

# Central Kentucky Recovery Center Admissions Information



Located on the Eastern State Hospital campus, the Central Kentucky Recovery Center (CKRC) is a specialized, transition step-down level of care for individuals with a serious mental illness. The program provides skill-building activities to help residents return to independent living. CKRC operates three buildings that house up to 16 individuals each.

## Program

Our program is designed for individuals who want independent living. Staff are available around-the-clock. In group sessions, residents learn life skills, coping skills and medication education to help them return to independent living. We work with you to identify goals that you want to meet and collaborate with community resources to build support for you after your discharge.

## Admission requirements

- 18 years old or older.
- Diagnosed with a serious mental illness.
- Can exit building without assistance.
- Take medications.
- Desire to live independently.

## Services available

- Assistance with medication, education and physical needs.
- Groups on topics including life skills such as cooking and meal prep and stress management.
- Three meals and two snacks daily. You can either eat the snacks we provide, or buy a snack for yourself. A dietitian will work with you on a diet plan that will fit your needs.
- A Recovery Team that includes a psychiatrist, social worker, mental health associates and nurses. You and your Recovery Coach will develop your Recovery Plan to meet your goals.
- Transportation to community resources such as AA, Participation Station or a hair salon. When you arrive, we will provide transportation to a local store until you are able to go on your own. We also go on fun outings to watch movies and plays, and a local church can transport you for their services on Sunday mornings.
- Connections to community resources such as the ACT Team, New Beginnings and outpatient therapy services, to help you transition into independent living.
- Single and double rooms.

## What CKRC provides

**Hygiene products:** soap, shampoo, deodorant, toothbrush, toothpaste, lotion, razors, shaving utensils and shaving cream.  
**Bedding/clean linens:** sheets, pillows, towels, washcloths, laundry hamper, tote with personal items and plastic hangers.

**Entertainment:** books, magazines, puzzles, arts and crafts, board games, cards, etc.

## Resident rules and expectations

**Tobacco policy:** Tobacco products are kept at the front desk. You may smoke in the designated smoking area that's a short walk from the CKRC parking lot.

During the first two weeks at CKRC, you will remain on the grounds to become familiar with the program and your peers.

Use of alcohol and/or drugs is strictly prohibited while living at CKRC. You will be expected to maintain a clean living environment by properly disposing of trash.

You are encouraged to actively participate in your recovery by taking prescribed medicines and working through your plan for recovery/discharge.

From 9 p.m.-7 a.m., you are expected to remain inside the facility. Your team can make exceptions when necessary.

We expect that you will participate in your recovery by:

- Taking your medications as prescribed – learning the name, purpose, dosage and side effects, and being able to independently request medications without reminders.
- Choosing and attending groups on a variety of topics.
- Developing a Recovery Plan with your Recovery Team to help you achieve your goals at CKRC.
- Practicing independent living skills such as meal clean-ups, laundry and room care.

## Program cost

\$1,253 a month; you will get \$60 a month to spend. We apply for a State Supplement to cover any costs that aren't covered.

## Contact information

Phone: **859-246-8600**

Fax: **859-246-8459**

Facility director: Jennifer Smith

**Eastern State Hospital**  
Managed by UK HealthCare