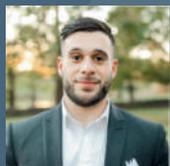


READY TO RECLAIM YOUR LIFE?

FROM OUR CEO

Joey Mashni, Founder & CEO



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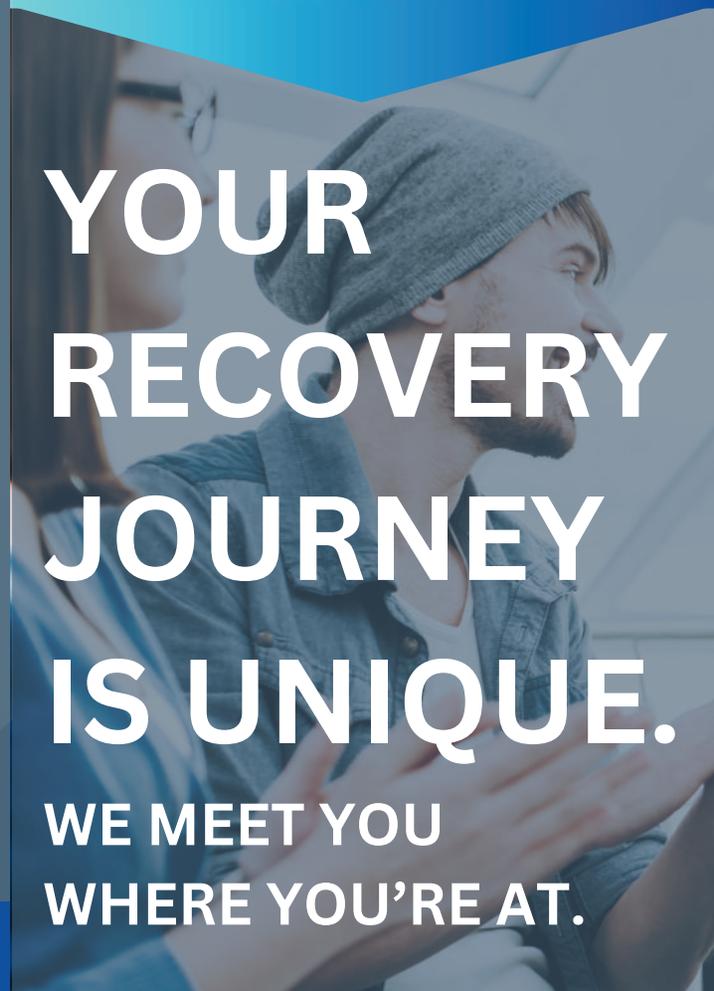
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LIVE YOUR BEST

OUTPATIENT SERVICES OVERVIEW



COMMONHEALTH
RECOVERY



YOUR
RECOVERY
JOURNEY
IS UNIQUE.
WE MEET YOU
WHERE YOU'RE AT.

WHEN THINGS CHANGE
INSIDE YOU, THINGS
CHANGE AROUND YOU

ABOUT US

CommonHealth Recovery Addiction Treatment Centers offer evidence-based outpatient treatment services. We specialize in distinctive and holistic drug and alcohol addiction recovery programs, delivered with love, understanding, and compassion. We meet you where you're at and offer support, education, and a path back to wholeness for you and your loved ones. Let us help you heal from the disease of addiction and reclaim your best life: active, vibrant, and purpose driven.



I can definitely say that they offer the best drug rehabilitation services in Kentucky. They customize their plans and included special therapies which helped me heal and recover faster.

Thank you CommonHealth Recovery.

- Eric S.



OUR SERVICES & PROGRAMS

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Group & Individual Sessions Available
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HIGHLIGHTS

- Groups & Individual Counseling
- In-Person & Virtual Sessions Offered
- Co-Occurring Disorders
- Poly-Substance Use
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READY TO RECLAIM YOUR LIFE?

