

Education and Prevention Services

Coalitions

Pulaski County UNITE Coalition

Chairperson – Kathy Hall 606-219-6218

Meets the second Monday of the month at Rocky Hollow Recreation Area at 5:30 pm.

The Pulaski County UNITE Coalition plans and coordinates drug prevention and education activities in Pulaski County. A variety of committees provide opportunities for individuals interested in addressing the substance abuse problems. Committees include: Court Watch, Youth Activities, Faith-Based, Education, Media, Medical Advisory, Neighbors UNITED, Pulaski County Transformation Team, and collaboration with Kentucky Agency for Substance Abuse Policy Board (KASP) for assistance with travel costs to treatment facilities in Kentucky as well as other prevention services.

Court Watch – Contact: Dale Kirby kirbysomerset@aol.com In a peaceable and non-threatening manner this committee monitors, tracks, records and reports, without bias, all aspects of local drug and drug-related cases from arrest through sentencing or dismissal.

Faith-based – Contact: The cornerstone of each coalition, the Faith-Based Committee provides prevention, intervention, treatment, family support, after-care and mentoring for drug abusers and their families by replacing faith and serenity in those lost due to addiction.

Education – Contact: Carol Huckelby 606-271-2818 huck369@gmail.com Committee members work to build strong relationships between schools and the community in order to enhance drug awareness education and to provide drug-free activities for students.

Media – Contact: Kathy hall 606-678-2673; 219-6218 kathy.hall@pulaski.kyschools.us Committee promotes events, coalition activities and coordinates information with radio and newspapers. Photos of events and activities are disbursed on website and newspaper. Committee also develops a brochure for the coalition.

Medical Advisory – Contact: Committee members work to provide accurate and current information on the drugs of abuse within the local community, address concerns of health care providers, and encourage the utilization of the Kentucky All-Schedule Prescription Electronic Reporting (KASPER) system.

Neighbors UNITED – Contact: Sandra Brans To educate neighborhoods on how they can join together in order to become a Concerned, Caring and Committed community. The program

has proven effective in reestablishing pride, opening communications between families, providing safety for children, and keeping drugs and other crime out of the area.

Pulaski County Transformation Team – Contact: Joe Cox 606-305-1605. A program designed to promote united communities that encourage thriving families, creating a legacy of freedom, hope, and prosperity for future generations. The current primary endeavor is the implementation of the Family Mentoring Program that has been developed as a collaborative effort with Focus on the Family. The contact number for the Family Mentoring Program is Dale and Sue Kirby at **606-678-2914**.

Youth Activities – Contact: Carol Huckelby 606-271-2818 huck369@gmail.com Members will provide positive, sustained relationships with children by offering healthy and fun alternatives to using drugs. This committee will review the availability of activities for youth within the community, seek ways to expand existing programs, and help sponsor additional drug-free events.

National Archery In Schools Program

Pulaski County Schools

Burnside Elementary School	561-4562
Eubank Elementary School – Lisa Black	379-2712
Nancy Elementary –Keli Nelson	636-4389
Northern Middle School	678-5230
Oak Hill Elementary	679-2014
Pulaski County High School- Martin Wheeldon	679-1574
Pulaski Elementary	678-4713
Shopville Elementary – Joy Ball	274-4266
Southern Elementary School	678-5229
Southern Middle School - Jamye Epperson	679-6855
Southwestern High School –Noel Epperson; Chris McDonald	678-9000
<i>Somerset Christian School</i> –Jess Eads	305-6715
<i>Somerset Independent School</i> –Donna Cundiff; Donna Perdue	679-8689

Prevention/Education

Kentucky National Guard-Drug Demand Reduction

MAJ Donald T. Corder – 859-699-9100 or 859-293-4163

SFC S. Campbell at 502-607-3630



The Kentucky National Guard has community outreach programs available to assist in planning events. Please contact the office for assistance.

Regional Prevention Center

Director- Sherri Estes 606-679-9425, ext. 231



Prevention Specialists provide training, technical assistance, and resources to communities.

Adanta's Regional Prevention Center provides professional assistance to the Lake Cumberland communities in the planning and implementation of activities aimed at preventing substance abuse. The Regional Prevention Center uses six major evidence-based and science-based strategies identified by the Center for Substance Abuse Prevention (CSAP). The strategies are used to design comprehensive programs aimed at specific target populations and include: information, education, alternatives, environmental strategies, community-based process and problem identification, and referral.

The Center also utilizes the Strategic Prevention Framework (SPF) endorsed by CSAP to implement substance abuse prevention. The framework outlines five steps that embody a strategic planning approach. The ultimate outcome is measurable change in substance abuse and related factors and consequences of substance abuse. A Resource Library is located in Somerset that includes a collection of print materials, videos and other prevention resources available for public use.

Other programs within Adanta's Regional Center are as follows:

Early Intervention Program serves youth under 21 considered high-risk for developing substance abuse problems with screening, education and referral services.

Zero Tolerance Program serves youth under 21 for DUI convictions with required state regulated screening, education and referral services.

Kids Now Plus Program serves pregnant women with prevention education about the risk to the fetus from use of alcohol, tobacco and other drugs, as well as, providing case management services in an effort to reduce barriers to having a healthy baby. Universal classes are provided for any pregnant woman and Selective and Indicated classes, for women with risk factors indicating increased risk for developing substance abuse problems.

Case Management Services include:

- a. Outreach to pregnant women at risk for Substance Abuse (SA), Mental Health (MH) and Domestic Violence (DV) problems
- b. In-depth screening for risk, and referrals to SA, MH and DV services as indicated
- c. Basic case management services (referral to resources for necessities such as housing, food, childcare)

- d. If indicated, case managers follow the woman through her pregnancy, using Motivational Interviewing and incentives to: Increase readiness to follow through on referrals to clinical services, and/or to reduce alcohol, tobacco and other drug use.

Schools

Pulaski County Schools

Safe Schools Coordinator – Wanda Johnson 679-1123

The Pulaski County Schools provide a wide array of substance abuse education, prevention, intervention programs and services for students. The activities listed below are the programs available.

