



krcccares.com

- Mental Health,
- Substance Abuse,
- Trauma,
- Intellectual/Developmental Disability Services

you are
not alone 😊

GUIDE TO SERVICES

Providing Trauma Informed Care for Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Knox, Floyd and Wolfe Counties

24-HOUR CRISIS AND INFORMATION LINE
1-800-262-7491

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Mission

Kentucky River Community Care, Inc., (KRCC) is a private nonprofit Community Mental Health Center dedicated to improving the health and wellbeing of the people of our region. We help individuals and families in twelve counties in eastern Kentucky by providing mental health, developmental disabilities, substance abuse and trauma services. KRCC seeks to promote public safety, boost economic wellbeing and improve community and individual quality of life.

For over 50 years, KRCC has been addressing health issues by identifying needs, bringing people together, forming community partnerships, identifying resources to fund solutions and seeking changes in the overall health environment. KRCC has a team of caring service providers in over 60 operating sites across ten counties.

KRCC provides client centered care designed to ensure that each individual gets the care and attention they need, in a manner that is sensitive to their desires. Our services include: assessment, referral, individual and group therapy, consultation, education, residential treatment, aftercare and case management. Our services are confidential and our priority is to serve our clients, care for their health and honor their individual rights. Transportation can even be arranged for many of our programs.

We collaborate with local organizations on innovative solutions, to pool our resources to serve the region. Our work often influences local, state and national policy. KRCC also consistently reinvests in the area through its reliance on local vendors and service providers.

Outpatient Clinics

Breathitt Co. Outpatient Clinic

3830 Highway 15 South
Jackson, KY 41339
606-666-7591
606-666-8364 (fax)

Knott Co. Outpatient Clinic

3476 Highway 80 West
PO Box 185
Emmalena, KY 41740
606-785-3556
606-785-0989 (fax)

Perry Co. Outpatient Clinic

115 Rockwood Lane
Hazard, KY 41701
606-436-5761
606-436-2467 (fax)

Wolfe Co. Outpatient Clinic

131 KY Highway #15 North
Campton, KY 41301
606-668-2090
606-668-2092 (fax)

Letcher Co. Outpatient Clinic

3367 Highway 119 N
PO Box 700
Mayking, KY 41837
606-633-4439
606-633-9964 (fax)

Lee/Owsley Co. Outpatient Clinic

1060 Grand Ave.
PO Box 128
Beattyville, KY 41311
606-464-3212
606-464-0234 (fax)

Leslie Co. Outpatient Clinic

28 Fire House Lane
PO Box 587
Hyden, KY 41749
606-672-4215
606-672-4218 (fax)

Clinic Hours are Monday through Friday

8:00 am to 4:30pm

Evening appointments are available at some locations.

24-HOUR CRISIS AND INFORMATION LINE

1-800-262-7491

Service Information

Kentucky River Community Care, Inc. (KRCC) operates a variety of programs and facilities in the ten counties of eastern Kentucky.

There are two primary ways to navigate our system of care:

CRISIS CARE:

If you are experiencing an emergency, you can access our **24-hour Crisis/Information Line** to get immediate care **1-800-262-7491**, or our **24-hour sexual assault response line 1-800-375-7273**.

SUBSTANCE ABUSE & MENTAL HEALTH CARE:

If you don't have a crisis, the best way to get help from our professionals is to contact the Outpatient Clinic in your County.

We provide individual, group, and family therapy services through licensed or credentialed professionals. If you need more help, we will work with other agencies to get you the support you need. The first step is contacting the Outpatient Clinic in your county.

OPEN ACCESS

KRCC accepts Medicaid, Medicare, and most private insurance. We can help you sign up for expanded Medicaid and we can enroll you in the Health Benefit Exchange.

- **24-Hour Crisis and Information Line 800-262-7491 (TTY)**
- 24-Hour Rape Crisis Line 800-375-7273 (TTY)
- First Steps (0-3 yrs old) 800-328-1767
- Regional Prevention Center 800-432-9337

Crisis Services

If you have a client in immediate crisis, this is your first call:

CRISIS RESPONSE 1-800-262-7491

A toll-free, 24-hour telephone intervention and crisis response system is available throughout the region.