FROM OUR CEO

FACTS

Co-occurring disorders (COD) refer to the presence of both a mental health condition and a substance use disorder. These may not always be active at the same time, but their impact is often interconnected. A co-occurring disorder can still exist even if one condition is no longer active.

An Individual may have a mental illness first, then turn to alcohol or other drugs due to sadness, anxiety or fear of the other people. On the other hand, an Individual may have a substance use problem first which may cause the brain and other organs to be affected, over time causing the development of a mental illness.

To fully recover, the person needs treatment for both problems.

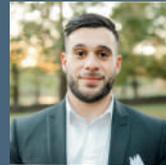
HELPING YOURSELF

The most important way to help yourself is to acknowledge your problems and seek professional help. It is also important to remember that recovery takes time, but once you get help you can expect to enjoy life more and feel better about yourself.

HELPING SOMEONE ELSE

Encourage the individual to acknowledge their problems and seek help. Learn all you can about the person's condition. Support groups, education, and counseling sessions are available for the person's family. Do not make excuses for the individual; instead, offer support, be patient and understanding. Keep in mind that you are not responsible for the individual's condition.

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LIVE YOUR BEST



**COMMONHEALTH
RECOVERY**

**COUNSELING
& CASE
MANAGEMENT
MENTAL HEALTH &
SUBSTANCE USE
DISORDERS**

OUR COUNSELING PROGRAM

SIGNS AND SYMPTOMS

An individual with co-occurring disorder may:

- Use alcohol or other drugs to help with Intense feelings and to avoid problems.
- Experience mood swings from very happy to very sad or may feel depressed for a long period of time.
- Show a lack of Interest In people and activities that used to be enjoyable.
- Think or talk about suicide.
- Feel a need for more of the substance to get the same feeling previously experienced.



TREATMENT

The nature and severity of the illness, the associated risks or complications, and the person's treatment history are some of the things to be considered while assessing for the correct level of care.

There are several levels of care, including but not limited to: counseling and case management, outpatient treatment, medication therapy, Intensive outpatient program (IOP), partial hospitalization, residential treatment, and full hospitalization.

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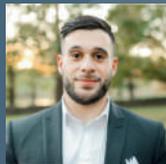
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**WHEN THINGS CHANGE
INSIDE YOU, THINGS
CHANGE AROUND YOU**

LIVE YOUR BEST

INTENSIVE OUTPATIENT PROGRAM (IOP)



**COMMONHEALTH
RECOVERY**

**INTENSIVE
OUTPATIENT
PROGRAM**

**Substance Use
Disorder, Adults 18+**

OUR IOP PROGRAM

What is IOP?

Intensive outpatient programs (IOPs) help individuals overcome substance use disorders while continuing to live at home and maintain daily responsibilities.

How do IOPs Work?

IOP sessions are group-based and focus on improving communication, social skills, structure, and accountability. Sessions are held 3 hours per day, 3 days per week—totaling 9 hours of treatment per week.

Benefits of IOP?

IOPs are flexible, affordable, and private. They offer an opportunity to build strong peer support systems in recovery.

Is IOP right for me?

IOPs are ideal for individuals who have completed detox or inpatient treatment and are transitioning back to daily life. They do not provide 24/7 supervision or medical detox.

CommonHealth Recovery has various morning, afternoon, and evening IOP options.

We offer morning, afternoon, and evening sessions. Our hybrid program includes both in-person and virtual options. All enrollees are expected to attend all three sessions each week. Patients work with a clinician in a group setting to develop core recovery skills.

What is the cost of IOP?

IOP is classified as a Level 2.1 level of care under the latest ASAM (American Society of Addiction Medicine) criteria. **Most insurance plans cover the cost of this service.**



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READY TO RECLAIM YOUR LIFE?

FROM OUR CEO

WHAT IS MAT

Medication-Assisted Treatment (MAT) is an outpatient, evidence-based program focused on whole-person care. We help those who are recovering or seeking help to recover from opioid use disorder and other substance use disorders. We offer a variety of tools and a supportive environment to help the person make positive lifestyle changes. Trauma and resilience informed care is at the heart of our MAT program.

