

Substance Abuse Services

Four Rivers Behavioral Health offers a variety of programs designed for adult behavioral health treatment, substance abuse programs and more.

In addition to the 28-day residential treatment center at the William H. Fuller Center, we also offer outpatient substance abuse treatment. Outpatient treatment also is available at our Paducah location and Lakes Center office in Murray.

Four Rivers Behavioral Health maintains Intensive Outpatient Treatment programs in both Mayfield and Paducah as well as operates Centerpoint Recovery Center for Men. Centerpoint is a 100-bed, six month residential treatment facility in Paducah.

Substance abuse services also are offered for adolescents as part of our Center for Specialized Children's Service. This can be through outpatient treatment, group therapy or programs for substance abuse co-occurring with other mental health disorders.

Four Rivers Behavioral Health programs are billable to most insurance companies. We will work with your insurance provider to determine what services are covered.

If you have a substance abuse problem, the most important step you can take is to get help. This brochure outlines just one of the many programs available.

For more information about the our Residential Substance Abuse Services or any of our other programs, contact Four Rivers Behavioral Health at 270.442.7121 or visit our website at www.4RBH.org.

About Four Rivers Behavioral Health

Four Rivers Behavioral Health is a private, not-for-profit agency providing comprehensive, integrated mental health, substance abuse and developmental disability services to promote the health and quality of life for consumers in Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, and McCracken counties. Any individual in need is eligible to receive services without regard to race, religion, disability, national origin, or gender.

William H. Fuller Center

Four Rivers Behavioral Health offers programs and services for nine counties in far western Kentucky. Services for McCracken, Livingston, Ballard and Carlisle Counties are located in Downtown Paducah, Kentucky. Our William H. Fuller Center in Mayfield, Kentucky houses our Crisis Center as well as services for Graves, Hickman and Fulton Counties. Our Lakes Center office serves clients in Calloway and Marshall Counties and is located in Murray, Kentucky.



William H. Fuller Center
1525 Cuba Rd., Mayfield KY 42066
270.247.2588 • 270.369.2588
Crisis 800.592.3980
www.4RBH.org

Substance Abuse Services

William H. Fuller Center Residential Substance Abuse Services



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Substance Abuse Services

Our Approach to Care

Four Rivers Behavioral Health's William H. Fuller Center is committed to providing the best possible care for clients with substance abuse disorders and for clients with substance abuse disorders in conjunction with other mental health concerns.



Our staff has years of experience providing successful addiction treatment services to clients throughout the region. We recognize the challenges faced by those suffering with a substance abuse disorder and realize it is a struggle to choose to live a sober life and remain drug and alcohol free.

Our approach to care is to review each program participant's history and tailor a recovery plan for each individual to ensure their success.

Our team of clinical experts work to provide a caring and nurturing environment where substance abuse can be addressed through our detoxification and recovery programs.

Clients are never judged and many of our staff are in recovery and know, first hand, the challenges of living substance free.

It takes courage, guidance, structure and commitment to become sober. Most importantly - it takes help. We work with clients to determine what led to their substance abuse, deal with the 'wreckage of the past' and build the framework for a new sober life.

Treatment Models

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

Our 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 "Stages of Change" in the recovery process. We work closely with therapists and clinicians to address co-occurring mental health disorders.

Support from family and friends is an important part of the recovery process. Our family program consists of education and group therapy to help family members understand the disease concept of addiction, relapse, self care and techniques to improve relationships.



What to Expect

In residential treatment, the typical program will include:

- Assessment
- Social Detoxification
- Routine monitoring by clinical staff
- Individual and Group Therapy
- Education and Support
- Twelve-Step Facilitation

How To Begin Your Journey

The first step is actually very simple, yet the most difficult. CALL!

Contact us for a confidential assessment with a specialist who will determine if residential treatment is right for you. Or, if not, give you other treatment options that may be a better fit.



- Contact us at 866.369.2588
- Bring a photo ID and insurance card
- There is a small initial assessment fee. Program costs are billable to most insurance providers and we will work with your insurance to minimize your out of pocket expense.

Aftercare/Relapse Prevention

Treatment does not end when you leave the residential program. We encourage you to continue with our outpatient services.

Continuing care focuses on the resolution of problems that come with addiction. We work to improve life skills that will help you stay clean and sober.

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