- Student Random Drug Testing
- *Too Good for Drugs* Curriculum K-9
- Four (4) School Resource Officers (SRO)
- Professional Development on Alcohol, Tobacco, and Other Drugs trends
- KIP Survey (Kentucky Incentive for Prevention)
- Truth and Consequences High School Event
- Fatal Vision Program (SRO)
- USDOE ALCOHOL REDUCTION GRANT
 - Class Action Curriculum
 - Atlas/Athena Curriculum
 - Project Success
 - Leadership and Resiliency Program
 - Family Matters
 - CMCA (Communities Mobilizing Change in Alcohol)

Pulaski County Family Resource and Youth Service Centers

Student/Family Support Services Coordinator -Lori Hall – District contact - 679-1123

Burnside Elementary FRC

Jill Goff, Coordinator (875 - 5970)
Heather Coner, Assistant Coordinator
435 East Lakeshore Drive; PO Box 39
Burnside, KY 42519

561-3679

Fax: 561-5888

Eubank Elementary/Woodstock Elementary FRC

Kelly Leigh, Coordinator (271 - 6423)
285 West Highway 70
Eubank, KY 42567

379-6222

Fax: 379-5304

Woodstock Elementary:

Nyoka Gholson, Administrative Clerk

379-5781

Fax: 379-6743

Nancy Elementary "Wee Care" FRC

Keli Nelson, Coordinator
240 Highway 196
Nancy, KY 42544

636-4389

Fax: 636-6841

Northern Middle YSC

Kathy Sampson, Coordinator
Peggy Hamilton, Outreach Worker
650 Oak Leaf Lane
Somerset, KY 42503

679-7824

Fax: 678-2729

Oak Hill Elementary FRC

Amy Cress, Coordinator
1755 WTLO Road
Somerset, KY 42503

676-0534

Fax: 677-0044

Pulaski County High School YSC

Danyel Cothran, Coordinator
Tom Greene, Outreach Worker
Cindy Pierce, Administrative Clerk
511 University Dr
Somerset, KY 42503

676-0164

Fax: 678-0277

Pulaski Elementary Family Matters FRC

Julena Edwards, Coordinator
Beth Rowlands, Assistant Coordinator
107 West University Drive
Somerset, KY 42503

678-0590

Fax: 451-8244

Shopville Elementary FRC

Joy Ball, Coordinator (305-5256)
10 Old Shopville Road
Somerset, KY 42503

274-4266*Fax: 274-8176***Southern Elementary "Kids First" FRC**

Susan Cross, Coordinator
Irma Ashley, Assistant Coordinator
198 Enterprise Drive
Somerset, KY 42501

677-0229*Fax: 677-9279***Southern Middle YSC**

Teresa Roberts, Coordinator
Beth Stafford, Outreach Worker
Kathy Stringer, Admin. Clerk
200 Enterprise Drive
Somerset, KY 42501

678-9892*Fax: 678-0932***Southwestern High School YSC**

Kathy Hall, Coordinator
Amy Roy, Outreach Worker
1765 WTLO Road
Somerset, KY 42503

451-8803*Fax: 451-9402*

Family Resource and Youth Service Centers Provide a variety of services related to substance abuse education and intervention programs:

- Student Assistance Programs (Substance Abuse) for youth (Middle Schools and High Schools)
- Red Ribbon Week Activities
- Referrals for Drug Counseling
- Targeted Drug Prevention Programs
- Project Graduation and Prom Promise (High Schools)
- After Prom (drug and alcohol free) party
- UNITE Clubs
- KIP Survey
- Barn Bash (drug and alcohol free) party for 9th and 10th graders night of prom
- Grandparent Support Group

Adult Education

Rena Kay Buchanan

Instructor

Pulaski County Adult Education and Literacy Program

Adult Learning Center

Phone – 606-679-7030

E-mail -- rena.buchanan@pulaski.kyschools.us

Adult education has no services specifically for drug abuse, but sometimes students are ordered by the court (court referrals) to attend as well as KTAP clients to get their GED®.

FREE CORE ADULT EDUCATION SERVICES

- **Adult Literacy**—Instruction for adults who have little or no skills in reading, writing, speaking, and math/problem solving.
- **Adult Basic Education**—Instruction for adults who lack competence in reading, writing, speaking, math/problem solving at a level to function in society and the workplace.
- **Adult Secondary Education/GED® Preparation**—Instruction for adults who have some literacy skills and can function in everyday life, but who are not proficient in reading, writing, speaking, and math/problem solving or instruction for those who do not have a high school diploma.
- **Corrections Education**—Instruction for adult criminal offenders. Instruction may consist of adult literacy, adult basic education, adult secondary education, GED® preparation, English-as-a-Second Language.
- **Family Literacy**—Opportunities for parents and their children to learn together.
- **English-as-a-Second Language**—Instruction for adults who have limited English proficiency.
- **English Literacy/Civics**—Instruction in English literacy and civics education for immigrants and those who have limited English proficiency.
- **Workplace Education**—Instruction in soft skills such as communication, problem solving, critical thinking, or team building, and computer skills in introduction to computer literacy, word processing, spreadsheets, e-mail, and the Internet.

Science Hill Independent Family Resource and Youth Service Center

Sandi Dick - 423-9631

- Red Ribbon Week Activities
- Referrals for Drug Counseling
- Targeted Drug Prevention Programs
- *Too Good for Drugs*
- Grandparent Support Group

Somerset Independent Schools

Somerset Family Resource and Youth Service Center

Julie Goodan – 679-8689

Somerset High School Youth Service Center

Donna Perdue – 679-8689

- *Too Good for Drugs*
- Red Ribbon Week Activities
- First Time Offenders Program
- Random Drug Testing of Students
- Referrals for Drug Counseling
- Targeted Drug Prevention Programs
- Project Graduation and Prom Promise (High Schools)
- Grandparent Support Group

Grandparents Raising Grandkids – Julie Goodan 679-8689

Each month on the 4th Monday at noon, this support group meets at the Housing Authority of Somerset located on Hail Knob Road for lunch with guest speakers.

Web Resources

AARP Grandparent Information Center – www.aarp.org

Foundation for Grandparenting – www.grandparenting.org

Generations United – www.gu.org

National Committee of Grandparents for Children's Rights – www.grandparentsforchildren.org

Grandparent Again – www.grandparentagain.com

Grandsplace – <http://grandsplace.org>

Grandfamilies State Law & Policy Resource Center – www.grandfamilies.org

Benefits Check Up – www.benefitscheckup.org

Grandparents and More – www.grandparentsandmore.com

Family Legal Help – www.familylegalhelp.org

Pulaski Extension Service

The University of Kentucky, The Pulaski Extension Service, offers prescription drug education programs such as Educate Before Medicate and a youth enrichment program called “Truth and Consequences: The Choice is Yours”. “Truth and Consequences” is a role play activity where students learn the legal, physical, financial, and emotional consequences of getting involved with both prescription and illegal substances. Other programs are listed with the website.

