

Recovery Corner

Central Kansas Foundation

Celebrating 43 years of serving the people of Kansas

Who We Are

Edition 2

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

Recovery Month

*“Join the Voices for Recovery:
Now More Than Ever!”*

Recovery Month is an annual observance that takes place during the month of September.

The **Recovery Month** observance highlights the societal benefits of substance abuse treatment, lauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible.

Recovery Month highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

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What's New



A program of CKF

Pathfinder Recovery Center—Choose Your Path

Supporting Individuals & Families through Recovery

The Pathfinder Recovery Center is a community program accessible to any individual, family, or community member who needs information about addiction & recovery, or support throughout the recovery stages.

Recovery center goals:

1. To assist individuals and their families in engaging in recovery,
2. To decrease the chances of relapse
3. To support individuals and their families on a path of long-term recovery

Pathfinder Center Values

At the Pathfinder Center a set of core recovery oriented values are central to all programs offered. The core values include:

- There are many pathways to recovery, there is no wrong door for entering recovery
- Recovering Persons have the authority over their own recovery through choice
- Recovery is holistic influenced by the mind, body and spirit, affecting the individual, family and community
- Recovery is unique to each person and is impacted by cultural beliefs and traditions
- Persons often gain hope of recovery from others who share similar experiences
- Recovery involves building or rebuilding a life within the community; which may include education, work, family, church, housing, etc.
- Recovery must be supported across the lifespan

Recovery Support Services

Long-term recovery from addiction including improving the health, wellness and quality of life for the individual and their family is a goal of recovery-oriented systems of care. Individuals and family members involved in the Pathfinder Recovery Center will have an opportunity to participate in a variety of services offered through the four Recovery Zones, distance programming and social and community activities.

The four Recovery Zones include:

1. Wellness Zone – Promoting Health & Wellness in Recovery
2. Employment/Education Zone – Strengthening linkages to vocational and educational services, advocating for recovering individuals in the workforce
3. Family/Life Skills Zone – Strengthening the family system as a primary recovery support
4. Mental Health/Substance Use Support Zone – Improving coordination of care for those with co-occurring mental health and substance use disorders

DROP-IN Center:

Open Monday – Friday 7AM-11PM, and Saturdays 1PM-10PM

Any individual, family member, or community member may use the drop-in center to:

- Inquire about available services
- Get information about addiction & recovery
- Utilize the resource center
- Get an assessment
- Attend educational sessions
- Work with a Peer Mentor
- Hang out with other recovering people

Coffee Shop:

Open Monday – Friday 7AM-9AM, 11AM-1PM, 6PM-10PM, and Saturdays 1PM-10PM

“The Coffee is always on...” The Pathfinder Coffee Shop will provide a space for recovering people to hang out & socialize with other recovering people.

Learning Lab:

Open Monday –Friday 7AM-10PM, and Saturdays 1PM-10PM

Any individual, family member, or community member may use the Recovery Center Learning Lab to:

- Learn about addiction & recovery
- Access information from the Recovery Zones
- Screening/Assessment/Referral
- Access transportation vouchers
- Participate in Recovery Activities
- Access volunteer/community service opportunities

Peer Support Services:

Available at all times through the Center

Any individual or family member may utilize peer support services such as;

- Recovery Planning
- Recovery Skills Training
- Recovery Support Groups
- Individual Recovery Coaching

Calendar of Events

September

Recovery Month

Balloon release in Salina on Monday, September 13th at the City Commission meeting

Recovery Month open houses Salina- 9/24

Recovery Month celebration Junction City Office—9/17
For more information
Contact: Erin Woods
785-762-3700

October

Recovery Month BBQ
Salina-Oakdale Park 10/2

For more information on recovery month activities
Contact: Brenda Haaga or Sarah Harsh –Salina office
785-825-6224

**For more information on any of our services Contact:
Central Kansas Foundation
785-825-6224
www.c-k-f.org**



Recovery Month News

The Office of National Drug Control Policy (ONDCP) launched its online recovery page on September 7, 2010. The page provides links to information on recovery, and the ONDCP Director's Message. Visit the ONDCP Recovery Page: <http://www.whitehousedrugpolicy.gov/nada-recovery/index.html>

White House Drug Policy Director Awards Over 85 Million To Prevent Youth Drug Use

Gil Kerlikowske, Director of National Drug Control Policy (ONDCP), today announced \$22 million in new Drug Free Communities Support Program (DFC) grants to 169 communities and 16 new DFC Mentoring grants across the country. The awards announced today are in addition to the \$63 million in Continuation grants simultaneously released to 549 currently funded DFC coalitions and seven DFC Mentoring Continuation coalitions. These grants provide community coalitions needed support to prevent and reduce youth substance use.

FDA Looks to Curb Abuse of Cough Medicine

Federal health regulators are weighing restrictions on Robitussin, NyQuil and other cough suppressants to curb cases of abuse that send thousands of people to the hospital each year. The Food and Drug Administration on Tuesday posted its review of dextromethorphan, an ingredient found in more than 100 over-the-counter medications that is sometimes abused for its euphoric effects. The practice, dubbed "robotripping," involves taking more than 25 times the recommended dose of a cold medicine and is mainly associated with teenagers

President of the United States Issues Proclamation for Recovery Month

On September 1, 2010 the President of the United States of America, Barack Obama, issued a proclamation proclaiming September 2010 as *National Alcohol and Drug Addiction Recovery Month*.

Would you like to be a Recovery Coach?

Recovery Coaching is designed as an integrated component of 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.

For more information to become a recovery coach, log on to Allen County Community College, <http://www.allen.cc.ks.us/> for online courses.

Would you like to share your story with a treatment group? Interested in volunteering at the Pathfinder recovery center?

**Contact Eddie or Kristin at Central Kansas Foundation
785-825-6224**