MEDICATIONS WE USE

Suboxone is a combination of Buprenorphine and Naloxone. This medication quickly decreases cravings and withdrawal symptoms. Narcan (Naloxone) - an opioid overdose reversal medication.

We also offer other medications for addiction treatment to support and stabilize.

WHO IS PART OF THE MAT CARE TEAM?

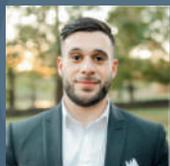
Our MAT Care Team is multidisciplinary.

- Primary Care Provider
- Substance Use Counselor / Therapist
- Care Navigator

We meet weekly to support the whole person wellness of each client with progression to bi-weekly, then monthly appointments.

NO STIGMA, NO JUDGMENT

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MEDICATION ASSISTED TREATMENT FOR OPIOID USE DISORDER



COMMONHEALTH RECOVERY



MEDICATION ASSISTED TREATMENT
Are you or a loved one struggling with opioids or other substances?

LIVE YOUR BEST

OUR MAT PROGRAM

WHAT TO EXPECT

First Visit: After admission, patient will meet with our multi-disciplinary team to complete the assessment process.

- **Biopsychosocial Assessment:** A focused conversation on three areas—
 - **Body:** current health, history, medications
 - **Mind:** mood, thoughts, past diagnoses
 - **Life:** home, work, finances, relationships
- **Resource Assessment:** We quickly review needs like housing, transport, food, work, healthcare, and legal help, then connect you to services so nothing hinders your recovery.
- **Medical Intake:** You'll meet with a medical provider to review your health, substance use history, and any symptoms. This helps us decide what medications are right for you and create a safe, personalized treatment plan.

A PHASED APPROACH

MAT Phases of Care determine frequency of visits.

- **Phase One:** Weekly Visits for 8 Weeks
- **Phase Two:** Bi-weekly Visits for 16 Weeks
- **Phase Three:** Monthly Visits for as long as you need our care.

Recovery support includes individual counseling and group visits.

Referral to community-based organizations as needed.

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MEDICATIONS WE USE

VIVITROL® (naltrexone injectable) is a prescription medicine used with counseling to treat adults with alcohol dependence. Acamprosate (Campral®) and Disulfiram (Antabuse®) may also be used.

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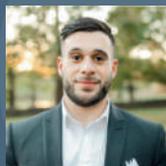
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MEDICATION ASSISTED TREATMENT
FOR ALCOHOL USE DISORDER



COMMON**HEALTH**
RECOVERY



MEDICATION ASSISTED TREATMENT

Are you or a loved one
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COMMONHEALTH
RECOVERY

DRIVING
UNDER THE
INFLUENCE
ASSESSMENT,
EDUCATION, &
TREATMENT PROGRAM

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LIVE YOUR BEST

STEP 1: INTAKE ENROLLMENT FORMS

The first step in starting DUI classes is completing your paperwork in person at our office. This helps us understand your situation and ensures we meet all state requirements. Everything you share is private and judgment-free.

STEP 2: COMPLETE DUI ASSESSMENT

After paperwork, we will complete your in-person DUI assessment at our Frankfort office. The assessment takes about 30–45 minutes and helps determine how many classes you'll need, what to expect, and the cost of your program.

Please bring:

- AOC Form 494
- DUI Citation

(You can request these from the court handling your case.)

STEP 3: YOU'VE GOT THIS - WE'RE HERE TO HELP

Take a deep breath... you're on the right path, and we'll be with you every step of the way.

We know life is busy, and that's why we offer flexible class times to fit your schedule. Whether you're juggling work, family, or other responsibilities, we make it easier to complete your DUI education in a way that works for you.

Our supportive team and judgment-free environment are here to make the process as smooth and stress-free as possible. Let's get started—you're not alone in this.

FEES

To view our current DUI fees, please scan this QR Code.