Assessing Risk for Teen Substance Abuse

Myth: Teens with open and honest family communication in a drug-free home are less likely to be depressed, sexually active, or to use drugs. Myth: If you talk to your child about drugs, alcohol, or sex, he or she will get ideas. www.ca.uky.edu/hes/fcs/factshts/HEEL-HEH.207.pdf

CYBERSPACE A New Arena for Consumer Health Fraud

Sales of prescription drugs. The Food and Drug Administration (FDA) and Federal Trade Commission (FTC) work together to protect the public from these schemes, but it is an uphill battle with no end in sight. www.ca.uky.edu/hes/fcs/FACTSHTS/frm-rhf-133.pdf

Educate Before You Medicate

Obtaining a Medicare-approved Drug Discount Card on the Internet can be simple when you know how to navigate the Medicare Website. www.ca.uky.edu/hes/fcs/factshts/HEEL-LEJ.103a.pdf

Growing Healthy Kids in Kentucky

Presents details about the annual conference and online resources to reduce childhood overweight through community action. www.ca.uky.edu/hes/fcs/HealthyKids/GHK_Final.pdf

Nutrition; Family Living; Personal Health; Environmental Health; Injury Prevention and Safety; Consumer & Community Health; Tobacco, Alcohol, & Other Drugs.
www.ca.uky.edu/hes/FCS/HealthyKids/2002/ppt/Donica.ppt

Healthy Relationships

In friendship we nourish and, in turn, are nourished. In a very real way, the kindness we give to others we also give to ourselves. [www.ca.uky.edu/hes/fcs/.../Final.../No8--Healthy Relationships--DM.pdf](http://www.ca.uky.edu/hes/fcs/.../Final.../No8--Healthy_Relationships--DM.pdf)

HEEL Meth.indd

Methamphetamine is an amphetamine-type stimulant known as a “psychostimulant” that can be manufactured illegally in makeshift laboratories. www.ca.uky.edu/hes/fcs/factshts/HEEL-HEH.201.pdf

HIV & AIDS: The Grief Process

The teenager who dabbled in drugs and sex has grown into a woman with two lovely children, a caring spouse and an eye on the future. NOTE: Research has produced several drugs that in certain cases appear to delay or otherwise control the effects of HIV/AIDS. www.ca.uky.edu/hes/fcs/FACTSHTS/FAM-GW.119.pdf

Microsoft PowerPoint – Methamphetamine Updated.ppt

The crash occurs when drug use stops. Intensity of crash is equal to amount of drug used. How do we know there is danger - in meth-exposed children suffering respiratory, heart problems, developmental delays and other “strange” medical effects. www.ca.uky.edu/hes/fcs/heel/Land/Methamphetamine_Udated.pdf

2007 Nutrition Education Program Equipment

Facts about drugs and pregnancy, Think ahead for a Healthy Baby. Facts about smoking and pregnancy. Feeding your baby, are you ready? www.ca.uky.edu/hes/fcs/nep/pdf/2007_NEP_Resource_List.pdf

Prescription Drug Abuse

In recent years, prescription drug abuse has increased as drugs have become easier to obtain. According to 2003 Drug Enforcement Administration Statistics, Eastern Kentucky was named the prescription painkiller capital of the United States. www.ca.uky.edu/hes/fcs/heel/newsletter/0709_health_bulletin_adult.pdf

School of Human Environmental Sciences

These risky behaviors include mixing alcohol with energy drinks, driving under the influence, neglecting to wear a seatbelt, binge drinking, using drugs, using prescription drugs illegally, engaging in sexually promiscuous behavior, taking a dare, or engaging in other illicit activity. www.ca.uky.edu/hes/index.php?p=497

Family Mealtime: An Investment in Your Family’s Future

The more often families eat together the less likely their children are to smoke, use alcohol, and drugs. Children who eat meals regularly with their family did not think of suicide.

www.ca.uky.edu/hes/fcs/Releases/IR000475.htm.

Walk Your Land

Meth: Good Hiding Places. Many meth cooks believe your property is a good place to cook drugs. The goal for them is to get the drug—and leave the waste for you.

www.ca.uky.edu/hes/fcs/heelLand/Walk_Your_Land_Detail.pdf

As always, I would like to thank all of my Wild Cat and Wild Cub...

Never try drugs or hang around anyone who does. Illegal drugs such as marijuana, inhalants, nicotine, heroin, cocaine, methamphetamine, and steroids can cause damage to the body. Some drugs act as stimulants and fool your body into thinking it is in danger.

www.ca.uky.edu/hes/fcs/heel/newsletter/0809_health_bulletin_youth.pdf

Wildcat Way

A personal approach to better health for Kentucky. What is “Activity You Can Live With?”

www.ca.uky.edu/hes/fcs/wildcat/Wildcat.pdf

Support – Intervention – Treatment

The Adanta Group Adult Substance Abuse Services



Clinical Director – Beverly Loy – 679-4782 ext. 230

24-Hour Crisis Line – 800-633-5599

Outpatient Substance Abuse services include psychiatric assessment, medication management, therapy, intensive outpatient, and case management.

Services are provided in the counties of the Lake Cumberland Region: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne.

Therapy and treatment planning sessions are designed to deliver education about substance abuse (alcohol, drug, other substances), cultivate the skills needed to attain and sustain abstinence, teach ways to alter thoughts and actions that may lead to substance abuse, and address issues that may contribute to addiction or interfere with recovery. **Case management** services focus on linking adults diagnosed with a substance abuse disorder to community services such as housing, transportation, benefit programs, job training, etc. and assist in advocating for client rights.

Alcohol and Drug Intensive Outpatient Program is an intensive treatment program to help persons determine that their use of alcohol/drugs is problematic and to assist them in developing skills to remain clean and sober. They gain knowledge about addiction and recovery from a physical, psychological, and habitual perspective and are assisted in developing a recovery lifestyle and support system.

The Adanta Group Child & Family Substance Abuse Services



Clinical Director – Beverly Loy – 679-4782 ext. 230

24-Hour Crisis Line – 800-633-5599

Outpatient Substance Abuse services include psychiatric assessment, medication management, therapy, adolescent intensive outpatient, and case management.

Services are provided in the counties of the Lake Cumberland Region: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne.

Therapy and treatment planning sessions are designed to deliver education about substance abuse (alcohol, drug, other substances), cultivate the skills needed to attain and sustain abstinence, teach ways to alter thoughts and actions that may lead to substance abuse, and address issues that may contribute to addiction or interfere with recovery. **Case management** services focus on linking children/adolescents (and their families) diagnosed with a substance abuse disorder to community services such as housing, transportation, benefit programs, etc. and assist in advocating for client rights.

Adolescent Intensive Outpatient services uses the Seven Challenges treatment model to help adolescents determine that their use of drugs/alcohol is problematic and to assist them in developing skills to remain clean and sober. They gain knowledge about addiction and recovery from a physical, psychological, and habitual perspective and are assisted in developing a recovery lifestyle and support system. Services are available in Pulaski and Adair counties only.

The Adanta Group Sexual Assault Resource Center



Director – Katrina Riley – 679-4782 ext. 281

24-Hour Crisis Line – 800-656-4673

Services are provided in the counties of the Lake Cumberland Region: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, and Wayne.

- Crisis Counseling for sexual assault victims, their families and their friend;
- Advocacy for victims by accompaniment to the hospital emergency room, police stations, and court;
- Information regarding law enforcement, criminal justice and medical systems;
- Age-appropriate educational programs.

