

P.I.E.R. Recovery Community Center
1002 Monmouth Street, Newport, KY 41071-2117
(859) 547-6539 www.mhankyswoh.org/pier



The P.I.E.R., staffed by Kentucky Certified Peer Support Specialist, provides structured, educational small-group classes and support groups in a therapeutic environment. We encourage participants towards a path of positive self-awareness, growth and recovery, by utilizing best practices. The participants engage in conversations and activities during recovery program hours in order to educate themselves on how to respond to challenges within their lives. We provide a place for the pursuit of a healthy, holistic life style by providing a matrix of new relationships based on self-understanding, mutual acceptance and self-esteem. We partner with community agencies and organizations to help pave the way for participants to access the resources they need.

Mission Statement: We offer **peer-supported**, educational, holistic recovery opportunities to all participants affected by mental illnesses and substance use disorders. We foster the enhancement of participant's skills and strengths, and seek to engage participants by providing empathy and expanding wellness.

Vision Statement: We envision a healthy community in which participants who have experienced social, physical, emotional, educational, employment or housing related barriers as the result of mental illness or substance use disorder, are able to achieve their full potential and overcome them.

Educational small-group classes and support groups

Parenting

KCPSS Facilitator leads a 12 week court recognized curriculum. This class offers healthy parenting skills for the conscious, open minded parent. Curriculum includes creating household rules, different parenting styles, and also fun games and activities.

Surviving Domestic Violence

KCPSS Facilitator leads the *Saving Grace* curriculum, offering 19 different sessions providing education on topics ranging from myths and facts, to planning for safety, to healthy relationships, and also how to emerge from a domestic violence situation healthily.

Attacking Anxiety

KCPSS Facilitator leads the *Mood Juice Self Help Guide* curriculum. This class will help participants build skills to cope through life stressors so they can understand symptoms created by anxiety, causes of, and answers the question, "What can I do to overcome anxiety?"

Stress Management

KCPSS Facilitator leads the *Clinic Community Health Centre* curriculum. This class will provide information and education about stress, effects of stress and provides best practice stress management and relaxation techniques.

Anger Management

KCPSS Facilitator leads this 12 week, SAMSHA approved and court recognized curriculum. This class teaches participants to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, and provides participants support in a group setting.

Relapse Prevention

KCPSS Facilitator leads the *Hazelden Relapse Prevention Curriculum*. This class will assist participants to identify relapse warning signs, triggers, tips to avoid relapse, ways to receive support, and other coping skills necessary to avoid relapse.

Double Trouble

12 Step approach combining mental health and substance abuse. *Dual Diagnosis*.

Narcotics Anonymous Meeting

12 Step introduction and support group of Narcotics Anonymous. The message is an addict any addict can stop using drugs, loose the desire to use and find a new way of life. Message is HOPE and promise is freedom from active addiction.

Alcoholics Anonymous

12 Step introduction and support group of Alcoholics Anonymous. AA is an international fellowship of men and women who have had a drinking problem. Participation is open to anyone who wants to do something about his or her drinking problem.

Al-Anon

12 Step introduction and support group. Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking.

Medically Assisted Recovery Anonymous: A 12 Step program for MAR Participants to gather to share experience, strength, and hope.

NAMI Connections

Support group for individuals and families affected by Mental Illness.

LGBTQ+ GLAST

KCPSS Facilitator leads this support group, committed to improving the climate and support systems for the LGBTQ+ community. It addresses specific recovery related topics unique to these individuals. "Please educate us on preferred pronouns."

Women's Empowerment

KCPSS Facilitator leads this support group. This group seeks to empower women to participate in their personal recovery and within the community. This group focuses on setting goals to improve quality of life.

Trauma Survivors- Strategies to Thrive for Women/ Men: This class helps participants identify trauma, process trauma, cope with triggers, and begin to heal from traumatic events.

Women's Recovery Meeting

KCPSS Facilitator leads *She Recovers* - a 5 step process that helps women create and maintain a safe, judgement free atmosphere to discuss women specific related recovery topics.

Grief Support

KCPSS Facilitator leads this support group - a safe place to share thoughts and feelings in order to cope with challenges or and barriers in the grieving process. Various types of loss are investigated including family, friends, work and self.

Stinkin' Thinkin'

KCPSS Facilitator leads this *NHS* curriculum, a class that utilizes the cognitive behavioral therapy approach to learning more about low mood, stress, and anxiety and teaches participants ways to healthily think and feel.