Mental Health Crisis



CROSSROADS CRISIS CENTER

310 Roy Campbell Dr.
Hazard, KY 41701

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

Crossroads Center is a 24-hour facility for adults and children that specializes in evaluation, assessment, and de-escalation of crises and can help make connections to community resources.

- **23-Hour Observation**
- **Crisis Stabilization Unit (CSU)**
- **National Suicide Hotline**
- **Mobile Crisis**

The Crossroads Center **helps people in crisis** get the help they need. It provides services for people with substance abuse, mental health, intellectual disabilities, and/or trauma related issues.

The programs offer a good treatment setting that helps people feel respected and valued while they access community resources for ongoing support.

We promote the use of **natural supports and educational and career opportunities** within the community to maintain recovery from substance abuse, mental health symptoms, the effects of trauma, and maximize healthy functioning.

Crisis Services

Sexual Violence



risingcenter.org

637 Morton Blvd.
Hazard, Ky 41701

THE RISING CENTER 1-800-RAPE (7273)



The Rising Center is the rape crisis center for the Kentucky River region. The Rising Center provides support to survivors of all forms of sexual violence: sexual assault, sexual abuse, and sexual harassment. These services include a 24-hour crisis line, medical advocacy, legal advocacy, crisis counseling, psycho-educational groups, individual therapy, group therapy, and family therapy. The Rising Center also offers community education and a volunteer program.



Substance Use Disorders

KRCC is a recognized community partner that assists with recovery through an array of services for individuals and families seeking assistance with substance use disorders. KRCC provides education and prevention services in the communities we serve.

REGIONAL PREVENTION CENTER



**KENTUCKY
REGIONAL
PREVENTION
CENTERS**

The primary objective of the Regional Centers is to empower communities to implement policies at the local level that will have a positive and lasting effect on the community environment, thereby reducing the harmful consequences of illegal use and abuse of substances.

The Regional Prevention Center (RPC) **helps people develop programs that will prevent them from using alcohol, tobacco, and other drugs.**

Prevention specialists provide education and training programs, information and consultation services. The RPC has three employees who are Certified Prevention Specialists. They have completed 150 hours of training in identified domains, 2,000 hours of professional experience in alcohol, tobacco, and other drug prevention, and they passed an international exam. Certification enhances the field of alcohol, tobacco, and other drug prevention but more importantly assures the quality of services to the individuals and communities served.

The Regional Prevention Center provides speaking engagements for any group, when requested.

For more information, about KRCC's Prevention Center, simply call **866-213-8739** or **606-436-4124**.

The **Prevention Resource Library** is open from 8 am to 4:30 pm, Monday through Friday, and is located off of 3834 Hwy 15 South, Jackson, KY 41339.

Substance Use Disorders



KY-Moms helps pregnant women find the assistance they need to have a happier, healthier pregnancy and baby.

Our Enhanced Care Specialist understands how stressful pregnancy can be, and is there to listen and to help find the assistance you and your baby need.

You can see a **KY-Moms** Enhanced Care Specialist at any time during your pregnancy and for up to two months after delivery.

DUI PROGRAM



DUI Assessments and TX are offered at each KRCC Outpatient office by State certified DUI Clinical professionals. Assessments 20-hour pre-treatment and education Referrals can be made to residential treatment, if a higher level of care is needed. Referral by the courts or other DUI program is required.

SPECIALTY COURT PROGRAM



Specialty court programs are offered in eight of KRCC counties. These services include assessment, referral, individual and group therapy, consultation, education, residential treatment, after-care and case management for individuals determined eligible for Drug Court Services. **Referrals must be received from the court officer, usually following alcohol/drug related charges or testing positive on a drug screen.**



Substance Use Disorders



100 Recovery Way
Emmalena, KY

(606)785-0141

Fax: (606)785-0142



One of 14 Recovery Kentucky centers, **Hickory Hill Recovery Center, located in Knott County, is a peer-driven, residential recovery facility for men over age 18 seeking recovery from alcohol & other drugs.** The goal of our program is to provide life-sustaining and life-rebuilding services to those suffering from drug and alcohol addiction by integrating a peer-to-peer, 12-steps, self-help model that offers the tools for recovery

and restores productive lives. The program reduces isolation addicted persons feel from the community and from one another.