Cooper Clayton Method to Become a Nonsmoker

Free Classes using Nicotine Replacement Products

For more information, call either:

Pulaski County Health Department (Natalie True) at 679-4416 or
Kentucky Cancer Program (Gloria Sams) at 679-7204
For Schedule of Classes by County, visit:
<http://www.kcp.uky.edu/cc-classes.htm>

Alcoholics Anonymous

Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are 12-step groups for persons who have experienced issues related to alcohol and/or drug abuse and addiction. Although many groups meet at local churches they have no particular religious affiliation.

Sunday

5:00pm -AA at Redeemer Lutheran Church, contact Jackie S. 678-3072
8:00 pm -AA at Gratitude House, contact Mitch M. 677-1615

Monday

Noon - AA at Gratitude House, contact Mitch M. 677-1615
Noon – AA at First Presbyterian Church, contact Bobbie – 451-1877 or Paulette 678-8974
Noon – AA at First Baptist Church, contact 678-4474
7:30pm - AA at First Christian Church, contact Patti S 636-5590
8:00pm - AA at St. Mildred Catholic Church, contact Gary W. 561-6502

Tuesday

Noon - AA at Gratitude House, contact Mitch M. 677-1615
7:00 pm – Families Anonymous at St. Patrick’s Episcopal Church, contact Jeannie 679-5299 or Elton 679-1421
7:30pm - AA at Beacon Hill Baptist Church, contact 561-0521 or Carlen 676-9052

Wednesday

Noon - AA at Gratitude House, contact Mitch M. 677-1615
6:00pm - AA at Lake Cumberland Regional Hospital, contact Jackie S 678-3072
7:30pm - NA at First Christian Church, contact Patti S. 636-5590
8:00pm- AA at First Presbyterian Church, contact Bruce O 677-6579

Thursday

Noon - AA at Gratitude House, contact Mitch M. 677-1615
7:30pm - NA at First Christian Church, contact Patti S. 636-5590
8:00pm - AA at St. Mildred Catholic Church, contact Gary W. 561-6502

Friday

Noon - AA at Gratitude House, contact Mitch M. 677-1615

7:00pm - AA at Redeemer Lutheran Church, contact Jackie S. 678-3072

7:30pm - NA at First Christian Church, contact Patti S. 636-5590

7:30pm – AA Beacon Hill Church, contact Norma 679-2082 or Virginia 678-4474

Saturday

10:00am - AA at Gratitude House, contact Mitch M. 677-1615

Noon - NA at Gratitude House, contact Mitch M. 677-1615

8:00pm - AA at First Presbyterian Church, contact Bruce O. 677-6579

Bethany House Abuse Shelter

PO Box 864, Somerset, KY 42502

Crisis 800-755-2017 (toll free) crisis 606-679-8852 (local)

business 606-679-1553

Bethany House provides services to victims of Intimate Partner Violence and their children within the 10 counties of the Lake Cumberland Area Development District. These services include safe shelter, individual and group counseling, case management and court advocacy. There is never a fee for any service provided by Bethany House.

Substance abuse is often a factor in domestic violence relationships. While Bethany House does not provide substance abuse treatment, we work with other providers to help our clients access the services they need.

Robert H. Brown

Executive Director

Bethany House Abuse Shelter, Inc.

P.O. Box 864

Somerset, KY 42502

606-679-1553

bethanyhouse_bb@newwavecomm.net

Celebrate Recovery

200 Jessie Lane

Somerset, KY 42501

(606) 677-9220



**CELEBRATE
RECOVERY**

Services:

- 12 Step Support Group – Main Night - Thursdays – 6:30 pm
(All are welcome - Adult, Teens, and Children's classes available)
- Open Circle Discussion Night – Tuesdays - 6:30 pm
- Wednesdays – Personalized Step Study Groups – Must call for appointment
- Life's Healing Choices – Sunday Mornings at 9 am
- Private CR Counseling with Licensed counselor (counselor's service fee applies)

Oasis Care Center

115 Jordans Way
Somerset, KY 42503

(606) 802-2503

www.eagleheightsonline.com



Services:

- Thrift Store – 10am-5pm M-F, Sat
- Women's 24/7 Rehab Center will Open This August 2010

Operation UNITE Treatment Referral Line



Operation UNITE provides a toll-free line for anyone seeking assistance with drug addiction. The number is 1-866-90-UNITE (1-866-908-6483).

This line is available during normal business hours, 8 a.m. to 5 p.m., Monday through Friday.

Individuals seeking treatment, as well as family members in need of support, can call the referral line to learn about available treatment programs in the region and the appropriate steps they must take in order to enter a program that will meet their needs. All calls are kept confidential.

Through UNITE's treatment initiative, individuals seeking help may be directed to short- or long-term treatment programs, Drug Court, or After-Care support programs. Low-income

individuals living in Kentucky's Fifth Congressional District may also qualify for a Voucher Program that will help cover the costs of residential treatment for drug-related addictions.

Pulaski County Health Department

The Pulaski County Health Department offers the Cooper/Clayton Smoking Cessation program. This is a 12-week program that emphasizes the use of nicotine replacement products. It meets once a week for an hour. Classes start in January, February, April, May, September, and October. Please contact Natalie True 606-679-4416 x281, Patricia Burton 606-679-4416 x280 or Debbie Mayberry 606-679-4416 x279 for more information.

Lake Cumberland Regional Hospital

Behavioral Health Unit – 678-3440

Treatment for mental health diagnoses is available through the Behavioral Health Unit. However, treatment for chemical dependency is not available. Many times individuals will have a mental health diagnosis in addition to issues related to substance abuse. Please call the unit for more information.

Reformer Unanimous

Fred Shelton - 679-8496

Reformer Unanimous meets every Friday night at Oak Hill Baptist Church (2135 Oak Hill Road).

Reformer Unanimous is a faith-based program and children are welcome. It is for the entire family and for any type of addiction. A curriculum is integrated in the program that requires reading the bible, memorizing scripture, essays, etc.

Awards are earned as you complete “challenges” in the books. Individuals may attend for a variety of reasons: drugs, alcohol, gambling, over eating or any behavior that may be addictive in nature.

