

Overdose is often fatal because people are unaware of the risks or what to do when one occurs. Risk factors include mixing different drugs and alcohol together, using drugs that are stronger or are not familiar with, tolerance changes and using alone. If you think someone is overdosing, call 911, give rescue breathing and nalcron if you have it. Never leave the person alone. Fatal overdose can be prevented, every life is worth saving and it is never too late to ask for help.

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# **newvista** **schwartz** **center**

Residential Substance Use Treatment

**Intake Number 859.246.7282**

3479 Buckhorn Drive

Lexington, KY 40515

[www.newvista.org](http://www.newvista.org)

FOR SUPPORT, QUESTIONS OR TO GET STARTED:  
**24-HOUR HELPLINE 1.800.928.8000**



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Residential Substance Use Treatment



## Residential Treatment

The Schwartz Center offers short-term residential treatment for substance use and mental health. Residential treatment provides a safe and supportive environment that focuses on individualized treatment plans and building a foundation for recovery. The residential program includes:

- Group and individual counseling
- Family counseling
- Educational sessions
- Community meetings
- Peer support
- Family education program
- Recreation
- 12-Step work
- Case management

Our residential program provides treatment in a non-judgmental environment free of distractions from every day life. Group activities provide education on the disease of addiction and development of coping and daily living skills needed to live without using drugs and alcohol. Daily schedules and routines develop healthy habits necessary to be successful when individuals return to their community.

## Getting Started

Phone screenings are available 24 hours 7 days a week by calling 859.246.7282 or 1.800.928.8000. We work quickly to get clients into treatment as soon as possible.

## After Residential Treatment

The Schwartz Center encourages treatment after completing the program. Research shows having strong sober supports and treatment improve the chances of maintaining recovery. New Vista offers the following after treatment programs:

**Transitional Housing** offers Intensive Outpatient Program (IOP) services along with room and board. Individuals receive support while transitioning into the community, locating permanent housing and employment.

**Intensive Outpatient Program (IOP)** comprised of 18 group sessions over a six-week period in an outpatient setting which continues to support each individual with skill building, relapse prevention and coping strategies for every day stress triggers.

**Outpatient Counseling** provides individual, family and group counseling and case management services near an individual's home.

