

Opening the Doors to

TREATMENT + RECOVERY

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NORTHERN KENTUCKY
OFFICE OF DRUG CONTROL POLICY
Creating chances, creating change.

Northern Kentucky is under siege from an opioid public health crisis and addiction epidemic.

Northern Kentucky is creating opportunities for recovery for you and the people you love, and we want you to know that there is *No Wrong Door* into treatment and recovery; reaching out to just one service will open doors to many more.

What exactly is this No Wrong Door approach? The No Wrong Door approach initiative is a collaborative community strategy included in our region's comprehensive substance use disorder response plan. Through this approach, we strive for all Northern Kentuckians to be able to obtain comprehensive information and centralized streamlined access to individualized supports and services. And it is our hope that all our neighbors can do so no matter where they enter our region's network of systems.

This community guide contains local and regional resources for those seeking assistance with substance use disorders and addiction. Resources are also provided for families and loved ones and are organized by programs and services in the

areas of prevention, harm reduction, treatment, reentry and recovery and family support.

Use this guide as a starting point to learn more about the programs and services available in our community for saving a life or getting help for yourself or a loved one. All the resources listed in this community brochure are trauma-informed, recovery-oriented systems of care and support that exemplify dignity, respect and compassion.

Throughout this guide, we reference organizations and services that may be helpful to you or a loved one. Find their websites and phone numbers in the Resources section at the end or call the Northern Kentucky Addiction Helpline to learn more about any of the information listed throughout.

The 24/7 Northern Kentucky Addiction Helpline is here to help you and your family along the way, **859-415-9280**. You do not have to be ready; you just have to call!

Remember: Call 911 for all emergencies.

** To learn more about Northern Kentucky's comprehensive substance use disorder regional response plan, please visit the Northern Kentucky Office of Drug Control Policy board website: nkyodcp.org*

27% *reduction in substance use is seen in high-risk patients when substance-misuse screenings are part of routine primary care physician visits.¹*

5X *New users of syringe service programs are 5x as likely to enter drug treatment programs as those who do not use the programs.²*

12.2% *of individuals who need treatment for substance use disorder (SUD) receive it.³*

83% *of those who start intensive treatment for SUD complete their program; 66% remain abstinent after one year.⁴*

50% *of individuals who enter treatment, do so because a friend or family member intervened.⁵*

1. Substance Abuse and Mental Health Services Administration: store.samhsa.gov/sites/default/files/d7/priv/sma13-4741.pdf

2. Centers for Disease Control and Prevention: cdc.gov/ssp/syringe-services-programs-faq.html

3. National Survey on Drug Use and Health, 2017

4. National Association of Addiction Treatment Providers: naatp.org/sites/naatp.org/files/Addiction%20Treatment%20Providers%20Outcomes%20Pilot%20Program%20Final%20Report.pdf

5. Interact for Health: interactforhealth.org/about-khpi

PREVENTION

Connect with programs, services, activities and organizations that work to reduce substance use for youth and adults. These community-driven efforts also use evidence-based approaches to change social acceptability of use, reduce stigma about substance use disorder and drive policies that support prevention, treatment and recovery.

- ➔ 56% of teens indicate that it is easy to get prescription drugs from their parents' medicine cabinets, and nearly half of parents (49%) say anyone can access their medicine cabinets (drugfree.org). Keep your prescriptions locked up and out of reach. Get a prescription medication lockbox from your county coalition.
- ➔ Dispose of unused opioid medications and other prescriptions at an RX drop box location near you.
- ➔ Learn more about identifying drug misuse and tips on how to talk to your teens and youth about tobacco, alcohol and drug use.
- ➔ Adverse childhood experiences (ACEs) are potentially traumatic events that occur during childhood (0–17 years). Living in a household where adults misuse substances increases the possibilities for child neglect or abuse. Adversity in childhood is a risk factor for early experimentation with tobacco, alcohol and other drugs.



HARM REDUCTION

Connect with services in our communities that work to reduce the risks of overdose, death and infectious diseases and that offer a bridge to medical services.