Treatment Facilities (REHAB Facilities outside of Pulaski County)

BETA	Frankfort, KY	Male	502-223-2017	30
Bethany Hall	Roanoke, VA	Female	540-343-4261	180-270
(CAP) Healing Rain	Mt. Vernon, KY	Female	606-256-5810	180-270
Chad's Hope	Manchester, KY	Male	606-599-9716	365
Chrysalis House	Lexington, KY	Female	800-713-0954	545
Communicare Recovery Center	Elizabethtown, KY	Male/Fem	270-765-5145	30
Crossroads	Corbin, KY	Male	606-526-9552	30-120
Cumberland Hope	Harlan, KY	Female	606-837-0100	Long-Term
Foothills(adolescent)	Albany, KY	Male	606-387-4673	75-240
Grace Home	Santee, SC	Female	803-854-9809	70+
Hebron Colony Ministries	Boone, NC	Male	828-963-4842	70+
Hope Center for Women	Lexington, KY	Female	859-252-2002	Long-Term
Hope Center for Men	Lexington, KY	Male	859-252-7881	Long-Term
Hope House	Prestonsburg, KY	Female	606-874-0240	90
Independence House	Corbin, KY	Female	606-523-9386	30-120
JADAC	Louisville, KY	Male/Female	502-583-3951	30
Layne House	Prestonsburg, KY	Male/Fem	606-886-7839	37
Liberty Place Recovery Center	Richmond, KY	Female	859-625-0104	Long-Term
New Beginnings	Dryden, VA	Male/Fem	276-546-4300	90-365
New Life	Alabama	Female	256-549-1164	90+
Next Step	Jackson, KY	Male/Fem	606-666-8519	14-28
Park Place Recovery Center	Bowling Green, KY	Male/Fem	270-901-5000	28
Phoenix House	Bowling Green, KY	Female	270-796-1764	180-365
Recovery Works	Georgetown, KY	Male/Fem	502-570-9313	30
Ridge	Lexington, KY	Male/Fem	800-753-4673	28
Riverbend (adolescent)	Beatyville, KY	Male/Fem	606-464-9790	90
Ross Rehab	Mt. Sterling, KY	Male/Fem	859-498-7111	30-545
Schwartz	Lexington, KY	Male/Fem	859-246-7282	30+
Solid Rock Christian Recovery	St.Petersburg, FL	Male/Fem	727-521-6306	180-545
Steppingstones	Augusta, Georgia	Male	706-733-1935	90+
Stepworks	Elizabethtown, KY	Male/Fem	270-982-1244	30+
Transitions-Droege House	Dayton, KY	Male	859-291-1045	90+
Transitions-WRAP	Covington, KY	Female	259-491-2090	120+
Westcare	Ashcamp, KY	Male	606-754-7077	120

For a listing of additional treatment centers, please refer to the following website:

www.findtreatment.samhsa.gov/

For other questions or assistance, please contact the UNITE Treatment Referral Line at:
1-866-908-6483

Law Enforcement

Contact any one of the following law enforcements agencies to report suspected drug activity.

Lake Cumberland Area Drug Task Force – 679-5034

Pulaski County Sherriff Department – 606-678-5145

Somerset Police Department – 606-678-5176

Operation UNITE, in conjunction with Appalachia HIDTA (High Intensity Drug Trafficking Area), provides a toll-free line to report suspicious activity. The number is: 1-866-424-4382. This line is manned from 8:30 a.m. to 4 p.m., Monday through Friday. During all other times callers will be able to leave confidential tip information on an answering machine.

Callers to the Drug Tip Line will be asked to provide:

- County, city or other jurisdiction in which the suspicious activity is taking place.
- Road name or highway number where the activity is occurring.
- Name(s) of the people involved in the activity.
- A description of the activity that is taking place.
- Time of day the activity was observed.
- What types of drugs are involved.
- A description of any vehicles involved, including license tag number.
- Whether there are children in the home or around the activity.
- If there are any guns or other weapons at that location.

UNITE and Appalachia HIDTA do not keep records of actual telephone conversations. Messages left on the answering machine are deleted once tip information is logged.

Immediately after a drug tip is received, the information is entered into a computer database and is assigned a number. If any information was written down those documents are shredded. The database is then available through a secure on-line connection to UNITE and HIDTA detectives. You may choose to provide your name and phone number if you would like detectives to contact you for additional information.

Every call to the Drug Tip Line is investigated, but it probably won't be the same day. **If you believe the behavior you are reporting poses a threat of imminent harm to others, you should call 9-1-1.** Often your tip may provide the necessary information to obtain search

warrants or move forward on a case. No piece of information is too small.

Depending upon what detectives discover during their investigation, it may take months before the public will see any results. This is especially true if confidential informants are used to help make the case. Because an informant may be working several locations at the same time, immediate action could jeopardize other cases. Also, if an arrest is made immediately following an undercover drug purchase it would not be difficult for the suspect to identify who was working with police, thereby putting the informant's safety at risk.

Kentucky Court of the Justice

Court Designated Worker Program - 677-4093

To reduce delinquency among Kentucky's youth through a collaboration of statewide pre-court services and programs that promote education and accountability.

The court designated worker and the young person define the terms of the diversion through a collaborative process. This takes place in a formal conference that parents are requested to attend. Diversion agreements consist of conditions that relate to the alleged public or status offense and often include one or more of the following:

- Restitution
- Community Service
- Service Learning Projects
- Curfew
- Educational Seminar Attendance
- Referral to Counseling
- Drug/Alcohol Assessments/Mental Health Assessments

The diversion process is designed to educate, instill a sense of accountability, and deter young people from getting into further trouble. If a young person successfully completes the agreement, the case is dismissed. If he or she fails to comply with the conditions of the diversion agreement, the case will be set for formal proceedings.

Casey's Law

What is Casey's Law?

The Matthew Casey Wethington Act for Substance Abuse Intervention is named for Matthew Casey Wethington, who died in 2002 from a heroin overdose at the age of 23. Casey was an energetic young man who enjoyed life until it was "taken" by drugs. Casey never intended to become addicted to drugs when he used the first time. What he did not realize was that his using would progress from abusing to dependence and then to the disease of addiction. Although his parents tried to get him help, there was no law that could force someone into treatment because he was an adult. After Casey's death his parents lobbied for a change. "Casey's Law" passed on April 9, 2004, and took effect July 13, 2004.

What does this law provide?

The act provides a means of intervening with someone who is unable to recognize his or her need for treatment due to their impairment. This law will allow parents, relatives and/or friends to petition the court for treatment on behalf of the substance abuse-impaired person.

Why is this law needed?

Denial and distorted thinking impedes a person's ability to make a rational decision. The "bottom" for many is death. Addiction is a progressive, life-threatening disease. The best hope of survival for a person who is substance abuse impaired is intervention. Studies show that involuntary treatment can be just as successful as voluntary treatment. Most individuals who are substance abuse-impaired receive court-ordered treatment only after they have become arrested for a crime while under the influence of a substance. Drugs and crime often go hand-in-hand because people who are substance abuse impaired are forced by their disease to resort to any means necessary to procure their drug. Court-ordered treatment can be effective regardless of who initiates it. Not all people who are substance abuse impaired are arrested or, in the event that they are, may not receive the necessary treatment.

What is the process to use Casey's Law?

The following steps must be taken in order to involuntarily commit someone to treatment:

- Obtain a copy of the petition from the District Court clerk's office by requesting Form 700A – the Verified Petition for Involuntary Treatment of Alcohol/Drug Abuse – or download this form from Operation UNITE's website – www.operationunite.org.
- A spouse, relative, friend or guardian of the substance abuse-impaired person completes the petition and files it with the District Court clerk.
- The court reviews the allegations in the petition and examines the petitioner under oath.

