



09/30/2016

Judge Executive Kevin Neal
Marshall County Judge Executive
1101 Main Street
Benton, KY 42025

Judge Executive Neal,

We are re-opening the Intensive Outpatient Program (IOP) at the Four Rivers Behavioral Health Lakes Center in Murray, Kentucky. Services will begin the week of 10/17/2016. The 30 session program is usually completed in 10 weeks and provides comprehensive treatment for individuals suffering from substance abuse disorders (including co-occurring mental health disorders). The IOP will be conducted in a group setting supplemented by individual counseling sessions. The IOP meets 3 evenings a week on Tuesday, Wednesday and Thursday from 5:00 PM -8:00 PM. Please have individuals you are referring to the program call the office at (270)753-6622 to schedule an intake appointment.

I have included an informational sheet outlining the goals and objectives along with admission criteria of the program. I am the clinician who will be facilitating the program. My primary experience has been in residential substance abuse treatment and IOP. I would be happy to come by your office at your convenience and answer any questions about the program you may have.

Please feel free to contact me at (270)753-6622 if i can be of any assistance or provide any additional information about our program.

Kindest Regards,

Donita Keith, LPCA, NCC
Four Rivers Behavioral Health
Lakes Center
1051 North 15th Street, Suite B
Murray, KY 42071
(270)753-6622

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OCT 06 2016

MARSHALL CO. JUDGE'S OFFICE

**Intensive Outpatient Program
FRBH Lakes Center
1051 North 15th Street, Suite B
Murray, KY 42071
270-753-6622**

The Lakes Center's IOP is a 30 session program (usually completed in 10 weeks) that provides comprehensive treatment for individuals suffering from substance abuse/dependence (including co-occurring mental health disorders). The IOP meets 3 afternoons a week (Tuesday, Wednesday and Thursday) for 3 hours (5:00-8:00 pm). Treatment is primarily conducted in a group setting, supplemented by individual counseling.

Goals and Objectives:

- ✓ Educating participants and family members about the diseases of alcoholism and drug addiction.
- ✓ Confronting denial and minimization of substance abuse.
- ✓ Emphasizing the importance of the 12-Step recovery philosophy.
- ✓ Encouraging family support and recovery.
- ✓ Identifying relapse warning signs and triggers.
- ✓ Promoting relapse prevention.

Admission Criteria:

- ✓ Participant's substance use is excessive and maladaptive resulting in a diagnosis of substance abuse or dependence.
- ✓ Participant's assessment should indicate IOP as the least restrictive, most appropriate level of treatment.
- ✓ Participant should not have any medical complications that would interfere with the consumer's participation in the program.
- ✓ Participant has no indication of withdrawal, or the symptoms of withdrawal can be safely managed in an outpatient setting.
- ✓ Participant's mental status does not prohibit comprehension and understanding of the materials presented or participation in the treatment process.
- ✓ Participant should have a functional support system that is conducive to recovery to the extent that he/she can adhere to the treatment plan without substantial risk of relapse; OR participant has little, or no, primary or social support system but has the skills to obtain such a support system, or to become involved in a self-help support group.