledge, and relate in a way that have made this evidence-based practice a rapidly growing part of treatment.

How does it work?

In life, relationships are crucial to well-being. We call friends in hard times, visit family members when they aren't feeling well, and often seek support groups for people who have experienced challenges similar to our own, like chronic disease or loss of a loved one.

In the same way that we reach out to someone who will understand, Peer Support Specialist can provide understanding during a time when

many feel alienated and hopeless.

Peer supporters are more than just people who have been there. Peer Support Specialists work hand-in-hand using their training and skills to support recovery in conjunction with professionals like therapists, social workers, and psychiatrists. Our Peer Support Specialist are required to complete several training sessions and are ultimately certified through the Kentucky Department of Behavioral Health.



Being a Peer Support

Peer Support Specialist are "experts by experience" and because Peer Support Specialist use their own experiences, many at Four Rivers



*Helping others
is the way we
help ourselves.*

- Oprah Winfrey

Peer

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Behavioral Health are or were recently in treatment themselves. Throughout the treatment process our clinicians are always on the lookout for someone they believe would make a good peer support person.

In addition, we list open peer support positions on our website along with other career opportunities. Our Peer Support Specialist work in a full range of clinical settings, including crisis services, mental health, substance use and services for young people

like our youth drop in center, The Zone.

Being a peer support is not just a way to help someone working through situations similar to your own, it also can be part of your treatment journey.

Many find that being a peer support keeps their own progress front-and-center for them. Furthermore, helping others is, in many instances, an important part of the recovery process.

CenterPoint residents create art for downtown lobby

The residents of CenterPoint Recovery Center are a special group of men. Despite all the challenges and hardships they have faced in the past and they continue to face as they learn to live a sober life, they are the first ones to stand up and offer to volunteer or jump in with both feet on a new project.

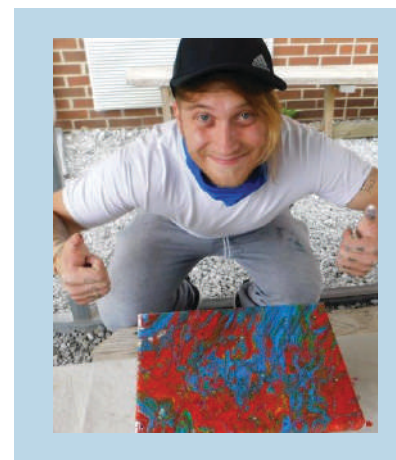
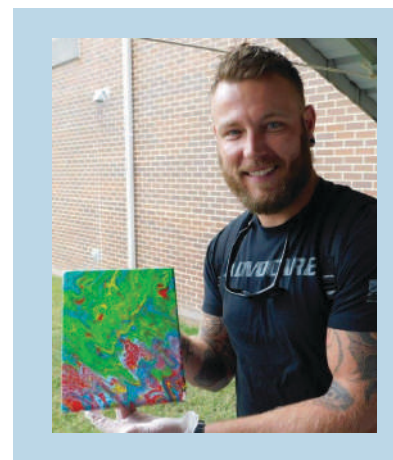
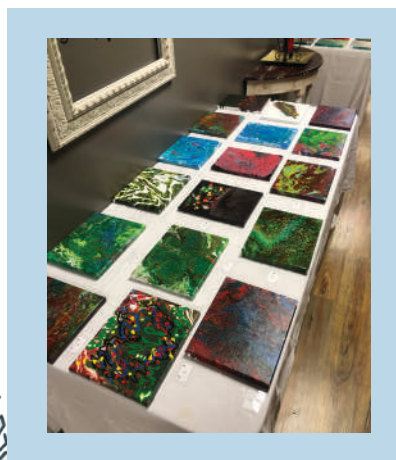
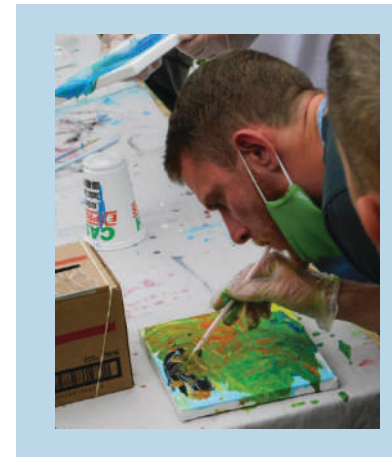
When visiting Four Rivers Behavioral Health's downtown Paducah office, Brandon Fitch, CenterPoint's Case Worker Supervisor, noticed that most everyone comes in the back door from the parking lot and not the front doors. While the front lobby of the building is warm and inviting, the back door entrance lacked that same welcoming feeling.

