

MINDFUL CARE

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- 2. The Zone gears up for summer*
- 3. Overdose Quick Response Team partners with first responders*





Specialized Services for Veterans and Families

Anxiety, Depression, PTSD and Substance Use Disorders are common among veterans

Four Rivers Behavioral Health offers programs and treatments to address the needs of veterans and our experienced staff truly cares for them and their families.

Veteran's unique experiences can inform mental health issues from PTSD to anxiety, depression and substance use disorders.

We have up-to-date information on available resources specific to veterans, such as referrals to area medical providers and Veteran's Affairs offices.

Mental Health Services

Mental Health Services are available through our Center for Adult Services and include individual and group therapy along with traditional outpatient therapy for mental health concerns, including PTSD, anxiety disorders, clinical depression and more.

The Center for Adult Services also works closely with Four Rivers Behavioral Health's Medical Department to provide psychiatric care which may include prescription medication to help manage symptoms.

Our staff of skilled clinicians are trained and certified in a variety of evidence based treatments for trauma such as EMDR, CBT and more.

Substance User Disorders

Substance Use Disorders are not a unique problem for veterans. However, veterans struggling with substance use have special needs when it comes to treatment.

Four Rivers Behavioral Health offers peer-driven support services for veterans in both residential and outpatient settings.

Center for Specialized Addiction Services

The Center for Specialized Addiction Service is outpatient based and includes individual and group therapy, an intensive outpatient treatment program, drug court and more.



William H. Fuller Memorial Center

The Fuller Center is a 28-day residential treatment program for men and women. The program's treatment model is 12-step based and utilizes proven methods of treatment such as Motivational Interviewing and Cognitive Behavioral Therapy. Treatment also includes the recognition of the "Stages of Change"

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The Zone gears up for summer

In June, the Zone hosted its first summer activity at the Paducah Athletic Club. Eight youth attended a swim party along with staff.

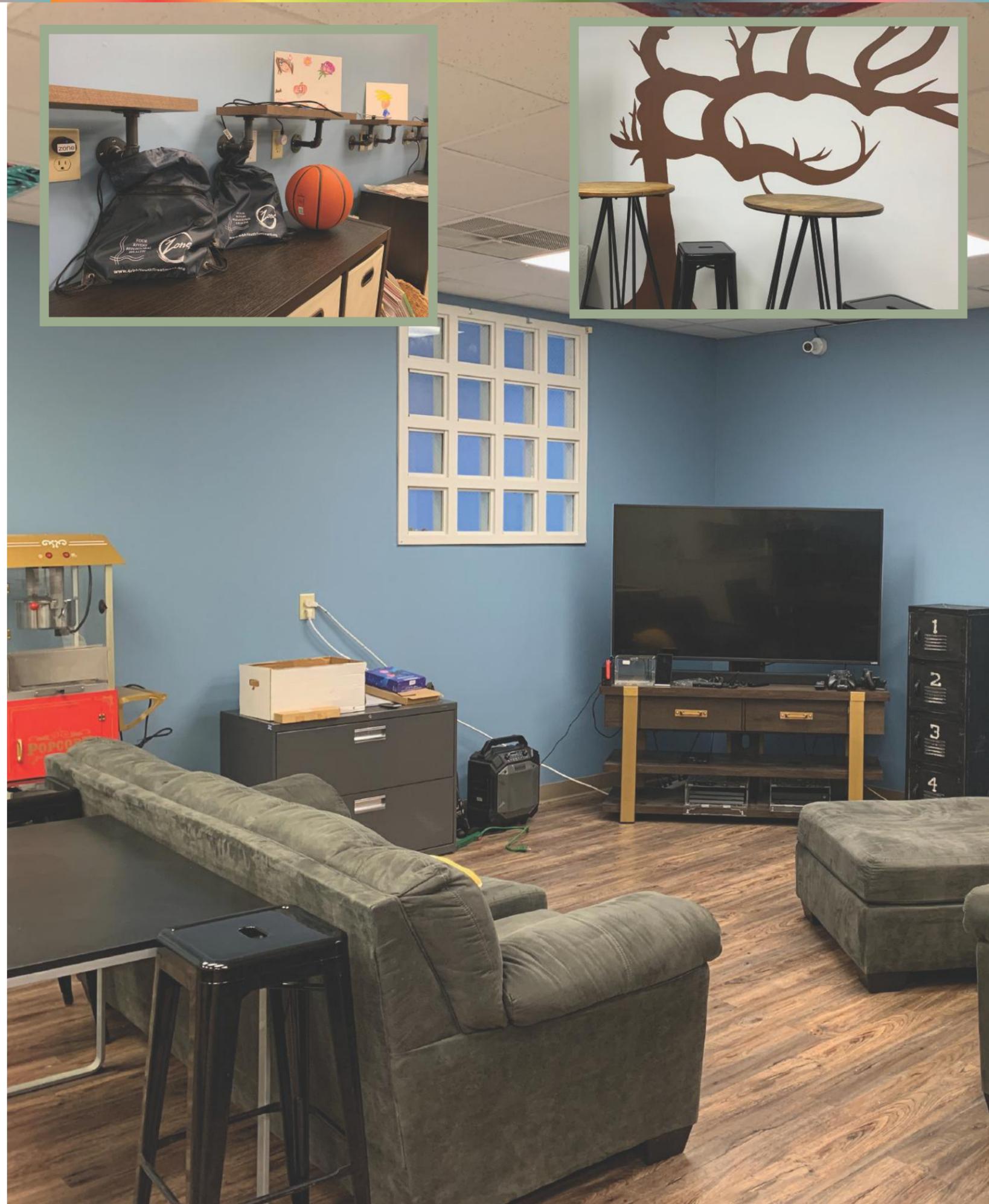
The summer months at the Zone are filled with day trips and other activities along with drop-in expanded hours.