- The court determines whether there is probable cause to order treatment for the person named in the petition (the respondent).
- If probable cause is established a judge appoints an attorney to represent the respondent, order the respondent to be evaluated, and schedule a hearing within 14 days.
- The respondent is notified of the date and purpose of the hearing.
- The respondent is evaluated by two qualified health professionals, at least one of whom is a physician, to determine if the respondent could benefit from treatment.
- If the judge finds the respondent should undergo treatment, the court shall order treatment from 60 days up to 360 days, depending upon the request in the petition and the result of the evaluation. Treatment options vary depending upon each individual's circumstances and can range from detoxification to intensive treatment through recovery.

Who pays for treatment?

As the law is currently written the petitioner is obligated to pay all costs incurred in the process as well as for the court-ordered treatment. The petitioner must sign a guaranty for payment. Low-income individuals living within the Fifth Congressional District may qualify for a UNITE treatment voucher if they acknowledge that they have a problem. For information call the UNITE Treatment Referral Line – 1-866-908-6483.

What happens if the respondent fails to comply?

Failure to comply at anytime during the process may place the respondent in contempt of court.

What is UNITE's role?

Operation UNITE is helping to raise awareness of this law's existence by distributing pamphlets and educating court staff. It is UNITE's opinion that those with a substance abuse problem often need treatment, but are unwilling to seek assistance. This law has the potential to save lives by enabling family and friends to look out for a person's best interest.

What UNITE offers your community



Youth Programs

The cornerstone of UNITE's efforts are its programs focused on youth. UNITE's programs seek to empower youth to remain free from alcohol, tobacco and other drugs and to become leaders within their school and community. This is achieved by developing drug prevention, intervention and leadership programs and by providing drug-free, youth-targeted activities.

Camp UNITE 2010

- Free 4-day/3-night adventure camp for youth entering grades 7-9.
- Fourth annual camp scheduled for the University of the Cumberlands campus in Williamsburg, KY, July 27-30.
- Transportation to camp will be provided.
- Camp activities are designed to develop leadership and communication skills, promote teamwork and problem solving, instill confidence and trust, and let youth know they do not have to face difficult situations on their own.
- Activities include competitive events, swimming, outrageous games, live youth concert, motivational speakers, visit to the Hal Rogers Water Park, and more.

The First Tee

- The World Golf Foundation initiative to impact the lives of young people of all backgrounds by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.
- Focuses on nine core components: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

Hooked On Fishing-Not On Drugs® (HOFNOD)

- This Flagship program of the national Future Fisherman Foundation is an on-going program that provides caring adults in a mentoring relationship, giving youth a fun alternative to using drugs.
- Designed for ages 5 and up, curriculum includes drug education while teaching youth fishing and conservation skills.
- UNITE provides free training for adult facilitators and assists coalitions with start-up costs through local coalitions.

UNITE Service Corps

- Provided in conjunction with the AmeriCorps program.
- Members provide math tutoring services, instruction in the “Too Goods For Drugs” curriculum and work with anti-drug school UNITE Clubs.

National Archery in the Schools (NASP)

- Provided in partnership with the Kentucky Department of Fish & Wildlife Resources.
- Designed to teach students in grades 4-12 responsibility, discipline and respect while they learn basic archery skills.
- A physical education and cross-curriculum in-school course and after-school club designed to engage students who may not take part in regular school sports activities.
- Educators report the program is extremely successful in engaging all students regardless of their physical condition or ability, and results in improved behavior and attendance.
- UNITE provides funds through coalitions for start-up equipment for clubs.

Shoot Hoops Not Drugs

- A series of free, one-day regional basketball camps for school-aged youth conducted by former University of Kentucky star Jeff Sheppard.
- Provides an opportunity to interact with positive role models, receive positive anti-drug and self-esteem messages in conjunction with basic basketball skills instruction.
- A brief education program on the signs, symptoms and dangers of drugs will be provided to parents/guardians.
- Participants receive a free basketball, T-shirt, drinks and hotdogs.

Anti-Drug Sporting Events/Leagues

- Communities have structured a wide variety of sporting programs – including basketball, football (UNITE Bowl), soccer and swimming – around an anti-drug theme.
- Civic, business and faith-based groups partner to promote and conduct these programs, which include anti-drug activities and prevention messages throughout the event.

Thespian Programs

- School- or coalition-based drug prevention programs that use acting and theater to educate the public about the danger of drugs and about positive life choices and/or developing self-esteem.
- Drama groups implement program in two phases: First students write or select an anti-drug script using researched information, the cast participants and practice roles. The second phase is the performance, where critical information is passed along to the audience.

UNITE Clubs

- Anti-drug school clubs targeting grades 4-12 that operate like any other club recognized by schools.
- UNITE Clubs help youth develop healthy attitudes and behaviors by learning and practicing life skills, enhancing academic performance, connecting peers, adults, communities, and learning through service.
- Youth are involved in developing and conducting activities designed to help make their schools and communities healthy and drug-free as well as mentoring younger students.

Youth Summits

- A regional gathering of elementary, middle and high school student leaders to encourage and motivate their peers to remain committed to living a drug-free life.
- Educational sessions provided for both youth and adult leaders.
- Awards program celebrates previous leadership accomplishments of UNITE Clubs within their school and community.

Treatment & After-Care Programs

After-care is a term used to collectively refer to all support programs once a person leaves a treatment facility. Individual programs will vary in focus, but generally involve meeting in small groups to encourage and support individuals in their quest for help. This is accomplished by establishing mentoring relationships, encouraging continued education or job training assistance, providing transportation assistance, conducting fun activities, and opening up non-judgmental lines of communication. Rebuilding a person's self-esteem and feeling of self-worth helps recovering addicts realize they do have control over their lives.

Chad's Hope Teen Challenge Center

- A residential recovery center for adult males located in Clay County.
- Teen Challenge exists to provide youth, adults and families with an effective and comprehensive Christian faith-based solution to life-controlling drug and alcohol problems in order to become productive members of society.

Drug Court

- Through a partnership with the Kentucky Administrative Office of the Courts, Juvenile and Adult Drug Courts offer non-violent drug offenders an opportunity at rehabilitation through an intensive supervision and treatment program.
- During this multi-phase program -- which takes 1-2 years to complete under the direction of a volunteer judge -- participants receive employment and educational training, drug counseling, and family support.