Designed to house 100 men, the facility consists of 68 efficiency apartments and two dormitory-style housing units. Referrals may come 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.

Recovery Houses



Our Winterberry Recovery Houses offer a structured, safe and sober housing option for adult men embarking on a path of recovery. At Winterberry, those in early recovery have the supportive environment needed for the development of recovery and life skills. Operation of the house is peer-led where residents are responsible for completing chores, paying rent, making decisions, and learning how to live cooperatively with others. Participation in self-help and other recovery-oriented programs help develop a foundation for lasting recovery.

Winterberry's peer-driven housing approach is designed to support and help reintegrate residents into the community, family life and employment. Individual stays vary, but generally average 9-12 months.

Recovery Houses



Hollyberry Recovery Houses offer a unique recovery option for adult pregnant and parenting women with a desire to remain in recovery. Babies and

preschool children may stay with their mothers to strengthen the family unit, building attachment and coaching of parenting skills.

Hollyberry offers therapeutic interventions. Our objective is to support them by providing a safe atmosphere where they can build a foundation and ongoing support to last a lifetime. Individual stays vary, but generally average 9 to 12 months.



Juneberry provides a structured, safe, and supportive living environment ideal for achieving long-term recovery.

At **Juneberry**, those new to recovery have valuable support in the development and practice of recovery and coping skills.

House rules are peer-led and tenants are required to attend self-help and 12 step meetings, as well as counselling.

The peer-led approach is designed to support and help reintegrate you into the community, family life, and the workplace.

Everyone contributes to the daily upkeep of the home and learns skills needed to achieve long-term recovery.

Recovery Support Services



The **REBOUND Center** is a Recovery Community Center offering a safe environment for adults in recovery to gather, find support, have fun and learn skills needed to improve their recovery. Support groups, short educational programs, and fun activities are available. Families are welcome

and some programs will be geared for them.

No appointment or referral is needed, walk-in and see what we have to offer. Located at 306 Main St., Hazard, KY 41701 Call: **606-373-6141**

Recovery Support Services

PROJECT A.D.D.V.A.N.C.E.



Offers an intensive outpatient program of comprehensive treatment services to women who have experienced domestic violence, substance abuse, childhood abuse or other trauma. The program serves women who may not need, or who are stepping down from, hospitalization and require more intensive care than regular outpatient services can offer. Project A.D.D.V.A.N.C.E. is located near Hazard, Kentucky.

SOLUTIONS



Solutions works with other community agencies in a professional team setting to provide quality complete treatment. Solutions is a program for women that provides compassionate, innovative, and quality client care in a safe and supportive environment. Intensive treatment is offered for women addicted to alcohol and/or other drugs who may also be struggling with mental health, trauma, and/or behavioral health issues. Women are empowered to obtain their optimal health. Education related to personal and family safety is offered as well as access to Domestic Violence Advocacy services.

Program for Men



New Directions Men's **Intensive Outpatient Services** offer an alternative to residential treatment and provides a more intensive

level of care than traditional outpatient programs.

This program utilizes evidence based concepts and provides an interactive environment to enhance learning.

The program's primary focus is on recovery from alcohol and other drugs, but includes assessment and treatment for co-occurring mental health issues. Services are sensitive to trauma issues, and employ concepts of trauma informed care.

Children's Services

Individual, group, family therapy and medication management services are provided for children, adolescents and adults. Licensed professionals (including psychiatrists, psychologists and clinical social workers) are available at KRCC clinics, schools and other designated sites within the community.

KRCC conducts comprehensive **psychological assessment** for treatment planning and diagnostic clarification.

We also provide evaluations to respond to court orders to assess competency and dangerousness or to assist with placement in foster care, for residential treatment.



CHILDREN AND ADOLESCENTS SCHOOL-BASED THERAPY

School-Based Therapy is a service provided by a KRCC School-Based Therapist and delivered at a particular school. This program offers the majority of therapeutic services for youth regarding mental health and/or substance abuse issues, within the school they attend such as; attending to mental health emergencies, working with families and other agencies to meet the needs of the youth, referring clients to other services as necessary, reporting abuse and neglect when necessary to the Dept. of Community Based Service Division of Protection and Permanency.