OUR DUI PROGRAM

20-HOUR DUI EDUCATION (DUI 1ST OFFENSE)

Our classes use the Prime for Life[®] curriculum—an evidence-based program trusted across Kentucky for reducing risky behaviors related to alcohol and drug use.

This 20-hour course helps you:

- Understand how substance use affects your choices and future
- Learn practical tools to make safer, healthier decisions
- Recognize your personal risk and take steps to lower it

Whether this is your first DUI or a requirement for reinstatement, our goal is to help you move forward with confidence and clarity.

DUI TREATMENT (DUI 2ND OFFENSE OR MORE)

Your DUI treatment starts with an in-depth assessment that looks at your mental health, substance use, family life, and more. Based on this, we'll place you in the right level of care:

Outpatient Treatment

Weekly counseling with flexible scheduling—ideal for lower-risk cases. Offered In group and Individual settings.

Intensive Outpatient Program (IOP)

Structured group therapy for higher-risk cases, focused on sobriety and behavior change. Group setting only.

Additional Support

- MAT to reduce cravings (if appropriate)
- Counseling tailored to your needs
- Case Management to help with jobs, transportation, and more

We're here to help you move forward with confidence.

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WHAT IS COURT CLUB?

CommonHealth Recovery's Court Club Program provides reliable, randomized, observed drug and alcohol testing for individuals involved in the Kentucky court system.

We work with probation, pre-trial services, diversion programs, and family courts to ensure timely, accurate, and confidential reporting.

Whether you're required to test for probation, pre-trial release, diversion, or custody cases, our team makes the process simple, supportive, and fully compliant.

We also offer state-approved DUI assessments and education, as well as outpatient treatment options when needed.

WHAT TESTS ARE OFFERED?

14-PANEL URINE DRUG SCREEN
Includes AMP, BUP, BZO, COC, ETG, FEN, GAB, K2, MET, MTD, OPI, OXY, THC, PCP

28-PANEL URINE DRUG SCREEN
Includes 6-MAM, AMP, a-PVP, BAR, BUP, BZO, COC, ETG, FEN, K2, KET, KRA, LSD, MDMA, MET, MPD, MTD, OPI, OXY, PCP, PY, TCA, THC25, THC50, TIA, TRA, XYL

14-PANEL ORAL DRUG SCREEN
Includes ALC, AMP, BAR, BUP, BZO, COC, FEN, MDMA, MET, MTD, OPI, OXY, PCP, THC

Other tests are available, please contact our office with questions.

Testing more than once per week? Ask about a **Court Club Membership** to make testing even more affordable.

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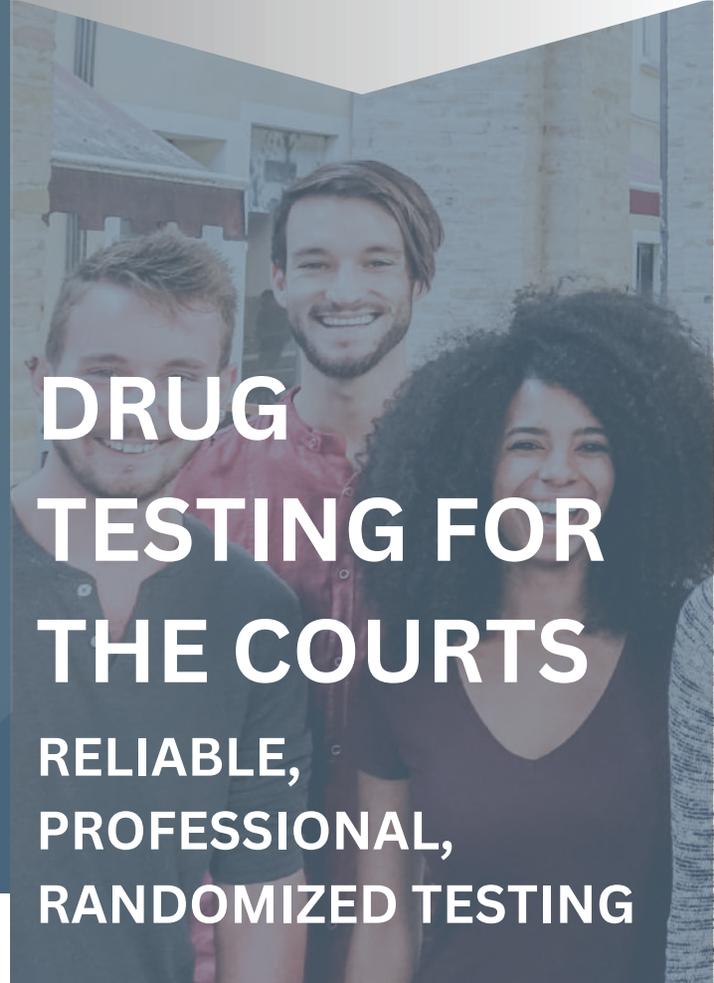
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LIVE YOUR BEST