- Public health officials consider Narcan, or naloxone,* to be comparable to CPR or the Heimlich maneuver. It's a life-saving remedy for opioid overdoses, which occur because the drug forces the respiratory system to stop breathing. Find a pharmacy that carries Narcan today. **Important: If you suspect someone needs Narcan, whether you have administered it or not, call 911 immediately.**
- Safe syringe access exchange programs often are a person's first step toward making healthier decisions. They are a wonderful opportunity to explore medical and treatment services without judgment. NKY Health operates several programs.
- Use of intravenous drugs significantly increases the risk of contracting hepatitis B, hepatitis C and HIV. Northern Kentucky has seen dramatic increases in hepatitis B and C case rates, with many cases associated with IV drug use. Get tested and learn about the support services offered in your county.
- Vaccinations are an important part of harm reduction. NKY Health offers hepatitis A, COVID-19, and flu vaccines at all health centers.

**Remember: Narcan, or naloxone, only enables a person to breathe and is not substance misuse treatment.*



TREATMENT

Addiction is a chronic, treatable disease. There are many paths to recovery and a variety of substance use treatment options, many with same-day availability. Remember: Call the 24/7 Northern Kentucky Addiction Helpline to start your journey to recovery or help someone in need: 859-415-9280.

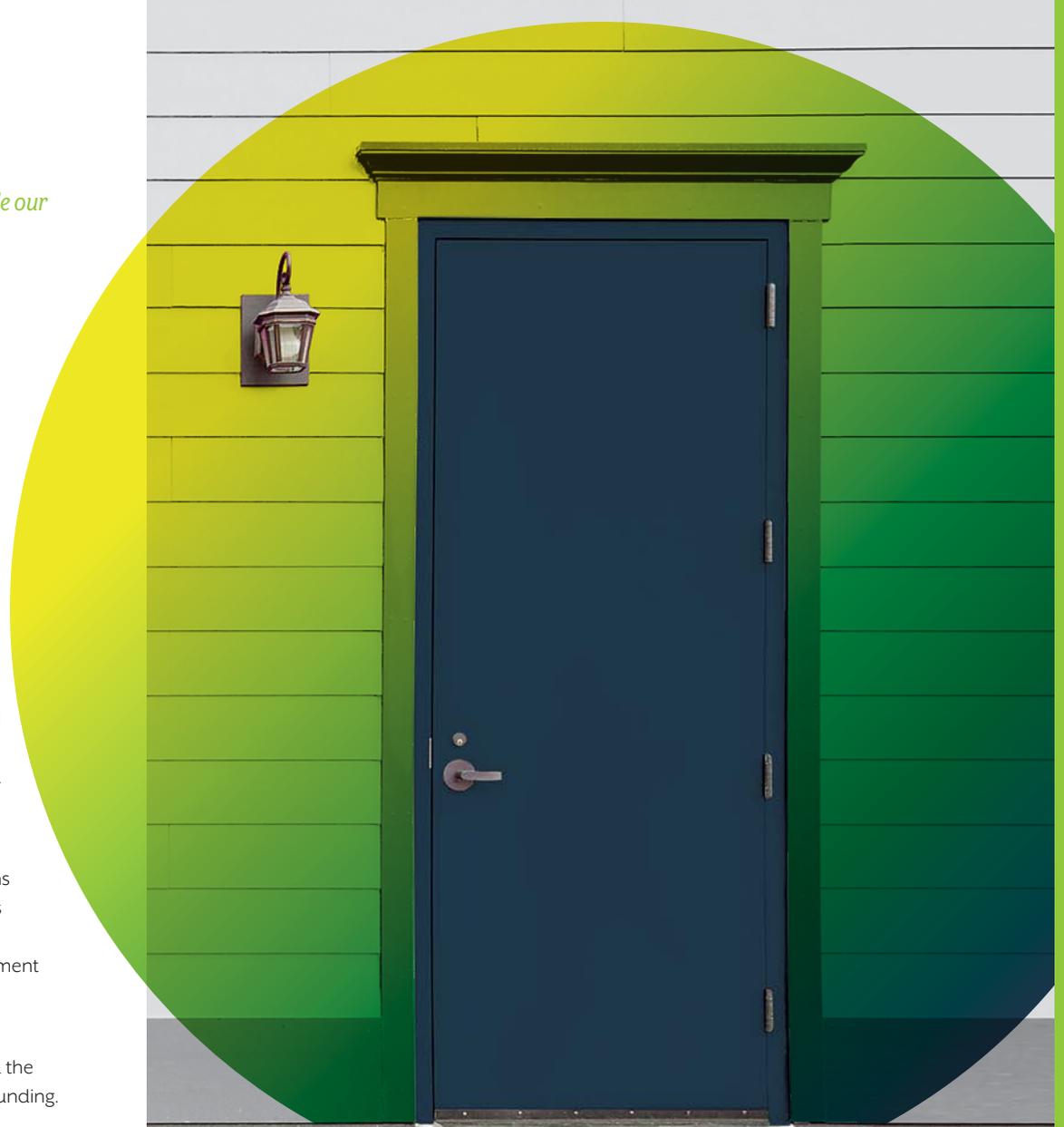
- ➔ Sign up for medical insurance! Northern Kentucky Community Action Commission (CAC) has trained staff who can help with affordable healthcare coverage enrollment.
- ➔ Arrange for a substance use assessment to determine if residential, intensive outpatient (IOP), outpatient, dual diagnosis or a partial-hospitalization program is right for you. The 24/7 Northern Kentucky Addiction Helpline can help.
- ➔ Learn more about evidence-based Medications for Opioid Use Disorder (MOUD) treatment options. NorthKey Community Care and the St. Elizabeth Physicians' Journey Recovery Center can help.
- ➔ Need on-demand residential treatment? Connect with Transitions, Inc., Northern Kentucky's only substance use disorder residential treatment provider, or SUN Behavioral Health for a dual diagnosis program or online assessment.
- ➔ Are you parenting or pregnant and need help? Connect with St. Elizabeth Baby Steps, Transitions and NorthKey KY-Moms MATR programs, which specialize in care for moms and babies.