CHILDREN WITH SEVERE EMOTIONAL DISABILITIES (SED)

Family network facilitators are available to all parents with children that have a disability. The facilitator provides families with individual and group support, training, information and advocacy. These services may be provided within the home, the school or other community sites convenient for the families.

Children's Services

KY IMPACT



KY IMPACT helps coordinate and create services that allow a child with emotional disabilities to receive care in their

community. KY Impact coordinates services with education, health the courts social services and mental health.

An eligible youth must be under 18 years of age, must have a diagnosis of a psychiatric disorder, must be severely limited in at least two of the following:

- *Self-care, Interpersonal relationships, family life, self- direction or education, must have been disabled for at least one year and require service coordination and planning from two or more agencies at the same time.*

A parent or any professional involved with the child or family can request help from KY Impact. Please contact KRCC for further referral information.

EARLY CHILDHOOD MENTAL HEALTH PROGRAM



The Early Childhood Mental Health Program was created to promote the social and emotional development of young children ages birth to five.

Early Childhood Mental Health Specialists provide assessments of mental health needs of children, age birth to five currently within the region. We provide therapeutic treatment services to children and/or their families. We collaborate with other service providers to assess the needs of children and their families. We foster community awareness of the need for mental health services. We provide outreach and instructional programs to caregivers and families through public and private child care centers and other organizations/providers.

SUMMER PROGRAMMING



KRCC also offers an intensive summer program of therapeutic interventions, social skill practice activities and learning opportunities for children and youth with severe emotional disabilities. This is a special school-based summer program for children who receive therapeutic services during the school year.

Children's Services

SPECIALIZED TESTING



KRCC provides evidence practice model for assessment and therapy of ADHD and Autism spectrum disorders. We offer a range of medical and mental health service for all ages which include a medical evaluation, occupational therapist services, assessments, and therapy to meet the needs of our clients.

FIRST STEPS



First Steps is Kentucky's Early Intervention System (KEIS) that serves children from birth to age 3 who have developmental delay or a particular medical condition that is known to cause a developmental delay. First Steps services are provided statewide and coordinated by the lead agency, Cabinet for Health Services.



S.K.Y.E.S. Community Supports Associates (CSAs) provide community support services to children diagnosed with a mental health disorder or co-occurring disorder with the primary diagnosis of mental health disorder

and one or more of the following: substance use disorder, intellectual disability, or physical health.

Comprehensive Community Support Services are activities/services necessary to allow children to live with maximum independence in the community.



KRCC's Treehouse Academy will offer a fun-filled therapeutic after-school program designed for children ages 6-13.

There'll be food, fun activities, computers, video games, board games, outings and more!

Children will learn how to navigate life (which can be hard at times) by participating in skill training activities, groups and outings which are designed to help with daily challenges.

**Open
Monday-Friday
3-6:30pm**

Located in Wolfe County, Letcher County,
Knott County, Owsley County, and Perry County.



THE SAPLING CENTER



The Sapling Centers, our youth drop-in centers, are safe, welcoming, and inclusive places for youth ages 14 to 25 to spend time and be themselves.

We strive to create a positive, supportive, and fun environment for our young people,

where they feel less alone in the world. Offering transition-aged youth services, the Centers are there to give youth support as they gain skills, meet new people, set goals, and work to achieve them. The goal is to make a positive difference in the health and life of the region's young people by teaching them to be self-sufficient, avoid risky behavior, and become capable adults.

All services are free, and youth need not have any previous experience with mental health services to be a member. We provide individual counseling, group therapy, life skills training, youth groups, and fun/educational activities.

Additionally, our Centers provide food, computer labs, lending libraries, games, and workshops on cooking, careers, job skills, finding housing, personal finance, and health.