Support Groups

- UNITE maintains a comprehensive listing of active support groups serving each county in the Fifth Congressional District.
- UNITE coalitions actively support a number of providers, including:
 - Al-Anon/Alateen -- Offering hope and help to families and friends of alcoholics. Members share their own experience, strength and hope with each other in weekly meetings. Through a 12-Step program members find a “power greater than ourselves” to help solve problems and find serenity
 - Celebrate Recovery -- Celebrate Recovery is a ministry-based on biblical principles. The program’s focus is to fellowship and celebrate God’s healing power in lives through “8 Recovery Principles” and a Christ-centered 12-Step Program. Celebrate Recovery provides a safe place for individuals to begin their journey of breaking out from their bondage and into God’s grace by helping them start dealing with their life’s hurts, hang-ups and habits.
 - Hebron Fellowship -- Hebron Fellowship groups provide an after-care ministry within local communities for people with chemical dependency who complete a free 10-week program provided by Hebron Colony Ministries in North Carolina. Participants provide support to students who are returning home and face the very hard task of living a Christian life in the same area from which they came. Support is based upon “10 Principles for Living.”
 - Lifeline of Eastern Kentucky -- A ministry of Teen Challenge International, Lifeline of Eastern Kentucky offers non-residential ministry groups designed to reach out to people facing everyday challenges of life that can become overwhelming, such as addiction to alcohol and other drugs, and to provide support for their

families by implementing the five components of recovery – decision, positive peer choice, accountability, boundaries and consistency.

- Narcotics Anonymous -- Narcotics Anonymous is an international, community-based association of recovering drug addicts who meet regularly in groups to help each other stay clean by sharing successes and challenges in overcoming active addiction and living drug-free productive lives through the application of principles contained within the Twelve Steps.
- Reformers Unanimous -- Reformers Unanimous International is a Christ-centered addictions program using weekly addictions classes. Reformers Unanimous is headquartered under the authority of the North Love Baptist Church in Rockford, Illinois. Program is centered on “7 Philosophies of Addiction.”

Treatment Referral Line

- A toll-free line – 1-866-90-UNITE (1-866-908-6483) -- for anyone seeking assistance with a drug addiction. All calls are kept confidential.
- Individuals and family members seeking treatment or support can learn about programs that are available within our region.

Treatment Vouchers

- Low-income residents of the Fifth Congressional District with a substance abuse problem may receive financial assistance for treatment.
- UNITE will pay a provider up to \$3,000 for short-term (up to 89 days) or up to \$5,000 long-term (90 or more days) residential treatments for adults and juveniles.
- Detoxification treatments are not covered.
- Voucher recipients generally receive faster placement due to contracts UNITE has with treatment facilities.

WestCare Hal Rogers Appalachian Recovery Center

- A residential recovery center for adult males located in Pike County.
- Individuals receive counseling using the 12-step process, relapse prevention education, anger management, parenting and cognitive behavioral therapy classes.

Community Education/Training Programs

UNITE provides a variety of community education and training programs without cost to organizations and businesses. To request a presentation, please complete a “Speaker Request” form that is available on the UNITE website at

<http://www.operationunite.org/about/forms.php>. Completed request forms should be returned to Becky Calhoun by FAX, 606-677-6166, or by e-mail to bcalhoun@centertech.com.

Court Watch

- Training time 2-3 hours
- A committee of volunteers comprised of law-abiding citizens who work to create a court/community collaboration to monitor, track, record and report, without bias, all local drug and drug-related cases from arrest through sentencing or dismissal.
- Purpose is to make the public aware of how the local judicial system operates while also providing support and accountability for court officials.
- Participants will receive knowledge of the following:
 - How to create a Court Watch committee
 - What is involved
 - Impact Court Watch programs can make in a community

Declare Hope initiative

- Training time 1 hour
- Declare Hope is a partnership initiative of UNITE and Focus on the Family
- Participants will receive knowledge of the following:
 - How to practically and effectively strengthen our families, as well as reach out to others who need our support
 - Ways to create lasting change by creating a Community Alliance

The Disease of Addiction

- Training time 1.5 hours
- Participants will receive knowledge of the following:
 - The behavioral progression of the disease process
 - The physical progression of the disease process
 - Signs and Symptoms of drug/alcohol use at home or in the workplace
 - Addiction and Neurotransmitter overview
 - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

Drug Education (General)

- Training time 1 hour
- Participants will gain knowledge of the following:
 - Drug problems within the community
 - How to recognize drug use
 - Steps that can be taken when abuse is suspected
 - Overview of substances
 - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

Drug-Free Workplace

- Training time 1 hour
- Participants will gain knowledge of the following:
 - The disease of addiction
 - Signs and symptoms of addiction
 - Company Drug Testing Policy (where applicable)
 - Company EAP Program (where applicable)
 - Supervisor Responsibilities in maintaining a drug-free workplace
 - Employee Responsibilities in maintaining a drug-free workplace
 - Costs of drug use in the workplace
 - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

Drug Testing Policies

- Training time 1 hour
- Provides information to school administrators on how to establish a student and/or staff drug testing policy
- Technical assistance is available

How to Drug-Proof Your Kids

- Training time 5 hours for facilitators; 6 2-hour sessions for parents
- A prevention and intervention program of Focus on the Family that educates parents and other care givers about drugs, while providing them with skills needed to help children make good lifestyle choices regarding drugs and alcohol
- UNITE staff will train others in the community as facilitators and help with the first parent training.
- Program goals include:
 - Possess better information about drugs (including alcohol, tobacco and prescription medications).
 - Learn how to communicate effectively with children about drugs.
 - Develop plans to use at home to help children make informed choices.
 - Examine their beliefs, attitudes, and behavior about drug abuse.
 - Benefit from the support of other parents and be encouraged by the fact that they are not alone.

Illicit Drug Use

- Training time 1 hour
- Participants will gain knowledge of the following:
 - Signs and symptoms of use

- Overview of substances and detailed description of use and effects
- Physical, social, and behavioral indicators
- Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

Introduction to KASPER (Kentucky All-Schedule Prescription Electronic Reporting)

- Training time 1 hour
- Participants will gain knowledge of the following:
 - Understanding of the KASPER program and its purpose
 - Understanding of prescription drug use and trends in areas of Kentucky

Introduction to MethCheck

- Training time 1 hour
- Participants will gain knowledge of the following:
 - Understanding of the statewide MethCheck program and its purpose
 - Need for closely monitoring sale of products containing pseudoephedrine

Methamphetamine Awareness

- Training time 1.5 hours for general public
- Participants will receive knowledge of the following:
 - Overview of this highly addictive and deadly drug
 - Signs to look for to identify potential methamphetamine labs
 - Signs and symptoms of methamphetamine use
 - Description of the MethCheck program
 - Visual examples of how common household products are used
 - Senate Bill 63 and other legislation that has had an impact on meth production in KY
 - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line
- Training time 3 hours for professional first responder groups such as local police, fire firefighters, and emergency medical technicians.

