



New Day Center is a patient-oriented treatment facility that provides comprehensive outpatient addiction and mental health treatment services.

## **Addiction Recovery Treatment**

We offer individualized treatment through intensive outpatient (IOP) and extensive outpatient (EOP) programs that utilize therapy groups, peer-support groups, individual therapy, neurofeedback treatment, and case management.

### **Affirmative Addiction Recovery: A Different Approach**

Recognizing that sobriety is not equal to recovery, we take a positive, whole-person approach to addiction treatment that focuses on:

- *Understanding the physical & emotional drivers of substance use*
- *Understanding & stopping the relapse process*
- *Learning to cope with stress & negative emotions that lead to relapse*
- *Affirming the recovery process by:*
  - *Recognizing progress & successes in recovery*
  - *Taking credit for progress & successes*
  - *Feeling good about progress & success*
- *Affirming the person in recovery by:*
  - *Recognizing & accepting positive personal qualities*
  - *Recognizing personal strengths*
  - *Letting go of guilt & shame*
  - *Increasing self-acceptance & feelings of self-worth*



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## **Medication Assisted Treatment (MAT)**

We approach addiction treatment as a path to healing and recovery, not a years-long schedule of doctor's visits and medications.

While MAT medications like Suboxone and Vivitrol can be a helpful part of a comprehensive recovery program, **we view medication as a tool, not a solution.** Our goal for clients supplementing their treatment with medication is to start at the lowest effective dose, and to completely wean from MAT use in 8-12 months.

## **Mental Health Services**

New Day Center provides a wide range of adult mental health counseling and assessment services provided by licensed clinical therapists. Our therapists utilize a person-centered behaviorist approach to provide a positive therapeutic environment that leads to discovery and change.

Mental health services offered include:

- *Individual Therapy*
- *Group Therapy*
- *Neurofeedback*
- *Psychological Assessments*
- *Substance Use Assessments*

## **Affordable Treatment**

We accept most forms of commercial insurance plans.

We also accept most KY Medicaid plans, including:

- *Aetna Medicaid*
- *Anthem/BCBS Medicaid*
- *Humana CareSource*
- *WellCare*
- *Passport*