

Four Rivers Behavioral Health offers a variety of programs designed specifically for the individuals they serve.

- Center for Adult Services
- Center for Integrated Supports
- Center for Specialized Children's Services
- Assessment and Testing Center
- First Steps
- Center for Medical Services
- Regional Prevention Center
- Center for Specialized Addiction Services
- Center for Community Supports Program
- Lakes Center in Murray, KY
- William H. Fuller Center, Mayfield, KY
- Consumer Operated Services - North
- Consumer Operated Services - South
- Assertive Community Treatment
- CenterPoint Recovery Center

For more information about any of the programs and services detailed in this brochure, 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.

Overview of Available Services



425 Broadway, Paducah, KY 42001
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Overview of Services

Mental Health Services

Four Rivers Behavioral Health offers mental health services for children, adolescents and adults as well as psychiatric services including the region's only board certified child psychiatrist.



- Individual Therapy
- Family Therapy
- Group Therapy
- Consumer Directed Services
- Employee Assistance Programs
- Case Management
- Specialized Services for children, adolescents and young adults
- Consulting Services
- Education Services
- Psychological Testing
- Pre-Admission Screening and Resident Review (PASSRR)
- In-patient Referral Services
- 24 Hour Emergency Services
- 24 Hour Crisis Line
- Crisis Stabilization Unit

Developmental Disability Services

Those with an Intellectual or Developmental Disability are provided a variety of services to educate and encourage them to become self-sufficient.



- Residential Services
- Respite Care
- Case Management
- Community Integration
- Consultation Services
- Education Services
- Community Living Supports
- Personal Assistance
- In-home Training
- Assessments
- First Steps Early Intervention Program
- Supported Living
- Supported Employment
- Individual Support Grants
- Psychiatric Services
- 24 Hour Emergency Services

Substance Abuse Services

Four Rivers Behavioral Health has a comprehensive Substance Abuse Program that includes a 28 day residential treatment program, a 6 month residential treatment program and extensive counseling services.



- Non-Medical Detoxification
- Residential Treatment
- Individual Therapy
- Group Therapy
- Family Programs
- Psychiatric Services
- Assessments
- After Care
- Prevention Programs
- Consulting Services
- Education Services
- DUI Education Programs
- Employee Assistant Programs
- Intensive Outpatient Programs for Adults and Youth
- Urinalysis Screenings
- 24 Hour Emergency Services

Substance Use Services

Four Rivers Behavioral Health offers a variety of substance use programs for both Adults and adolescents.

Four Rivers Behavioral Health's Center for Specialized Addiction Services offers additional substance use treatment programs.

Our Intensive Substance Use Program is available for those involved in the court system, have a history of legal problems related to substance use or have failed at other treatment efforts.

We also offer DUI Programs for clients seeking to examine and change high-risk behavior. These classes are offered on an ongoing basis.

The Center for Specialized Addiction Services also provides outpatient care for those with a substance use problem. Services can include individual or group therapy as well as a comprehensive assessment before treatment begins to determine the services that would be most beneficial.

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 use 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 COR-12 Program or any of our substance use services, contact Four Rivers Behavioral Health's Center for Specialized Addiction Services at 270.442.8039 or visit our website at www.4rbh.org.

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Substance Use Services

Comprehensive Opioid Response Program



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Substance Use Services

What is COR-12

Four Rivers Behavioral Health, through our Center for Specialized Addiction Services offers Hazelden Betty Ford's COR-12 Program as part of the many substance use treatment options available to our clients.

COR is the acronym used for Comprehensive Opioid Response and the 12 signifies the importance of including a Twelve Step component with treatment. The program has an option for medically assisted treatment in conjunction with substance use counseling. After an initial assessment it may be determined that medically assisted treatment would be beneficial.

Our Partners

The COR-12 Program was designed by Hazelden Betty Ford, the country's preeminent experts in addiction recovery.

Four Rivers Behavioral Health staff have received extensive training from Hazelden Betty Ford and our entire team works together to give clients the greatest possibility for success. The program has an option for medically assisted treatment in conjunction with substance use counseling. We have partnered with Kentucky Care to administer medication to those clients in the

COR-12 program who are utilizing that option.