The Sapling Center

**608 High Street
Hazard, KY 41701
(606) 435-1447**

The Sapling Center

**280 Main Street
Whitesburg, KY 41858
(606) 633-0730**

The Sapling Center

**460 Court Square
Barbourville, Ky 40906
(606) 595-5370 x6000**

The Sapling Center

**1002 KY HWY 160
Hindman, Ky 41822
(606) 785-0004**

Children's Services



THE WILLOW CENTER

The Willow Center **provides supervised visitations** (as referred from CHFS or Courts), to help children build healthy relationships with their parents in a safe, nurturing, family-oriented environment. Comfortable furnishings, play items and snacks are available so that families can feel more "at home" at the Willow Center and holidays/birthdays/special occasions are celebrated in an effort to enhance bonding and create lasting memories. Screening, Assessment and Treatment Planning is completed with each client and their family as part of the first contacts at Willow. **Supervision of visits is provided by a qualified mental health therapist** initially via family therapy sessions focused on building relationships, resolving conflict and moving toward healing the family unit. Supervision, when approved by the therapist, may be provided by a trained staff who specializes in behavioral support and supervision of clients or by a trained staff who specializes in being a role model for families and assisting with them becoming better advocates for themselves and their families. These staff will offer coaching or suggestions related to parenting, the child's behavior, the parent-child interaction and assist/plan visit activities. For each client receiving supervised visitation, Willow staff offer our full array of KRCC services as needed to help improve issues within the family unit or for each family member individually as indicated. Services available include individual therapy, family therapy, collateral contacts, community support, family peer support and case management.



YHDP HOUSING

Youth Homeless Demonstration Program works with young people who are homeless or at imminent risk for homelessness. YHDP staffs Community Support Associates (CSA) and Housing Navigators that assist young people with accessing resources in addition to housing such as employment, education, medical, and behavioral health through referrals and direct services. YHDP offers a Host Home program (SSO) for young people ages 14 to 24 who are homeless or at imminent risk for homelessness which offers stipends for fuel and groceries in exchange for secured housing in their homes. YHDP also has 2 crisis homes (TH) in Letcher and Perry Counties which provide immediate communal housing for qualifying young people age 18 to 24. Both the SSO and TH programs serve young people throughout the identified 8 county Promise Zone.

Children's Services

AUTISM CLINIC



Crossroads Health Center Autism Clinic is an evidence-based best practice model for assessment of autism spectrum disorders.

Crossroads Health Center provides **assessment, diagnosis, treatment, and support** for autism spectrum disorders and for ADHD. We offer a range of medical and mental health services for babies, children, and young adults.

ADHD CLINIC



If you are the **parent, guardian, teacher, therapist, or medical provider** of a child that you suspect may have Attention Deficit Hyperactivity Disorder, we can help.

**+ FULL
FOLLOW-UP**

**+ SENSITIVE
SERVICES**

**+ COMPREHENSIVE
EVALUATION**

**+ EVIDENCE-BASED
THERAPY**

Autism/ADHD Clinic Hours

**Every Friday
8 am- 6pm**

(606) 435-1741



To make a referral or for more information, please call

606-435-1741

**Monday through Friday between
8 a.m. and 6 p.m.**

Contact us to find out more about our Autism and ADHD clinic.

Adult Services



OUTPATIENT THERAPY

KRCC's outpatient therapists provide needed services to help clients live safer and more independent lives by targeting the issues limiting the client's participation in daily activities such as self-care tasks, cooking, budgeting and managing finances, and medication management. In order to restore the client's functional skill for independent living, the therapist works individually with clients from all age groups who are experiencing a decline in their levels of safety or independence or are recovering from an illness or injury.



CASE MANAGEMENT

KRCC provides Case Management services to assist consumers with their medical, education, social and other support needs. Recipients must have a diagnosis of a serious mental illness or a substance use disorder and not be in immediate danger to themselves or others.



CANEY COMMUNITY PROGRAM

Caney Community Program (CCP), is a community-based housing support program serving individuals with serious mental illness.

1. Provide, but not be limited, to the following functions to program participants: a. Safe, affordable housing; b. 24-hour per day supervision, as necessary; c. Case management; d. Skills training; e. Recreational opportunities; f. Emergency services; and g. Referrals for medical care."



Adult Services



SUPPORTED EMPLOYMENT

IPS Supported Employment: An evidence based practice designed to assist individuals with SMI to obtain employment in a competitive environment using the supports of their behavioral health treatment team, an employment specialist and benefits counselor. IPS Supported Employment services include: person-centered job selection, job development and analysis, rapid job search and job acquisition with support, and long-term support and follow-up. The principles are planned and implemented through a partnership with the individual and the treatment team members, of which the Employment Specialist is a member; in order to assist the individual in achieving specific employment goals as defined by the Person Centered Recovery Plan.”



