

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 unfamiliar, tolerance changes and using alone. If you think someone is overdosing, call 911, give rescue breathing and narkan 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.

newvista
medication assisted
recovery

859.977.6080 | newvista.org
201 Mechanic Street
Lexington, KY 40507

GET SUPPORT, GET STARTED
24-HOUR HELPLINE 1.800.928.8000

MEDICATION ASSISTED RECOVERY

SUCCESSFUL • RESPONSIBLE • SINCE 1975



newvista

**We see the
good ahead.**



About New Vista

We believe everyone has the ability to improve their life. We provide individuals and families with treatment in a supportive and respectful environment. New Vista is a nonprofit organization providing mental health and substance use services in 17 central Kentucky counties.

How to Get Started

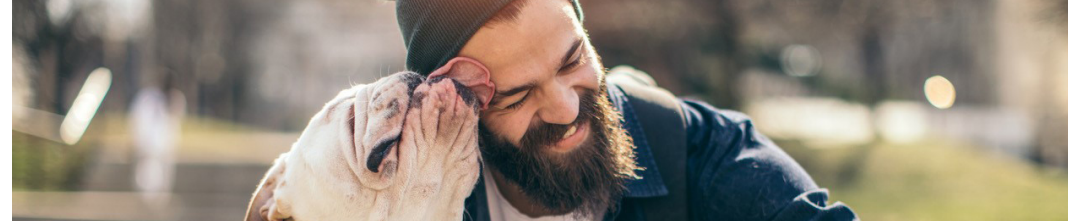
Our experience shows responsible Medication Assisted Recovery is a successful treatment for opioid and heroin use. New Vista's program is the longest running in Kentucky since 1975. Individuals can refer themselves or can be referred by a family member or loved one. All treatment is voluntary. We work with clients to determine treatment based on the needs of the individual –this is called person-centered treatment.

The type of substance use, the length and severity of use, physical and mental health are all factors we use to create the best treatment. Our practices are proven to be effective and set individuals on a path to recovery.

Purpose and Mission

- We work with clients to stabilize their lives using of medication, typically Methadone and Buprenorphine, also known as Suboxone, and Vivitrol.
- We provide individual and group counseling as well as crisis intervention to assist clients achieve recovery from addiction.
- We improve quality of life by crafting treatment plans with a complete assessment of each individual's needs. The treatment plan is a collaboration between the individual, the physician and therapist.

For support, questions and to get started call our 24-Hour Helpline at 1.800.928.8000 or visit newvista.org.



Treatment Services

Clients are greeted by friendly staff who know them on a first name basis. Initially, individuals are seen weekly by their therapists and continue as needed.

Psychosocial evaluation and assessment for medication are completed at the beginning of the program. Treatment plans include psychiatric consultation. Therapists and nurses are trained to treat addiction and related issues.

All Clients are treated with both medication and therapy. To treat the whole person, we provide case management and assistance with housing, education, transportation, child care and medical referrals. Physical exams and lab work are performed annually to maintain good health.

Throughout recovery, we work with clients to gain essential life skills for daily living and to foster positive change so clients live their best life.

Offering all treatment options in one comprehensive service.

How Treatment Works

Clients proceed from one stage of treatment to the next or may move back and forth among the stages. During all stages, therapy and medical treatment are critical for successful recovery.

An individual's response to treatment determines their path to recovery. Some clients may stay in one stage for a considerable period of time while others may move quickly. Relapse is not uncommon. We believe there is no wrong path to recovery.

Pregnant Women and Mothers

New Vista Recovery Services for Women is a new approach in treatment for substance use during pregnancy and for mothers. The goal is to ensure all women and their families receive treatment for addiction with as few barriers and delays as possible. If you are interested in learning more call our 24-Hour Helpline 1.800.928.8000.

