



LifeSkills, Inc.

LifeSkills Services Resource Guide

LifeSkills Staff and Services List

Warren County Master Number

270-901-5000

Shelley Carter, Vice President of Behavioral Health

Clinical Directors

John Sivley, Children's Services

Doug Bradley, Adult Services

Karen Garrity, Addiction Services

Madelene Chandler, Adult Crisis Services

Brad Schneider, Vice President of Developmental Services

David Wheeler, Director of Regional Programs

Donna Sweeney, Director of Supported Community Living

Jan Eblen, Director of Vocational Services

Behavioral Health Services

Children's Services

LifeSkills Children's Services programs offer the widest and most intensive array of services in South-central Kentucky to children, adolescents and their families. With over 60 full time clinical staff, LifeSkills, Children's services provide outpatient treatment in a variety of settings including office, home, school and daycare. Individuals needing more intense services may receive residential or respite services in settings such as the Children's Crisis Stabilization Unit or therapeutic foster care homes. The IMPACT program is available exclusively through LifeSkills, and has access to services such as respite, Therapeutic Child Support, and Service Coordination some of which are only available through LifeSkills.

Children's Crisis Stabilization

Crisis Assessment and Recommendation

The CCSU is available 24 hour per day to provide crisis intervention in the form of assessment and recommendation. Staff will collect information and consult with licensed or certified clinicians to determine the most appropriate action to be taken.

Brief Crisis Stabilization (1-7 days)

Clients admitted to the CCSU may receive a brief respite from the crisis situation to allow the tense situation to settle down for only a few days, or several days of observation and assessment after which family or team meetings can recommendations for aftercare.

Intensive Assessment/Treatment (7-30 days)

Juveniles in need of quick and intense treatment to avoid home removal and family disruption may stay for several weeks during which time they will receive intensive therapy (several times per week), daily group and milieu treatment and 24 hour monitoring and observation. Often transient issue can be resolved during these stays.

KY Impact Services

- **Service Coordination** - Case Managers link families to resources, provide support for parental education, collaborate with other agencies, act as advocates, and coordinate Service Team Meetings.
- **Service Team Meetings** – Representatives from various aspects of the child's life meet regularly to determine the services that would be most beneficial to the child and family and establish and monitor progress towards specific goals.

- **Family Support** - LifeSkills family liaison provides educational and skill building materials during monthly Family Support Group, provides one-to-one parental support and skill building, develops quarterly informational newsletters, and coordinates yearly parent retreats that provide education, skill building, and supportive activities.
- **Therapeutic Child Support** - Involves planned therapeutic and mentoring activities structured around meeting individualized goals developed by the service team. Staff provides support and parental education for the child's caregiver as determined by the service team.
- **Overnight Respite** – Overnight care for the child on both a planned and/or emergency basis and is generally used for a 24-hour period depending on the individual needs of the child and family.
- **Intensive Family-Based Support Services (IFBSS)** – Flexible discretionary funds are available to families to ensure that needed services can be “wrapped-around” their child. Funds are typically used to provide therapeutic child support, respite care, and for special purchases.
- **Crisis Services** – Service coordinators assist in linking families to supportive measures and services during times of crisis. LifeSkills also offers residential crisis stabilization services as an alternative to psychiatric hospitalization.

Children & Family Services (Warren County)

Robin Gregory, Program Manager

Cassandra Hackbarth, Early Intervention Specialist

Cassandra Hanna, Therapist

Kathryn Hopper, Therapist

Tanner Steelman, Therapist

Jenna Hughes, School-Based Therapist

Jennifer Fugate Therapist

Nicole Espey, Therapist

John Young, School-Based Therapist

Children's Crisis Stabilization Unit

Leslie Turci, CCSU Manager

Megan Harden, Therapist

Erin Pentecost, Therapist

Josh Long, Teacher (Bowling Green City Schools)

KY Impact

Anne Embry, Local Resource Coordinator

Lacey Stovall, Service Coordinator

Sarah Hoy, Service Coordinator

Teshopo Libe, Service Coordinator

Kelly Koons, Service Coordinator

Cynthia Craig, Service Coordinator

Jessica Shriver, Service Coordinator

Therapeutic Foster Care

Sherry Roy-Hunton, Program Manager

Jennifer O'Dell, Therapist

Lauren Bandy, Therapist

Amanda Niedwick, Case Manager Coordinator

Courtney Fancher, Case Manager

Brittany Jensen, Case Manager

Adult Services

Adult services at LifeSkills are geared toward returning individuals to their highest level of functioning as quickly as possible. For those dealing with less severe mental health issues, counseling is provided by licensed mental health professionals who focus on individualized, strengths-based approaches to coping with life's problems and developing skills that build resiliency for tomorrow's challenges. Consumers living with more severe forms of mental illness have access to a wide array of services that help support life in the community and build collaborative plans for recovery from the disabling effects of psychiatric conditions.

The following specialized services are limited to individuals within targeted populations that meet eligibility requirements.