Brandon suggested CenterPoint residents take on the space and create custom art work to be displayed at the entrance. And, off they went!

After just a couple of weeks, they had created nearly 100 individual pieces of abstract art that will be displayed on a rotating basis at the back entrance to the downtown Paducah office.

The project afforded CenterPoint program participants an opportunity to give back to their community and fill a need that would have otherwise gone unaddressed.

Thanks guys!! Amazing work!



FRBH invests \$1 million in downtown Paducah

Four Rivers Behavioral Health has entered into an agreement to purchase the building adjacent to their downtown Paducah offices. The purchase, along with renovations, will amount to a nearly \$1 million investment in downtown Paducah.

In 2004, the agency purchased their current corporate headquarters at 425 Broadway bringing more than 200 employees from several locations throughout the region to downtown along with more than 50,000 clients a year passing through the doors. The decision to combine several smaller locations throughout the area into a single headquarters was a boon to the ongoing growth and development of downtown Paducah adding much needed foot traffic to the area.

The building had been abandoned by the previous owners, mid-way through renovations, leaving an empty shell for years.

Now, Four Rivers Behavioral Health will again demonstrate the company's commitment to the area with the purchase of the adjacent building.

Terry Hudspeth, CEO of Four Rivers Behavioral Health said, "We continue to see growth in the number of people we serve and, in the last two years, have added several programs that are in rental property. We're thrilled to bring those new programs under the same roof along with about 20 employees and room to add even more as we continue to grow."

The purchase will allow the agency to move its growing youth drop in center, The Zone, to the downtown location along with their new early onset psychosis treatment program, iHOPE. In addition, Turning Point, the company's recovery community center for those in early recovery from substance use disorders also will move to the new building.

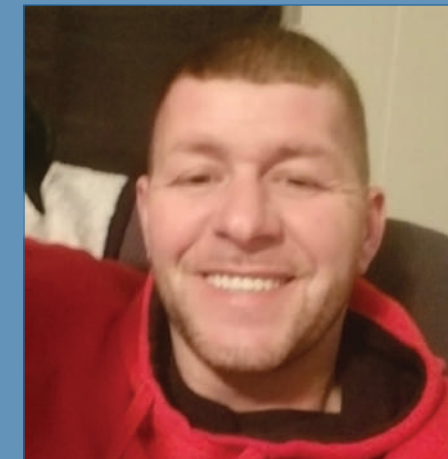
Further, the downtown building will allow for the expansion of programs and services that are in the current offices at 425 Broadway, including the Assertive Community Treatment program as well as Case Management Services for adults and children with a severe mental illness.

Hudspeth continued, "We are pleased to once again show our commitment to the communities we serve by investing in those communities. Bringing more employees and clients to the Broadway location will help build on the momentum of growth we have seen in downtown over the last several years and put people and services in what has essentially been an empty building."

The purchase of the building is expected to be finalized Friday. Renovations will take several weeks and the agency hopes to occupy the building in the spring.



Meet our staff



Don Goodman
Turning Point Recovery Community Center

Meet Don Goodman.

Don is a Peer Support Specialists at Turning Point, Four Rivers Behavioral Health's Recovery Community Center.

Don has been a staff member at Turning Point for a little less than a year but has already become an integral part of the team.

Don says, "I like working as a Peer Support Specialists because I like giving back to my community.

Helping other people is what gives me joy today and it also helps me in my own recovery. I enjoy every day of my job!"

Don often speaks of the feeling he gets when someone walks in the door broken and to then see them come to life after talking with him or after he helps them in

whatever way they need help.

Turning Point Recovery Community Center is part of Four Rivers Behavioral Health's comprehensive substance use disorder treatment services and was established to provide easy access to those in recovery with a focus on those who are just learning to live a sober life. Staff like Don constantly reach out to the Recovery Community and area professionals through speaking engagements, community group meetings and learning events to ensure that those who need a steady hand in recovery know where to turn. Turning Point offers support group meetings, job search assistance and more.



425 Broadway
Paducah, KY 42001
270.442.7121
866.442.7121
Crisis 800.592.3980
www.4RBH.org