



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, 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*



2647 Regency Road Suite 101  
Lexington, KY 40503  
Phone: (859) 277-4357

66 West Main Street  
Owingsville, KY 40360  
Phone: (606) 336-5124

[www.newdaycenter.com](http://www.newdaycenter.com)  
[www.facebook.com/newdayrecovery](http://www.facebook.com/newdayrecovery)



## **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 progressively taper until the medication is no longer needed to support their sobriety.

## **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*
- *Family Therapy*
- *Psychological Assessments*
- *Substance Use & Casey's Law Assessments*

## **Affordable Treatment**

We accept most forms of commercial insurance plans.

We also accept all KY Medicaid plans, including:

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

- *Passport*