

# WE SEE THE GOOD AHEAD.

## Substance Use Services and Supports

### New Vista is Ready to Help

New Vista offers a spectrum of substance use services and supports to meet people at any stage in their recovery. If you or a loved one is struggling with substance use, we can help. New Vista offers peer support for guidance through recovery, treatment plans tailored to each individual's needs and evidence-based methods to ensure the best possible outcomes. We also provide counseling for individuals with co-occurring mental health and substance use disorders and help families with Casey's Law petitions. As the community mental health center for 17 counties in Central Kentucky, our mission is to help individuals achieve recovery and live their best lives.

**Peer Support** – Talk to a peer support specialist who has lived experience with substance use. They can listen, offer advice and walk you through treatment options.

**Outpatient Services** – We offer individual, family and group counseling, case management, employment support services and housing assistance for those with substance use disorders.

**Intensive Outpatient Program (IOP)** – Attend group therapy and education three times a week for a total of nine hours. This can be combined with individual and family counseling as needed.

**Medication Assisted Recovery** – Available for adults dependent on opioids or alcohol. Our recovery plans combine medication, case management, psychiatric evaluation and therapy.

**Kentucky Moms Program** – Receive free prenatal education, case management services and connection to local resources to improve the health of mother and baby.

**Recovery Services for Women & Families** – Our approach connects behavioral health, family practice, and OB care to support pregnant women, mothers and families in recovery with medication assisted recovery, peer support and case management.

**Schwartz Centers** – We offer 28-day residential treatment for men and women in two separate facilities in Lexington. Programs include individual and group counseling, peer support, education, recreation, employment support services and discharge planning.

**Sober Living for Men** – Clients may transition to sober living from the Schwartz Center for an additional 60 days, where they will receive employment assistance, peer support services and participate in our Intensive Outpatient Program.

**Center for Women and Children** – Our 12-bed residential treatment facility in Richmond is designed for pregnant and parenting women. Children two years and younger may live with their mother at the center during recovery.

**newvista**

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



**For Support, Crisis and Appointments:  
24-Hour Helpline 1.800.928.8000**