



FAQ – Residential Treatment Center (RTC)

What type of treatment is provided at the Residential Treatment Center?

The RTC provides Substance Use Disorder detoxification, residential, intensive outpatient and outpatient services. Additional support services provided on-site include Targeted Case Management, Mental Health Therapy, Certified Peer Support and Supportive Employment services.

Treatment is individualized and length of stay is determined for each person based on their specific needs and plan. A person in residential treatment receives individual, group and family therapy services provided by Physicians, Nurses, Clinical Services Providers, and other support service providers.

Who is eligible for treatment?

We serve men and women ages 18 and up. Each person starts with a clinical assessment to determine what level of care is needed and is given treatment recommendations.

What is the referral process?

To refer yourself or someone else, call 859-491-4435. An intake will be completed over the phone to determine initial eligibility. During that call, a date will be scheduled for a clinical assessment at the RTC.

How does someone get admitted?

When a person arrives to the RTC, they will complete a initial health assessment with the Triage Nurse. Once determined medically stable, the person will meet with the Assessment Specialist for a complete bio-psycho-social assessment. The Treatment Team, including the Medical Director will provide recommendations for treatment. Determination of admission to the RTC will be discussed at the end of the two assessments.

How long does the clinical assessment take?

We recommend that you set aside 2 hours to complete the assessment. The person that transports you to the RTC will need to stay on site until the end of your assessment.

What does a typical day in residential treatment look like?

Patients attend therapy services all day during treatment. These services are provided in both group and individual settings. Therapy services focus on substance use disorder education, recovery management and planning, co-occurring disorders education and therapy, life skills and additional areas of need. Evening programming includes in house community meetings such as NA, AA and a weekly family program.

How much does treatment cost?

Some insurance will cover the cost of treatment, including both private and public insurance. The RTC accepts all 5 Kentucky Medicaid Managed Care Organizations, some private insurance as well as self payment for treatment. Payment plan options are available.

What other services are offered?

Other services offered include access to Case Management, Peer Support and Supportive Employment. Residents will work with Clinical Service Providers to create a solid discharge plan to ensure aftercare recommendations and plans are made which may include a referral and appointment for additional outpatient treatment.

Can patients have visitors?

Yes, visitation at the RTC is on Saturday and Sunday afternoons. Patients are allowed three visitors at one time. Visitors are asked to attend the RTC Family Program on Wednesday evenings in order to participate in visitation. In the event that a family member or visitor cannot attend the RTC family program, verification of attendance to Al-Anon or Nar-Anon must be provided to RTC staff prior to visitation. Visitation occurs only in the common areas of the facility.

What is the typical length of stay?

Typical length of stay depends on the person. We individualize treatment to ensure that every patient's needs are met so that their plan is best suited for what they need during treatment and when they leave.

Can patients smoke?

Yes, there are scheduled smoke breaks in designated smoking areas outside the building.

How is the food?

Three meals served per day in addition to healthy snacks and drinks are made available throughout the day.

Are there laundry services on-site?

Yes, there are laundry services on site. Patients are encouraged to bring 7 days worth of clothing only as they will have access to do laundry each week.

Are there 12-step meetings on-site?

Yes, daily AA, NA and Celebrate Recovery meetings are provided at the RTC.

Can patients make phone calls?

Yes. Patients will have access to make phone calls during non-treatment hours.

Do patients have chore responsibilities?

Patients are asked to ensure the upkeep of their bedroom and common areas.

Is transportation provided to and from the RTC?

If transportation to and from the RTC is a barrier, please call 859-491-4435 to discuss options for transportation.

What can I bring?

Patients can bring 7 days worth of comfortable clothes, personal care items, AA/NA books, journal and writing utensils. Cell Phones are not permitted. Patients are required to bring 30 day supply of their medications with them to the RTC, this includes any over the counter medications.

