

Recovery Corner

Central Kansas Foundation

Celebrating 43 years of serving the people of Kansas

Who We Are

The Central Kansas Foundation, better known as CKF, is a non-profit organization founded in 1967 with a mission of providing quality and affordable alcohol and other drug abuse treatment and prevention services. Although our programs have expanded and changed over the years, our mission has remained the same. Our commitment to our clients is to provide these services in a safe and comfortable atmosphere in which an individual can honestly look at the issues affecting his or her life, and make positive lifestyle changes. Programs at CKF are provided by trained, professional staff who are knowledgeable about

substance abuse and are dedicated to the agency's mission. CKF values the diverse needs of the communities while offering each person COMPASSION, DIGNITY AND RESPECT. CKF offers a wide array of substance abuse/addiction prevention, education, treatment, and aftercare programs. These services are offered in a warm and caring atmosphere by our competent and friendly staff.



What's New

HOW TO COPE is designed for adult family, friends and loved ones of people who are abusing alcohol or drugs. This educational experience offers emotional, social and physical alternatives to the fear and anxiety of living with or being involved with someone who abuses alcohol or other drugs. The mission of HOW TO COPE, is to educate, provide support, foster awareness and offer help to those individuals in dysfunctional situations.

HOW TO COPE is a program that was developed by the National Council on Alcohol and Drug Dependence (NCADD). This program has been funded in part by a grant from the Greater Salina Community Foundation.

For more information on the HOW TO COPE series Please contact:
Kristin Menzies at Central Kansas Foundation 785-825-6224.

Relapse Prevention Tips

Getting a big tax refund? Having that extra cash, that big roll of bills, can be a trigger for anyone in recovery. Here are some tips that can help prevent relapse:

- Ask a sponsor, friend, or family member to come to the bank with you
- Talk to your sponsor, let him/her know when you expect the refund
- Have a trusted friend or relative handle the money.

Calendar of Events

February

How TO COPE Workshop
February 20th & 27th

March

Allen County Community
College Recovery Coach
Spring online classes
March 22nd

April

“Alcohol Awareness Month.”
How TO COPE Workshop
April 10th & 24th

Recovery Coach training
@KAAP April 3rd

May

CKF celebrates 43 years of
service

***Would you like to share your
story with a treatment group?
Contact Kristin or Eddie
at Central Kansas Foundation
785-825-6224***

To recognize the serious problem of alcohol abuse, April is designated “**Alcohol Awareness Month.**” In 2007, more than one fifth (23.3 percent) of persons aged 12 or older participated in binge drinking at least once in the 30 days prior to taking SAMHSA's National Survey on Drug Use and Health (NSDUH). This translates to about 57.8 million people. The rate in 2007 is similar to the rate in 2006 (23.0 percent).

Warning Signs of Alcohol Abuse

If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

Would you like to be a Recovery Coach?

Recovery Coaching is designed as an integrated component of the addiction treatment. The primary purpose is to bridge the gap between professional treatment and sustainable recovery; to help individuals begin, maintain and improve the quality of individual and family recovery.

Recovery Coaches at Central Kansas Foundation are individuals who are in recovery and have completed training to utilize their recovery experiences to guide and support treatment participants. Patients may work with a Recovery Coach individually or in a group setting.

Don Greene– Recovery coach

“It gives me the opportunity to share my recovery experiences with people in early recovery. If I can remove any barriers to their successful treatment, and early recovery by using available community resources to get the process of recovery started”.

For more information to become a recovery coach, log on to Allen County Community College, <http://www.allen.cc.ks.us/> for online courses. Next class is March 22, 2010. Next training will be held on April 3, 2010, contact Kansas Association of Addiction Professionals (KAAP), <https://www.ksaap.org> or contact Robyn Goff @ Central Kansas Foundation, 785-825-6224