HEALTH AND WELLNESS CENTERS

KRCC's Health & Wellness Centers offer a variety of specialized services for adults with a Serious Mental Illness (SMI) - depression, psychosis (including schizophrenia), bipolar disorder, and post-traumatic stress disorder (PTSD) - in a caring and supportive environment. Services include therapy, community support activities, case management, peer support, therapeutic rehabilitation, housing, and supported employment. Currently, there are six centers, all of which are situated close to KRCC outpatient offices: Mayking (Letcher County), Pippa Passes (Knott County), Hazard (Perry County), Campton (Wolfe County), Jackson (Breathitt County), and Booneville (serving Lee and Owsley counties).



MICHELLE P. WAIVER

Michelle P. (MP) waiver is a combination of the HCB and SCL waivers. It provides adult day training, attendant care, community living supports, homemaker, personal care, respite and supported employment for persons with intellectual and/or developmental disabilities.

For more information and referrals please call:

606-436-5761 (Option #4)

Adult Services



PEER SUPPORT

Peer Support: Emotional support that is provided by persons with lived experience of a behavioral health disorder to others who experience the symptoms of a behavioral health disorder in order to bring about a desired social or personal change. Services are structured and scheduled; providing non-clinical but therapeutic activities with individual clients or groups provided by a self-identified consumer who has been trained and certified in accordance with state regulations, and who meet the ongoing requirements as defined in 908 KAR 2:220."

From the KAR regulations-

"Section 4. Adult Peer Support Specialist Responsibilities. An adult peer support specialist shall:

- (1) Use relevant personal stories to assist other consumers through experience;
- (2) Serve as a role model to a consumer;
- (3) Encourage consumer voice and choice during development and implementation of plans;
- (5) Empower a consumer to have the confidence to be a self-advocate;
- (6) Help providers or other individuals understand the importance of integrating consumer voice and choice in services and support within a system of care;
- (7) Promote socialization, recovery, self-advocacy preservation, and enhancement of community living skills for consumers."



KRCC's Assertive Community Treatment Teams (ACT)

Assertive Community Treatment is a team treatment approach designed to provide comprehensive, community-based psychiatric treatment, and support to persons with serious and persistent mental illness such as schizophrenia.

Services are provided by a team of professionals with backgrounds in social work, rehabilitation, counseling, nursing and psychiatry. ACT is an evidenced based practice that has been extensively researched and evaluated for effectiveness.

KRCC has one ACT Team serving all 8 counties

Adult Services



COMMUNITY SUPPORT

KRCC Community Support Associates (CSAs) assist with comprehensive community support services, which are activities necessary to allow clients to live with maximum independence in the community. Our goal is to assist individuals with disabilities in living as independently and with the highest quality of life possible. Services include skills training, cueing, medication adherence support, assistance in learning about/recognizing symptoms, education regarding side effects of medication, assistance in accessing community resources, emotional regulation skills development/practice, crisis management/development of crisis coping skills, developing/enhancing interpersonal skills, teaching parenting skills, teaching how to shop, and managing finances.

Residential Services For Those Seeking Shelter



3770 Highway 15 South
Jackson, KY 41339

Direct Referral Contact:

666-7591, ext. 1406



644 KY RT 122
Martin, KY 41649

606-949-2018

KRCC's **Haven House & Maddiwar** provides meals and a safe place to sleep at night, on a temporary basis, to people who are experiencing homelessness.

During their stay, each client of **Haven House & Maddiwar** will be able to access showers, personal hygiene items, laundry facilities and clothing.

Clients of **Haven House & Maddiwar** will receive services needed to help them regain management of their lives, live independently in the community in safe and affordable housing and to address each client's individualized health needs.

