

# Treatment Centers

## Cumberland River Comprehensive Care Center

260 Old Highway 25 South  
Mt. Vernon, KY 40456  
Phone: (606) 256-2129  
Hotline: (606) 526-2589  
Web Address: [www.kih.net](http://www.kih.net)

## cleftRock Retreat Center

2847 cleftRock Road  
Mt. Vernon, KY 40456  
Phone: (606) 256-2469

## Healing Rain Women's Substance Abuse Recovery Center

Martha Cowles, Manager  
Phone: (606) 256-0539 Ext. 2  
Referrals/Family Outreach  
Larry Cowles  
Phone: (606) 256-0017 Ext. 5

## KY-ASAP

### (Agency for Substance Abuse Policy)

Tony Shelton  
P.O. Box 758  
Brodhead, KY 40409  
Phone: (606) 758-4487  
Email: [ky-asap@hotmail.com](mailto:ky-asap@hotmail.com)

## Roots & Wings Counseling, Inc.

Robert W. Fields, D.Min., L.M.F.T.  
908 W. 5th Street  
London, KY 40741  
Phone: (606) 878-8010 (Office)  
Phone: (606) 256-2469 (Home)  
Fax: (606) 864-0676  
Email: [bobandeddie@aol.com](mailto:bobandeddie@aol.com)

# Operation UNITE

Unlawful Narcotics  
Investigation Treatment & Education

UNITE (Unlawful Narcotics Investigation Treatment & Education) was created to combat drug abuse in Southeastern Kentucky. Community support is imperative to this effort. Faith-based individuals and churches are the cornerstone of communities and hold the key to the anti-drug movement. The Rockcastle County UNITE Coalition meets the second Wednesday of each month at 12:00 noon at Kastle Inn Restaurant in Mt. Vernon. Everyone is encouraged to attend the meetings and become an active member of UNITE.

Rockcastle County UNITE Coalition  
Chairman, John Hale  
Rockcastle County High School UNITE Club  
Rockcastle County Middle School UNITE Club  
Mt. Vernon Elementary School UNITE Club  
Roundstone Elementary School UNITE Club

## Drug Tip Hotline

# 1-866-424-4382

(toll-free - your name is not required)

## Toll-free Treatment Help Line

# 1-866-90-UNITE



# Just Picture It...



## A Drug-Free Rockcastle County

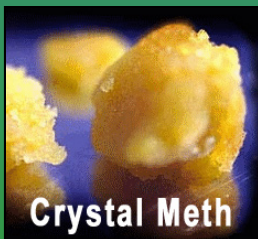
*“When people stand by and do nothing, evil prevails;”*

Has a friend or family member become moody, short-tempered, and hostile? Does he/she seem “spaced out?” Stop and think about it. He/she may have an alcohol or other drug problem.

## Substance Abuse Warning Signs

- Changes in peer groups or associations
- Difficulty focusing; glazed appearance of the eyes
- Unexplainable mood swings or behavior
- Overly tired or hyperactive
- Drastic weight loss or gain
- Always needs money, or has excessive amounts of money
- Sloppiness in appearance
- Cheats, steals
- Sharing few if any personal problems
- Over-reacts to criticism, acts rebellious
- Negative, argumentative, paranoid, or confused
- Verbally or physically abusive
- Loss of memory/blackouts

Always remember that buying or possessing illegal drugs is against the law and that drug use often leads to other crime and misconduct. Penalties for drug related offenses are harsh. Drugs or alcohol can also impair judgment and cause highway accidents and fatalities.



## What is Meth and what does it do?

Methamphetamine, commonly known as “meth”, “crystal”, “crank”, “ice”, or “speed” is an illegal and dangerous drug that can be snorted, swallowed, smoked, injected or inhaled. A central nervous stimulant, methamphetamine causes the brain to be flooded with dopamine, a chemical that stimulates pleasure.



Meth is produced within homes, garages, barns, wooded areas and sheds by using inexpensive over-the-counter medications and large amounts of chemicals, which causes a foul odor while being cooked. A few of these common ingredients include cold pills, batteries, coffee filters, starting fluid, acetone and other common household chemicals.

**Meth = Death**

The use of methamphetamine causes short and long-term health effects, including stroke, irregular heart beat, heart damage, high blood pressure, stomach cramps, shaking, anxiety, insomnia, paranoia, and hallucinations.

## Be Smart!

- Avoid parties or other social gatherings where you know there will be alcohol or other drugs.
- Hang out with friends who don't need alcohol or other drugs to have fun.
- Get involved in drug-free activities.
- Look for help. Talk about the situation with a counselor, health professional, or someone who knows about drug abuse and helping abusers.



For a free copy of “Keeping Your Kids Drug-Free: A How to Guide for Parents and Caregivers,” call 1-800-788-2800 or visit [www.theantidrug.com](http://www.theantidrug.com).



*When people UNITE and work together, lives are saved.”*