REENTRY + RECOVERY

Connect with the many service providers in Northern Kentucky that provide our neighbors with the resources that support recovery and self-sufficiency.

- ➔ Connect to the many Career Services customized for individuals in reentry and recovery through the partners of the Kentucky Career Center—NKY. Services include:
 - Career coaching and job placement assistance.
 - Access to local job openings, including second-chance employment.
 - Résumé and cover letter building and mock interview support.
 - Connection to partners that provide wrap-around services such as transportation, childcare and other job accommodations and supports.
- ➔ Learn more and sign up for services at Northern Kentucky's Recovery Community Centers at The Pier Recovery Community Center and Life Learning Center or try a spiritual option through Life Recovery Center—New Reality Church. Services include:
 - Connections to recovery support groups, including MAT (medication-assisted treatment)/MOUD (medication for opioid use disorder)-friendly groups.
 - Assistance with coordination of wrap-around services and recovery plans.
 - Referrals to peer support specialists or information on peer support specialist training.
- ➔ Looking for a more comprehensive recovery program? St. Elizabeth Physicians Journey Recovery Center, in partnership with other community agencies, has established a “No Wrong Door” recovery pathway that includes treatment, personal growth and development, including removal of barriers to employment and connection to career planning.
- ➔ Need transitional or long-term recovery housing and support? Connect with Recovery Kentucky programs through Brighton Center and Transitions or call the Northern Kentucky Addiction Helpline to learn about options and possible funding.



FAMILY SUPPORT

Substance abuse has a profound impact on loved ones. That's why addiction often is called a family disease. We are here to connect the whole family to support services.

- Does your loved one suffer with a substance use disorder? Find answers and other resources at the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Alliance on Mental Illness (NAMI).
- You are not alone. Northern Kentucky is home to several support groups that help others who are on a similar journey.
 - Parents of Addicted Loved Ones (PAL) groups meet weekly to help those who are trying to save a son or daughter from addiction, free of charge.
 - People Enduring Addiction Consequences Everyday (PEACE) helps those who have lost a loved one to substance use disorder.
 - Looking for additional groups or Mental Health First Aid training? Check out Mental Health America Northern Kentucky and Southwest Ohio's support group database for more options.
- If your loved one is resistant to treatment, learn more about Casey's Law, Kentucky's pathway to court-ordered treatment. Check out the Casey's Law website, connect with your county's Casey's Law advocate, or call the Northern Kentucky Addiction Helpline to learn more about involuntary treatment options today.
- Are you interested in advocacy to improve outcomes for sustainable recovery? People Advocating Recovery (PAR) is a statewide group of concerned individuals working to eliminate barriers to recovery from addiction.



RESOURCES

Northern Kentucky is rich with programs and services along the treatment and recovery continuum. Remember: For assistance with any of these programs, you also can call the 24/7 Northern Kentucky Addiction Helpline: **859-415-9280**.