COMMON**HEALTH**
RECOVERY



DRUG TESTING FOR THE COURTS
RELIABLE, PROFESSIONAL, RANDOMIZED TESTING

AFFORDABLE PRICING

Testing costs vary based on the type of test and how often you're required to test. Our Court Club Program is designed to keep testing affordable for clients. For those needing multiple test days, a Court Club Membership can significantly reduce the cost of staying compliant.

All testing is self-pay, and payment is required before testing is administered.

We gladly accept court sponsorships and offer contract options for courts interested in implementing Court Club testing with affordable, state-billed pricing.

KEY INFORMATION

IS TESTING RANDOMIZED?

Yes. You'll receive a phone number to call daily to check if you're selected for testing. Failure to test on a required day will result in non-compliance.

DO I NEED AN APPOINTMENT TO ENROLL?

No. Clients interested in joining Court Club can walk into our clinic to complete enrollment forms and get started the same day.

WILL YOU WORK WITH MY CASE WORKER?

Yes. With proper authorization, we'll share test results and compliance updates directly with your case worker or supervising agency.

WHAT IF I TEST POSITIVE?

You'll have the option to send the specimen to a confirmation lab for full toxicology screening. This service is available at the client's expense.

CAN I ENROLL IN TREATMENT?

Yes. We offer various treatment options for individuals seeking further assistance.

OUR SERVICES & PROGRAMS

01 SUBSTANCE ABUSE COUNSELING

Group & Individual Sessions Available

02 MENTAL HEALTH COUNSELING

Group & Individual Sessions Available

03 VIRTUAL INTENSIVE OUTPATIENT PROGRAM

Meeting 3 hours per day, 3 days per week

04 MEDICATION ASSISTED TREATMENT

Suboxone, Sublocade, Brixadi, Naltrexone, and Vivitrol are used to help reduce cravings and maximize healing

05 TARGETED CASE MANAGEMENT

Assistance with Food, Shelter, Employment, Transportation, Appointments, and more.

06 DUI ASSESSMENT, EDUCATION, & TREATMENT

DUI Education, Individual or Group Therapy, and Intensive Outpatient Program (IOP).

07 PARENT UNIVERSITY

Evidence-Based Active Parenting Program, Curriculum Includes Ages 1-5 and 6-12.

08 COURT-ORDERED RANDOM DRUG TESTING

Randomized Drug Testing Program For Court Involved Cases, Testing For Illegal Substances and Drugs of Abuse



HIGHLIGHTS

- Groups & Individual Counseling
- In-Person & Virtual Sessions Offered
- Co-Occurring Disorders
- Poly-Substance Use
- Family Education & Support
- Crisis Planning
- Relapse Prevention
- On-Site Lab Testing
- On-Site Pharmacy
- State Certified Kentucky Alcohol & Other Drug Entity (AODE)
- Approved Program for the Kentucky Department of Corrections (DOC)