*Open 24 hours a day - Safe place to sleep - Meals provided
7 days a week - Access to showers - Personal hygiene items -
Laundry facilities - Clothing - Access to community resources*

Developmental and Intellectual Disabilities



KRCC provides a broad array of programs to meet the needs of adults with intellectual or developmental disabilities. **These programs and services are designed to:**

- Provide services for adults with intellectual disabilities who are 18 years or older.
- Educate each individual on the issues of abuse and neglect so they can protect themselves.
- Educate the public about persons with intellectual disabilities and inspire them to accept each person within their community.
- Assist the medical professionals within the community in understanding the persons we serve.
- Help individuals in obtaining the medical assistance they require to live happy and healthy lives.

RESIDENTIAL SERVICES

Our goal at the “Journeys” Program is to provide a supportive home environment within the community for the people we serve and to assist them with achieving independent living skills.

- We serve individuals in all eight counties of the Kentucky River Region.
- We provide residential homes in which we serve up to three individuals.
- Each of our Residential Houses include 24-hour per day staffing.

DID Services

ADULT DAY HABILITATION

Available in Letcher, Breathitt and Perry counties. Program Opportunities include:

- Vocational Skills
- Socialization Skills
- Survival Skills
- Budgeting Skills
- Banking Skills
- Physical Fitness Activities
- Opportunities to travel and experience other communities

ADDITIONAL SERVICES/OPPORTUNITIES:

- Case management
- Community Living Support (CLS)
- Behavioral Supports
- Respite
- Individual and group counseling
- Co-occurring therapeutic Rehabilitation

PARTICIPANT DIRECTED SERVICES

Participated Directed Services (PDS) gives Medicaid waiver members more choices in the way some of their Medicaid services are provided. With CDO, you can choose who will provide the services that you need, as well as how, when and where the services will be provided.

SUPPORTS FOR COMMUNITY LIVING WAIVER

Supports for Community Living (SCL) waiver provides adult day training, community living supports, respite and supported employment for persons with intellectual and/or developmental disabilities.

DID Services

SUPPORTED COMMUNITY LIVING (SCL)

Provides 24-hour supervision and training in activities such as laundry, routine household care, self-care, shopping, money management, and socialization and leisure activities. No more than three individuals receiving waiver services can live in any single residential setting.

SUPPORTED EMPLOYMENT

- We match and encourage the individual's skills with proposed job duties and the employers with the individuals.
- Each individual has an on-site job coach to assist them in their duties. The job-coach encourages good work ethics. The job-coach is provided at no cost to the individual or the employer.
- We follow up with the individual and the employer to ensure the placement is appropriate and the individual is accomplishing his/her duties.
- Work independence is the key for the individuals in our program. We inspire each individual to work independently within his/her community.



Healthcare



**MOUNTAIN VIEW
HEALTH**

606-373-6111

3470 W HWY 80,
Emmalena, KY 41740



Mountain View Health, a rural health clinic located in Emmalena (Knott County), specializes in full family care and is committed to improving health in our mountain communities.

Young or old, male or female, the physical and mental wellness of the entire family is the focus of this clinic. Services include:

- Treatment of Injuries & Minor Trauma
- Walk-In Family Care
- Physicals
- Flu & Pneumonia Vaccines
- Women's Health Exams
- Diabetes, Cardiovascular, Hypertension & Lipid Management
- Well-Child Exams
- Laboratory Services
- Behavioral Health

Clinic Hours

Monday

8 a.m. - 6 p.m.

Tuesday, Wednesday, Thursday 8 a.m. - 5 p.m.

Friday

8 a.m. - 1 p.m.

Housing Services

The Mission of the Housing Options Division of KRCC, Inc. is to increase availability of and access to safe, decent, and affordable housing for families in the Kentucky River Region. We further commit to contribute to the development of healthy local communities by increasing housing opportunities, increasing employment opportunities, improving living standards, decreasing homelessness, and strengthening local economies by investing our knowledge, income and resources.



Rental Assistance

The KRCC Rental Assistance Program **helps people with housing needs** in certain parts of Kentucky. This can range from helping elderly people keep their power on to finding a place for a homeless family to live. KRCC wants to prevent and end homelessness.

Our **services are available for free to people who meet certain qualifications**, like being homeless, fleeing domestic violence, having a mental illness, or being at risk of becoming homeless soon. We give preference to families with children, veterans, people with serious mental illness, the chronically homeless, and those who have disabilities.

These identified groups are some of the most vulnerable but no eligible applicant will be denied service. Anyone seeking assistance can fill out an application at any of the KRCC Outpatient offices.

