

YOUR ROAD MAP TO RECOVERY

RULES OF THE ROAD

There are no one way roads.

Stress can appear at any point, BEWARE.

You may need to travel some roads multiple times to reach your destination.

You can move from one road to another road.

DESTINATION : RECOVERY

For long term success, continue follow-up care.

SELF HELP NETWORK

NA

AA

Other

If your faith is the cornerstone of your life, this may be a good option.

Having a support system is important for recovery.

Pastoral Counseling

Recovery Support

FAITH BASED SERVICES

A caseworker will work with you to develop a plan for follow-up care.

This stop may be required for some programs.

PROFESSIONAL CARE

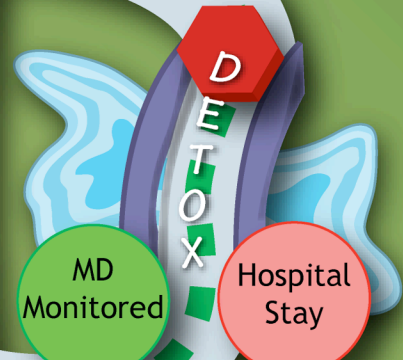
Medications

Outpatient Treatment

Residential Treatment

Call 911 or
Go to the hospital for assistance
or
Call the Crisis Line
1-800-262-7491

EMERGENCY SERVICES



Ability to pay may limit access to some programs.

I Need Help, NOW!

- Emergency Crisis.
- I'm afraid I will OD.
- I'm afraid if I don't get help today I never will.

I Need More Info

- I'm not sure if I have a problem.
- I don't see any real benefit from quitting.

I am Ready To Go!

- I know I have to make a change.
- I recognize my life will be better.

WHERE DO I START?

WAYS TO PAY

UNITE
866-908-6483
Private Insurance
Self Pay
Sliding Fee Scale



FAITH BASED SERVICES

Pastoral Counseling
Christian Appalachian Project
800-755-2016
Recovery Support
Westcare (Ashcamp)
606-754-7077 Men Only



DETOX

Detox Services
Pikeville Regional Hospital
606-218-4680
Our Lady of Bellefonte (Ashland)
606-833-3333 or 866-910-6524



SELF HELP NETWORK

Narcotics Anonymous (NA)
www.na.org or www.gracna.org
888-987-7700
818-773-9999
Alcoholics Anonymous (AA)
alcoholics-anonymous.org
800-467-8019
Al-Anon
800-344-266
Cocaine Anonymous World Services Inc.
800-347-8998
Gamblers Anonymous
213-386-8789
Overeaters Anonymous
505-891-2664
Sex Addicts Anonymous
800-477-8191



PROFESSIONAL CARE

Medication
Ace Clinique (Hazard)
606-435-2566
Residential
Next Step (Jackson)
606-666-8519
Chrysalis House (Lexington)
800-713-0954 Women Only
Layne House (Prestonsburg)
606-886-7839
Crossroad (Corbin)
606-526-9552
Independence House (Corbin)
606-523-9386
Outpatient
Kentucky River Community Care, Inc.
800-262-7491
Intensive Outpatient
Project ADVANCE (Hazard)
606-435-2839

EMERGENCY SERVICES

KRCC Crisis Line
800-262-7491
Bailey Center (Jackson)
606-666-9278
ARH Psychiatric Center (Hazard)
606-439-6805
Detox Services
Pikeville Regional Hospital
606-218-4680
Our Lady of Bellefonte (Ashland)
606-833-3333 or 866-910-6524



P.A.R.K.
Partners for Advancing Recovery in Kentucky, sponsored by the Robert Wood Johnson Foundation.

- Kentucky River Community Care, Inc.
- ARH Psychiatric Center
- Chrysalis House
- Kentucky Division of Mental Health and Substance Abuse

