

FRESH START



Hickory Hill Recovery Center is a residential, social, recovery center for men over eighteen years of age who are seeking recovery from alcohol and other drugs.

Our Fresh Start program integrates a peer-to-peer, self-help model that provides the tools for recovery, and restores productive lives.

The Fresh Start program seeks to improve the participants support systems and provide comprehensive services that enable abstinence and recovery to become a new way of life.

The Hickory Hill Recovery Center for Men, located in Knott County, consists of 68 efficiency apartments and two dormitory style housing units.

The participants may be referred through the judicial system, social service systems, health care systems, and various other entities. Clients may be homeless, in fear of homelessness, or unable to return to their families.

Driving Directions

Hickory Hill Recovery Center is approximately 12.8 miles from the Hazard Walmart Supercenter. Take HWY 80 East (KY 80-E) toward Prestonsburg/Hindman. After 12.8 miles, turn LEFT at the Hickory Hill sign and follow the road until you arrive at the facility.



Recovery Kentucky was created to help Kentuckians recover from substance abuse, which often leads to chronic homelessness.

There are 11 Recovery Kentucky centers across the Commonwealth. They are in Campbellsville, Erlanger, Florence, Harlan, Henderson, Hopkinsville, Morehead, Owensboro, Paducah, Richmond, and Emmalena in Knott County.

These centers provide housing and recovery services for up to 1,100 Kentuckians simultaneously across the state.



COMMUNITY CARE

24-Hour Crisis and Information Line
1-800-262-7491

1-800-787-5043 (TTY)

www.krcccares.com



"Recovery is about progression, not perfection."

Our goal at Hickory Hill Recovery Center for Men (HHRC) is to provide life-sustaining and life-rebuilding services to those suffering from drug and alcohol addiction.

P.O. Box 1470
Hindman, KY 41822

Ph: (606) 785-0141
Fax: (606) 785-0143

The Problem

Substance abuse addiction can strike anyone from nearly any age group or demographic. **So many factors** are involved in substance abuse that it's difficult to narrow it down to one main cause or set of causes. Whether the substance is alcohol, street drugs, or prescription drugs, addiction is an insidious disease that often leads to chronic homelessness.

The Mission

The mission of Recovery Kentucky is to provide hope to the homeless and those in fear of homelessness, who are suffering from alcohol and drug addiction by using a program that integrates a peer-to-peer self-help model.

The Purpose

Our purpose is to raise community awareness and activism to aid in the development and sustainability of our program. The problem of drug addiction not only affects the individual who suffers, but also their families and entire communities. Building strong relationships within the community fosters a sense of hope for the clients we serve and for the area as a whole.

The Solution



Road To Recovery

Safe Off The Streets (SOS)

A typical stay in SOS is 3-7 days, but time spent in SOS may be longer depending on the needs of the client. While in SOS, the client is stabilized and monitored for withdrawal symptoms. At least one CPR and First Aid-trained staff person is on duty for every shift. The primary function of SOS is to stabilize a person and prepare them to participate in the recovery program. Ultimately, SOS is a fresh start for men to begin to believe in themselves. They are given the seeds of hope.

MT1/MT2

Motivational Track clients have gained some understanding of the physical craving and the mental obsession of alcoholism. They become aware of the self-centered disease problem and the spiritual solution. They also learn the basics of responsibility and become aware of their addictive thinking. Along the way, they make a commitment to learn about recovery. To move past MT, the resident must show motivation by attending 12 Step meetings and begin to work with an outside 12 Step sponsor.

Phase I

Residents read and study the Big Book, from which the Twelve Steps are taken, and they participate in a curriculum of study called ***Recovery Dynamics**. Personal accountability encourages residents to look at and address their own behavior. By role modeling, holding one's peers accountable for their actions, and by giving support to others, residents develop recovery skills once they complete the program.

Community Process

Therapeutic community meetings take place for one hour three times a week. These meetings are a gathering of all members of the Phase program and are facilitated by the Phase I Coordinator. Personal issues (such as inappropriate behavior or being late for work) are brought up by peers and resolved. Personal problems are also addressed. Peer accountability in this group setting is the primary catalyst for personal change for the recovering addict and alcoholic.

Phase II/Peer Mentors

In Phase II a resident can choose to become a Peer-Mentor or obtain a job in the community. Either choice still requires the resident to be a member of a community process. Peer Mentors are men who have completed the program. They are not recruited for this position. Residents can apply for the position while they are on Step 10. Their applications are reviewed by the Director, who makes the final decision about placing a person in this role.

www.krcccares.com

* Recovery Dynamics® is a recovery curriculum offered under license by The Kelly Foundation.