Neighbors UNITED

- Training time 1 hour
- Participants will receive knowledge of the following:
 - Difference between Neighbors UNITED and other community watch programs
 - Purpose and benefits of having a community watch program
 - How to start a community watch program

Over-the-Counter and Prescription Drug Abuse

- Training time 1.5 hours
- Participants will receive knowledge of the following:
 - Difference between legal and illegal over-the-counter and prescription drug use
 - Types of drugs currently being abused and the common techniques of abuse for adults and youth
 - Explanation of marketing of these drugs to youth
 - Detailed description of each drug, its chemical components and reaction with the human body when used both legally and illegally
 - What communities can do to protect themselves against abuse by addressing risk and resiliency factors
 - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

Raising Healthy Kids

- Training time for parents varies
- A prevention and intervention program of Focus on the Family for parents and caregivers to help strengthen relationships and parenting skills.
- UNITE staff will provide training to groups or facilitators.
- Program goals include:
 - Learn how to initiate meaningful family conversations to bring stability and connectedness in order to reduce high-risk behaviors.
 - Understand key factors that may lead to risky behavior.
 - Examine “conflicting messages” we may be sending to our children.
 - Assess your child’s ability to express love.
 - Better understand your family and document your growing relationship with your children.

“Too Good For Drugs” curriculum

- A 10-lesson, school-based drug, alcohol and tobacco prevention program designed for use by kindergarten through 12th grade students.
- The program provides education in social and emotional competencies and reduces risk factors while building protective factors that affect students in that particular age group.
- Instructional strategies include role-plays, modeling, practicing, reinforcing, providing feedback, and promoting the generalization of skills to other contexts—all of which promote cooperative learning and skill building.

Community Resources-Interagency

• AARP, Pulaski Chapter	679-8215
• Adanta/The Adanta Group Behavioral Health Services Regional Prevention Center	679-9425
• The Adanta Group Behavioral Health Services	679-7348
• Aim Pregnancy Support Center	679-0335
• Alcoholics Anonymous	561-5057
• American Cancer Society	678-0203
• American Heart Association	502-371-6018
• American Red Cross	678-4364
• Appalachian Research and Defense Fund of KY., Inc	679-7313
• The ARC of Lake Cumberland	
• Arthritis Foundation KY Chapter	800-633-5335
• Bethany House Abuse Shelter, Inc	800-755-3017
• Blakley family YMCA	679-7428
• Boy Scouts of America (Blue Grass Council)	219-3752
• Britthaven of Somerset	679-7421
• Cabinet for Health & Family/DCBS/Protection & Permanency	677-4086
• Cabinet for Health & Family Services-Division of Family Support	677-4103
• The Center for Rural Development	677-6000
• Central KY Blood Center	679-7413
• City of Somerset	679-6366
• Comfort Keepers	676-9888
• Commission for Children with Special Health Care Needs	678-4454
• Congressman Hal Rogers Office	679-8346
• Cumberland's Workforce Network	676-0759
• Department of Medicaid Services	678-4454
• Disabled American Veterans, Chapter 162	379-0100
• Eastern KY Child Care Coalition	679-0167
• Eubank-Woodstock Food Ministry	379-2122
• Experience Works, Inc	678-5700
• Family Home Health Care	679-8555
• For Baby's Sake/KIDS NOW	679-9425
• Girl Scouts-Wilderness Road Council	678-9294
• God's Food Pantry	679-8560
• Goodwill Industries of KY	678-0890
• HANDS (Health Access Nurturing Development Services)	679-4416
• Hospice of Lake Cumberland	679-4389
• Housing Authority of Somerset	679-1332
• Intrepid USA Home Health Services	679-7439
• Job Corps	354-4253
• KY Baptist Homes for Children	800-456-1386
• KY Farm Worker Programs	679-4128
• KY Legal Aid	270-782-1924
• Kidney Foundation of Central KY	859-277-8259

• KRA Corporation, Youth Services Program	677-9118
• Lake Cumberland Area Agency on Aging	800-264-7093
• Lake Cumberland Community Action Agency	679-6203
• Lake Cumberland District Health Department	679-4416
• Lake Cumberland Head Start Central Office	800-928-9241
• Lake Cumberland Regional Hospital	679-7441
• Lake Cumberland Regional Hospital-Health Ministries	678-3573
• Lake Cumberland Regional Hospital-Senior Friends	678-3274
• Lifeline Home Health	679-4100
• March of Dimes	679-6514
• Memorial Education Center (Pulaski Co Preschool)	678-4100
• Migrant Program	451-9186
• Mill Springs Battlefield Association, Inc	679-1859
• Nancy Elementary “Wee Care” Family Resource Center	636-4389
• Northern Middle Youth Services Center	679-7824
• Oak Hill Elementary Family Resource Center	676-0534
• Oakwood Community Center	677-4068
• Office for the Blind	677-4042
• Office of Employment & Training	677-4124
• Office of Vocational Rehabilitation	677-4116
• OUR Family Resource Center	379-6222
• Pathways Central KY	678-4660
• Pennyryle Allied Community Services (PACS NOW)	416-5711
• PERM-Pulaski Emergency Relief Ministry	678-8153
• Potentials, Inc	416-5711
• Pulaski Baptist Association Clothing Center	678-4465
• Pulaski County Adult Learning Center/English as a Second Language/Family Literacy	679-7030
• Pulaski County Alzheimer Respite Center	679-9310
• Pulaski County Elder Abuse Council	678-5700
• Pulaski County Judge Executive	678-4853
• Pulaski County Public Library	679-8401
• Pulaski County Sheriff’s Department	678-5145
• Pulaski County Youth Services Center	676-0164
• Pulaski Elementary Family Resource Center	678-0590
• Quest Community Services, Inc	423-9626
• Rural Transit Enterprises Coordinated, Inc. dba RTEC	800-321-7832
• Safe Kids Pulaski County	678-6670
• St. Mildred’s Outreach	678-4617
• The Salvation Army Service Unit	679-2001
• Shopville Elementary Family Resource Center	274-4266
• Social Security Administration	678-0825
• Somerset Active Day Center	678-8566
• Somerset Community College	679-8501
• Somerset High School Youth Services Center	679-8689
• Somerset Lync/ETR	451-8621
• Somerset Mental Health & Assessment	679-6995
• Somerset Parks & Recreation	679-1860

• Somerset Police Department	678-5176
• Somerset/Pulaski County Chamber of Commerce	679-7323
• Somerset-Pulaski County Convention & Visitors Bureau	679-6394
• Somerset/Pulaski County Ministerial Association	678-3573
• South KY RECC	678-4121
• Southern Elementary-Kids First Family Resource Center	677-0229
• Southern Middle Youth Services Center	678-9892
• Southwestern High School Youth Services Center	451-8803
• Sunrise Manor Nursing and Rehabilitation Center	678-5104
• TRIAD	678-5001
• United Way of South Central KY	679-2974
• University of KY Cooperative Extension Service	679-6361
• UK Targeted Assessment	677-4103
• USDA, Rural Development	678-4842