For more information call 1-800-575-7223 Ext 1907

You may apply on-line at www.krcccares.com

Housing Services

APARTMENT COMMUNITIES

Since 2007, we have developed several apartment complexes, including:

- **Ivy Court Apartments, Townview, Dahlia Court Apartments and Pin Oak** in Breathitt County.
- **Marigold Apartments** in Lee County.
- **Eilerman Apartments** in Owsley County.
- **Sun Valley Apartments and Linden Tree Apartments** in Knott County.
- **Rose Circle Apartments and Back Street Apartments** in Wolfe County.
- **Lilac Court Apartments** in Letcher County.
- **Dogwood Square** in Perry County.

Kentucky River Rental Properties

Kentucky River Community Care, Inc. manages over 200 rental units in the Kentucky River Region. Anyone interested in applying may call or stop by one of our office locations.

28 Cave Branch Rd.
Hindman, KY 41822
(606) 785-5903

351 Broadway
Jackson, KY 41339
(606) 666-8770

All of our residential communities are surrounded by scenic mountain views, and most of our apartments are conveniently located within walking distance of businesses, services, and recreation such as grocery stores, shopping areas, doctor's offices, parks, schools, social services, churches, restaurants, literacy programs, libraries, banks, and pharmacies.

KRCC adheres to all Fair Housing and Equal Opportunity requirements and does not discriminate based on race, color, religion, creed, sex, age, national origin, familial status, marital status, gender identity, sexual orientation, handicap, or disability. Since 2007, we have developed several apartment complexes. All of our apartments have affordable rates and utilities and most appliances are included.

People who apply for or receive any benefit or service provided by Kentucky River Community Care, Inc. may file complaints if they believe they have had unfair treatment because of race, sex, handicap, religion, age, ability to pay or national origin.

Clients of KRCC have the right to confidential, appropriate, respectful and professional services. At the time of the application for services, each client will receive a full explanation of rights and the grievance policy for resolution of any complaint related to the services proposed or received.

Clients who feel their rights have been or are being denied may call, or put concerns in writing to:

Mike Kadish

115 Rockwood Ln.
Hazard, KY 41701

606-436-5761, ext. 4655
1-800-575-7223, ext. 4655

Kentucky Cabinet for Human Resources
OMBUDSMAN

275 E. Main 1E-B
Frankfort, KY 40621

1-502-564-5497 OR
1-800-372-2973

krcccares.com



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating based on race, color, religion, creed, sex, age, national origin, familial status, marital status, gender, gender identity, sexual orientation, handicap and disability.



Funded in part or in whole through Federal, CHFS and/or State funds.

Advocacy Information

VOLUNTEERING

We have several programs that accept people as volunteers, provided that they pass our screening process. Almost all our programs have volunteer opportunities, including **Trauma Services, and the Intellectual and Developmental Disabilities Department.**

You can volunteer to help with special events or for certain activities within a center or program. Some examples include: helping decorate a facility, monitoring phones or aiding our consumers during an event (such as the Special Olympics or a conference). As long as the Program Director approves the position for which you are volunteering, you may apply as a volunteer.

The Rising Center has an outstanding volunteer opportunities for community members. You must be over the age of 20 and attend the required 40-hour training program.

All applicants are screened to ensure the confidentiality and safety of our clients. Call The Rising Center at 1-800-375-7273 (RAPE) if you are interested in becoming a volunteer.

ADVOCACY

Our clients come first, so it is important to offer services to fight for the rights of our clients that are being ignored. Persons who are victims of interpersonal violence or who may not know the proper process may benefit from support provided through the following:

MEDICAL ADVOCACY

Rape victims are encouraged to seek medical attention and to receive support after an assault. The Rising Center's trained crisis counselors are available 24 hours a day to provide this support at any of the hospitals in the Kentucky River Region.

LEGAL ADVOCACY

A rape victim is faced with making decisions regarding talking to police and reporting the crime. The Rising Center's Victim Advocate offers information regarding legal processes associated with rape. The Advocate can assist a victim in applying for and receiving financial compensation through the OVC Crime Victims Fund.



Real People,
Real Stories,
Real Recovery.
www.krcccares.com