In the fall, when school starts, the youth and young adult drop-in center will revert back to the after school hours of 3 p.m. to 6 p.m.

The Zone is a safe place where youth and young adults can come and enjoy time together. Peer Support Specialists, who are similar in age and have similar experiences as the youth they work with are at The Zone daily.

In the last year, when people couldn't go out, staying at home with nothing to do took a toll on mental health - especially for youth. Having a place where young people can go is something that is especially important after this past year of lockdowns and isolation.

The next summer activity planned will be an afternoon of bowling.



Quick Response Team

An overdose can lead to treatment

Four Rivers Behavioral Health has launched a Quick Response Team to address opioid and other drug overdose cases in our region.

Four Rivers Behavioral Health already offer specialized crisis stabilization services for substance use disorders as part of the agency's Fuller Center campus in Mayfield, KY. This 5 - 7 day program gives participants time to heal after an overdose and decide on a next step which will often include treatment.

While crisis stabilization programs are effective in encouraging people to seek treatment, it is difficult to convince a recent overdose victim to agree to go to crisis stabilization. The Quick Response Team provides an immediate call to action for the victim.

First responders are trained to deal with overdoses, but ensuring there is a plan for aftercare and the encouragement of treatment, generally falls out of the purview of EMS and law enforcement, which is why the QRT team was established.

A QRT team is made up of mental health specialists, peer recovery

coaches and addiction treatment professionals who work with first responders like law enforcement, EMTs and firefighters, to ensure that an overdose is the beginning of treatment and not the end of a life.

QRT mental health professionals are trained to respond to narcotic-related emergencies and to coach overdose victims during their recovery.

The first 48 to 72 hours after an overdose is when a person is more likely to accept help. QRT teams have been proven to reduce future overdose incidents and have been shown to be very successful in facilitating treatment options for the victim.

The program was introduced to first responders and law enforcement last month. As part of that introduction Police and EMTs have been asked to contact the QRT team when they encounter an overdose and then accompanying members of the QRT team to visit the victim.