PREVENTION

Northern Kentucky Office of Drug Control Policy

Find a list of county coalitions:
nkyodcp.org
859-283-8183

Regional Prevention Center NorthKey Community Care

northkey.org/services/prevention-services
859-578-3200

U.S. Food & Drug Administration

Locate drug take-back locations:
fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-drug-take-back-locations#PermanentCollectionSites
800-882-9539

Parent resources:

Power to the Parent
powertotheparent.org

Substance Abuse and Mental Health Services Administration

samhsa.gov/talk-they-hear-you
877-SAMHSA-7 (726-4727)

Partnership to End Addiction

drugfree.org

Centers for Disease Control and Prevention (CDC)

Learn more about ACEs: cdc.gov/violenceprevention/aces
800-232-4636

HARM REDUCTION

Kentucky Office of Drug Control Policy

Find Narcan: odcp.ky.gov/stop-overdoses
888-414-6327

NKY Health

Find syringe access exchange programs; free tests and support

services for hepatitis B, C and HIV; and vaccinations: nkyhealth.org/syringe-access-exchange-program
859-341-4264

TREATMENT

Northern Kentucky Community Action Commission

Find health care coverage:
nkcac.org/services/health-care-enrollement
859-581-6607

MOUD resources:

NorthKey Community Care

northkey.org/services/substance-use-services
877-331-3292

St. Elizabeth Physicians

stelizabethphysicians.com/care/journey-recovery-center
859-757-0717

On-demand residential treatment (MOUD available):

Transitions, Inc.

transitionsky.org
859-491-4435

SUN Behavioral Health

sunbehavioral.com/kentucky
859-429-5188

Parenting and pregnancy resources:

St. Elizabeth Healthcare

stelizabeth.com/medical-services/alcohol-and-drug-treatment/baby-steps-program
859-301-2501

Transitions, Inc.

transitionsky.org
859-491-4435

NorthKey Community Care

northkey.org/services/prevention-services/kids-now-plus
859-331-3292

FindHelpNowKY.org

Find more treatment options:
findhelpnowky.org/ky
877-318-1871

REENTRY + RECOVERY

Kentucky Career Center

nkcareercenter.org
859-292-6666

Recovery community centers:

The Pier Recovery Community Center

pierrcc.org
859-547-6539

Life Learning Center

lifelearningcenter.us
859-431-0100

Life Recovery Center—New Reality Church

lrc-nky.org/life_recovery_center
859-534-0948

Long-term housing:

Brighton Center

brightoncenter.com
859-491-8303

Transitions, Inc. Recovery Housing Program

transitionsky.org/services/recovery-housing
859-491-4435

Find a list of transitional and sober living residences at nkyodcp.org or call **859-415-9280**.

FAMILY SUPPORT

Find answers and training resources:

Substance Abuse and Mental Health Services Administration

samhsa.gov
877-SAMHSA-7 (726-4727)

National Alliance on Mental Illness

nami.org
859-225-6264 (NAMI Kentucky)

Mental Health America of Northern Kentucky and Southwest Ohio

mhankyswoh.org/Home
859-431-1077

Mental Health America of Northern Kentucky and Southwest Ohio

Find support:
mhankyswoh.org/support
Learn Mental Health First Aid: mhankyswoh.org/mentalhealthfirstaid
859-431-1077

Support groups:

Parents of Addicted Loved Ones (PAL)

palgroup.org
480-300-4712

People Enduring Addiction Consequences Everyday (PEACE)

stelizabeth.com/community-outreach/activating-hope
859-301-4611

Casey's Law

odcp.ky.gov/Resources/Pages/Caseys-Law.aspx

People Advocating Recovery

peopleadvocatingrecovery.org
502-552-8573

NKY Hates Heroin

For additional resources, visit nkyhatesheroin.com.



NORTHERN KENTUCKY
859-415-9280
ADDICTION HELPLINE



NORTHERN KENTUCKY
OFFICE OF DRUG CONTROL POLICY
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We're here to help!

Drug and alcohol misuse occurs in every neighborhood and ZIP code throughout Northern Kentucky. Use this guide to learn more about the services available to you and your family; find the right service at the right time to navigate substance use disorder and recovery services. Please connect with a community service provider or call the 24/7 Northern Kentucky Addiction Helpline to learn more about any of the information provided here.

