

## How We Treat Substance Abuse Disorders



- Promote abstinence from drugs or other substances.
- Assist residents in understanding of underlying co-occurring mental health issues
- Educating residents on how to use healthy stress-management techniques
- Connecting residents with support networks to encourage ongoing sobriety
- Utilize person centered treatment techniques.



*Find Your Way to  
Freedom Today*



263 Huntsville Quality Rd  
Morgantown, KY 42261

 Kentucky Christian Recovery

**CALL TODAY**  
(270) 934-2024

# KENTUCKY CHRISTIAN RECOVERY



## OUR MISSION

It is the mission of Kentucky Christian Recovery to heal those enslaved by the chains of addiction through the power of Jesus Christ by showing his love to all people that are served by offering Christ-centered, holistic treatment for men





## Our Approach

KCR will use a holistic approach addressing medical, mental health, social, family, community, vocational/educational and spiritual needs. The development of person-centered services will be conducted professionally and with a Christian perspective on change within the person. We believe that all facets of treatment are important but much more than this that spiritual wellness is a core component of change. Family, Group, and Individual counseling will be used from a Cognitive Behavioral Therapy approach and using the Twelve Step model. Accountability groups as well as social skills, life skills, health/wellness skill, and financial skills groups will be utilized. Educational/vocational needs will be assessed and will assist resident to help achieve skills/knowledge to meet their goal. Volunteering in the community as well as attending Celebrate Recovery groups in the community to help establish a positive support system.

# OUR SERVICES

- Residential Substance Abuse Treatment
- Intensive Outpatient
- Outpatient
- Sober living
- Targeted Case Management
- Peer Supports

### Treatment Modalities

\* All Therapies are done with Licensed or Certified Counselors (LPCC, CADC, LCADC, LCSW)

- Cognitive Behavioral Therapy - Cognitive Behavioral Thinking or (CBT) is used to focused on changing the perspective of the event rather than focusing on the event itself. It is through this process that the Counselor will work with client identify thinking errors



### Program Outline

#### Phase 1

##### **Short-Term Residential Treatment**

A typical Residential Inpatient week is comprised of 10 hours of clinical treatment weekly with an additional 20-30 hour per week of recovery-based activities.

#### Phase 2

##### **Intensive Outpatient Services**

- 9 hours per week of Evidence Based, Recovery Focused individual/Group clinical counseling.
- 10-15 hours of both internal and external recovery based activities that co-occurs while in Phase II

#### Phase 3

##### **Sober living/Outpatient**

- Peer Support 1-2 days per week, 2-3 hours per day
- Targeted Case Management 1x per week
- individual counseling as deemed necessary or clinically relevant
- Job skill training or employment
- Group therapy sessions as deemed necessary or clinically relevant

*Phases are based on individuals needs*