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Anxiety • Depression • PTSD

Anxiety

Anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. People with anxiety disorders display excessive anxiety or worry, most days for at least 6 months.

Some common symptoms of anxiety include:

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating; mind going blank
- Being irritable
- Having muscle tension
- Difficulty controlling feelings of worry
- Trouble falling or staying asleep, restlessness, or unsatisfying sleep

Depression

Major Depressive Disorder is a common but serious mood disorder. It can cause severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.

Several persistent symptoms in addition to low mood are required for a diagnosis of major depression, but people with only a few, but distressing, symptoms may benefit from treatment.

Some common symptoms of depression can include:

- Feelings of hopelessness, or pessimism
- Feelings of guilt, worthlessness or helplessness
- Lost of interest or pleasure in hobbies and activities
- Decreased energy
- Restlessness
- Difficulty concentrating or making decisions
- Appetite and sleep changes
- Thoughts of suicide

PTSD

Post - Traumatic Stress Disorder develops in some people who have experienced a shocking, scary, or dangerous event. Nearly everyone experiences a range of reactions after trauma, and most people recover from initial symptoms naturally. However, people who have PTSD may feel stressed or frightened, even when they are not in danger.

Symptoms generally last more than one month and be severe enough to interfere with relationships.

There are a number of symptoms common with PTSD. Here are a few:

- Bad dreams or flashbacks reliving the trauma over and over
- Frightening thoughts
- Staying away from places, events, or objects that are reminders of the traumatic experience
- Feeling tense or "on edge" or easily startled
- Having difficulty sleeping
- Distorted feelings like guilt or blame

Veterans

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model in the recovery process. The Fuller Center works closely with therapists and clinicians to address co-occurring mental health disorders.

CenterPoint Recovery Center for Men

CenterPoint is Four Rivers Behavioral Health's 120-bed, long-term substance use disorder treatment center. The program is built around a 12-step model and the nationally recognized Recovery Dynamics curriculum.

Turning Point

Turning Point is a Recovery Community Center focused on providing assistance to those who are new to recovery from a substance use disorder. The program is unique in that it 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.

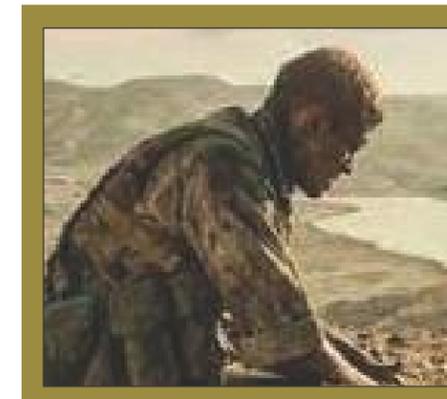
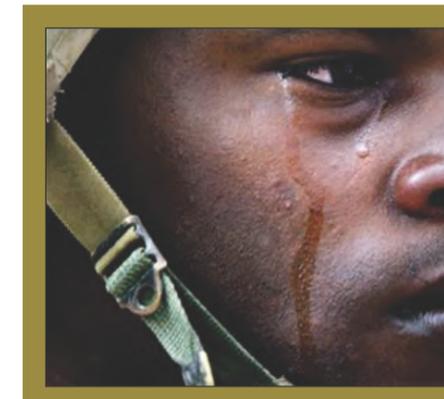
The Turning Point peer support staff includes a dedicated contact for veterans who are new to recovery.

Turning Point provides recovery coaching that includes recovery groups, skill groups and individual support along with follow up check-ins by a veterans-dedicated peer support specialist.

Peer Support Specialists lead groups on relapse prevention and help establish an individualized plan of action developed with the client. Turning Point staff provide guidance throughout the refocus process.

Turning Point's multi-station computer lab has staff available to assist clients with job applications, resumes, obtaining a GED, online skills development and more.

We maintain up-to-date information on resources available to assist with a variety of recovery-focused needs including referrals to area medical and behavioral healthcare providers.





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