Our Comprehensive Approach

Opioid addiction has reached epidemic proportions in the United States and particularly in Kentucky. According to the Center for Disease Control more than 52,000 Americans die each year from



drug overdoses with Kentucky ranked as having the third-highest overdose rate in the U.S. with opioids indicated as the primary toxin in nearly all of the overdose fatalities.

The program is an integrated model of care that combines the use of medication as an option for treatment along with clinical practice and Twelve Step Facilitation. Other evidence-based treatment methods also are a part of the COR-12 Program such as Motivational Enhancement Therapy, Cognitive Behavioral Therapy and other models.

The option to combine medication along with behavioral therapies has been proven an effective treatment for Opioid Use Disorders. Medically assisted treatment when coupled with relevant social, medical and psychological services has the highest probability of being the most effective of all available treatments for opioid addiction.

Not all participants would benefit from medically assisted treatment but would still be candidates for the COR-12 program. An initial assessment will determine if medication is a suitable option.

Is COR-12 Right for Me?

The program is designed for adults who have met the clinical definition for Opioid Use Disorder and have a one-year history of opioid use. The program is further focused on clients who have failed attempts with other treatment options and who are motivated to make long-term changes to their life.



COR-12 is unique because of multiple weekly opportunities staff have to engage directly with clients.

COR-12 wraps the participant with a support system that provides hope, strength and accountability to overcome addiction.

The program is tailored to the participant with most taking three to twelve months to complete. Throughout the treatment process family involvement is vital and ongoing monitoring takes place to ensure there is no opioid use during treatment. The program also will include extensive



aftercare planning, peer support, medication management (including replacements for opioids for those clients who it is deemed medically necessary), and community referrals.

Four Rivers Behavioral Health offers a variety of programs designed specifically for children and teens.

In addition to the Adolescent Intensive Outpatient Program, Four Rivers Behavioral Health offers a Partial Hospitalization Program for adolescents, a complete Testing & Assessment Center to help determine the best course of action for children with mental health concerns as well as an entire clinical staff dedicated to children who need behavioral health treatment.

Cost of services for the Adolescent Intensive Outpatient Program is billable to most insurance companies. Four Rivers Behavioral Health will work with your insurance provider to determine what services are covered.

For more information about the Adolescent Intensive Outpatient Program or any of our other children's services, contact Four Rivers Behavioral Health at 270.442.7121 or visit the company's website at www.4RBH.org.

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Our Fiftieth Year

Providing comprehensive, integrated mental health, substance abuse, and developmental/intellectual disability services to the region since 1966



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Adolescent Intensive Outpatient Program



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Intensive Outpatient Program

Four Rivers Behavioral Health's Adolescent Intensive Outpatient Program is a treatment option for adolescents 13 to 18 years old.

Treatment focuses on teens who have a substance abuse problem or a mental health concern in conjunction with substance abuse.

Treatment is a collaborative process that includes the teen, their family, and referral sources working together with the clinical staff. The program is flexible and allows for individualized treatment options to ensure the best possible outcome for the teen.



What To Expect

Each teen, along with their family, is given an initial assessment. This will help determine if Intensive Outpatient Therapy is the best course of action.

After the initial assessment, follow up sessions are scheduled and staff will provide a brief tour and orientation to the program.

During the first session treatment goals are established as part of an overall plan. The plan provides a 'road map' that will serve as a guide for treatment. The treatment plan is constantly revised as goals are reached and if new issues arise.

During the course of treatment an aftercare plan will be developed. Aftercare can include continued therapy, introduction to available support groups and more.



How IOP Is Different

The Intensive Outpatient Program is just that, intensive. The program is six or more hours a week and is generally three days per week. While the program provides a high level of treatment components, they are scheduled to avoid (as much as possible) the typical activities of teens.

During treatment, clients remain in their own homes with their parent or guardian and continue to attend their own school. While some intense therapy programs require removal from school, home and sometimes even the community, Intensive Outpatient Programs allow teens to maintain a relatively normal life.

Teens remain in school and at home encouraging involvement with family and friends giving them the opportunity to apply the skills they learn in the program to real-world settings.

Throughout the course of treatment those who continue to have severe emotional troubles may be recommended for even more intense therapy through Four Rivers Behavioral Health's Partial Hospitalization Program.

Program Components

- Group Therapy
- Individual Therapy
- Family Therapy
- Educational Group
- Multi-Family Group
- Peer Supports

- Case Management
- Medication Management
- Drug Testing