Working towards Wellness

KCPSS Facilitator leads this *DBSA* curriculum. This class will help participants learn to identify healthy lifestyle choices, track progress, recognize patterns and put together a wellness plan that fits their specific daily needs.

Effective Problem Solving Communications Skills

KCPSS Facilitator leads this class, designed to develop interpersonal communication skills through actual practice and training. Our professional co-facilitator will focus on the principles of this course that include: *Reach*Withdrawal*Speak*Listen*Give*Receive. *Tools for transformation*.

Re-Entry

KCPSS facilitator leads this *NREEP/SAMSHA* curriculum. This class will assist participants with collaborative mapping based interventions that help identify goals while reentering the world after being exposed to incarceration, hospitalization and other treatment facilities.

Seeking Safety

KCPSS facilitator will assist participants in focusing on healthy coping skills. This class will cover topics that vary from honesty, setting boundaries, taking care of self, ask for support, and how to access community resources.

Budgeting & Time Management

KCPSS facilitator will assist participants in creating a realistic workable budget. Participants will develop multiple worksheets and exercises to help promote and maintain healthy budgeting skills.

Monday 2:00pm-5:00pm	Tuesday 11:00am-4:30pm	Wednesday 11:00am-4:30pm	Thursday 11:00am-4:30pm	Friday 11:00am- 4:30pm
	11:30am-12:20pm	11:30am-12:20pm	11:30am-12:20pm	11:30am-12:20pm
<i>No classes until 2:30pm</i>	NAMI Connections Trauma Survivors: Strategies to Thrive for Men <i>Martin W., KCPSS</i>	Women's Empowerment <i>Cyndy R., KCPSS</i> <i>Roberta W., KCPSS</i>	NAMI Connections Al- Anon <i>Chip D., KCPSS</i>	Stinkin' Thinkin' <i>DeAnn B., KCPSS</i>
	12:30pm-1:20pm	12:30pm-1:20pm	12:30pm-1:20pm	12:30pm-1:20pm
	Attacking Anxiety <i>Doug W., KCPSS</i>	Grief Support <i>Adrienne G., KCPSS</i>	Double Trouble in Recovery <i>Carol S. / DeAnn W., KCPSS</i>	Working Towards Wellness <i>DeAnn B., KCPSS</i>
	1:30pm-2:20pm	1:30pm-2:20pm	1:30pm-2:20pm	1:30pm-2:20pm
	Stress Management <i>DeAnn B., KCPSS</i>	Women's Recovery <i>Adrienne G., KCPSS</i>	Narcotics Anonymous <i>Doug W., KCPSS</i>	Effective Problem Solving/ Communications Skills <i>Scott O., KCPSS, Thomas Cox</i>
2:30-3:20pm	2:30pm-3:20pm	2:30pm-3:20pm	2:30pm-3:20pm	2:30pm-3:20pm
Parenting <i>Pennie T., KCPSS</i>	Anger Management <i>Carol S., KCPSS</i>	LGBTQ+ in Recovery by GLAST! <i>Martin W., KCPSS</i>	Alcoholics Anonymous <i>Kiah W., KCPSS</i> Medically Assisted Recovery Anonymous <i>Traci S., KCPSS</i>	Re-Entry <i>Cristin G. KCPSS</i>
3:30-4:20pm	3:30pm-4:20pm	3:30pm-4:20pm	3:30pm-4:20pm	3:30pm-4:20pm
Domestic Violence <i>Pennie T., KCPSS</i> Anger Management <i>Carol S., KCPSS</i>	Trauma Survivors: Strategies to Thrive for Women <i>Carol S., KCPSS</i>	Budgeting/ Time Management <i>Chip D. / Kiah W., KCPSS</i>	Relapse Prevention <i>Kiah W., KCPSS</i>	Seeking Safety <i>Cristin G., KCPSS</i>
Partner Services Available				
3-5pm 4 th Monday of the month HIV Testing NKY Health Dept.,		10:45am-12pm 3 rd Wednesday of the month KCPSS Certified Peer Connections Meeting	11-2pm Supported Employment <i>John Riesenber, Mental Health America, Program</i>	1:30-2:30pm 1 st and 3 rd Friday of the month Welcome House Housing Resource Education
	NorthKey Behavioral Health Intake 11am-2pm	NorthKey Behavioral Health Intake 11am-2pm		
	ProBono Counseling 11-2pm		ProBono Counseling 11-2pm	