- **Targeted Case Management** - This service is limited to individuals with severe mental illness who need additional support within the community to access necessary resources such as food, clothing, housing, medical care, and entitlement benefits. Available in all counties.
- **Therapeutic Rehabilitation** - Day programs are available to eligible consumers with severe mental illness. Participants are engaged in activities designed to improve daily living skills, increase socialization, and improve their understanding of the recovery process. Programs are located in Barren, Hart, Metcalfe, Monroe, and Warren Counties.
- **CARE Program** - The Continuous Access Recovery Enhancement program is an intensive outpatient approach designed for consumers who are at high risk for frequent hospitalizations and who fail to benefit from traditional office-based approaches to treatment. A multidisciplinary team provides therapy; case management, peer support, and recovery education to individuals in their preferred environments (e.g. home). Available in Warren County.
- **Peer Support Teams** - These teams are completely consumer-run and consist of volunteers recovering from mental illness who mentor and support others who are struggling with psychiatric disabilities. Available in Allen, Hart, Monroe and Warren Counties.

Adult Crisis Stabilization

Helpline

A 24- hour Crisis line 1-800-223-8913 or 843-HELP (4357) is at the center of LifeSkills emergency services. It serves LifeSkills ten county area and allows a quick response to emergency situations.

Adult Crisis Stabilization Unit

The Adult Crisis Unit is a voluntary residential facility for individuals in a mental health crisis. The average length of stay is from 3-5 days based upon need as well as bed availability. ACSU care is preceded by a phone referral or face to face assessment. If admission criteria are met and the individual agrees to ACSU services, appropriate admission paperwork is completed. If admission criteria are not met, a referral will be made to the appropriate treatment setting.

Additional Adult Services

Mental Inquest Evaluations

Court ordered evaluations are provided by a Qualified Mental Health Professional to assist in determining a consumer's need for involuntary hospitalization at Western State Hospital in Hopkinsville, Ky.

Voluntary Hospital Referrals

LifeSkills ten county region provides assistance to voluntary consumers who may require more intensive care at Western State Hospital in Hopkinsville, Ky.

Mobile Crisis

These services are available 24 hours a day, seven (7) days a week, 365 days a year. Mobile Crisis service is provided in duration of less than 24 hours. This service provides crisis response in the community to individuals in need of an immediate evaluation, triage and access to acute behavioral health services including treatment and supports to effect symptom reduction, harm reduction or to safely transition the person in acute crisis to appropriate least restrictive level of care.

Jail Triages

This program provides 24- hour evaluations by a Behavioral Health Professional to jails in the LifeSkills region. This service identifies, assesses, and makes recommendations for inmates with mental health needs

Substance Abuse Services

Prevention Services

Regional Prevention Center

The mission of LifeSkills Regional Prevention Center (RPC) is to provide professional assistance to communities in the Barren River Region (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren) in the planning and implementation of activities aimed at preventing substance abuse.

Kentucky's Regional Prevention Centers (RPCs) can help individuals and groups develop prevention programs that will encourage healthy choices about alcohol, tobacco, and other drugs. Fifteen centers are set up to serve all counties in the state.

Prevention specialists at each center provide education and training programs, information, and consultation services. For assistance with RPC prevention efforts in your community, contact the Prevention Center in your region by calling (866) 213-8739.

Regional Prevention Centers provide the service described below.

- **Community Development** – Assist community residents, leader, and groups in coming together to discuss their community's strengths and need and develop a comprehensive prevention plan.
- **Consultation and Technical Assistance** – Provide information and advice on effective prevention programs and strategies and how to tailor them to individual situations.
- **Early Intervention Services** – KIDS Now Plus.
- **Public Information** – Works with local media to publicize prevention efforts and get accurate and helpful information to the public.
- **Resource Center** – Provides a reading room with books, documents, and periodicals on prevention. Provides a link to prevention professionals and organizations across the United States and in other countries via the internet and Regional Alcohol and Drug Awareness Resource (RADAR) Network. Collects videos and curricula on prevention topics for loan or free preview.
- **Training and Education** – Provides interactive training for adults and youth on how to implement prevention strategies. Trains individuals and groups who will subsequently affect or train others.

KIDS Now Plus

Kids Now Plus program is focused on serving women who are pregnant and who are at-risk for alcohol, tobacco, and other drug use during their pregnancy. Specific prevention services are designed to provide prevention education services to this at-risk population of women. For those women whom meet the DSM substance use diagnostic criteria for a substance use disorder, case management services are also available. KIDS NOW Plus connects this population at the appropriate point during their care with prevention services through substance use treatment, assisting in reducing harm to Kentucky children from maternal substance use during and after pregnancy.

The use of alcohol, tobacco and other drugs (ATOD) during pregnancy can cause problems for both the mother and the infant. Prenatal exposure can lead to developmental and intellectual disabilities, mental health and behavioral problems, difficulty with learning, and poor health outcomes.

In most cases, when pregnant women are educated about negative effects these substances can have on their baby, they make the choice to abstain. However, there are those pregnant women who continue to use ATOD during pregnancy because prior to pregnancy they were already experiencing problem use or addiction. Many will need outside intervention in order to stop their use while pregnant.

KIDS NOW Plus improves Kentucky birth outcomes by helping pregnant women recover from substance use disorders. By engaging high-risk pregnant women in intensive case management, substance use treatment and other needed services. KIDS NOW Plus helps moms provide their babies with a healthier, safer start in life.

Outpatient Treatment

Outpatient Services provides individualized treatment planning to assist persons in examining their lives and making changes that improve their lives. Those seeking help may have the following available to them:

- **Assessments** – DUI and additional alcohol and other drug assessments are available to individuals requiring an evaluation to determine their level of involvement with alcohol and other drugs. As a result of the assessment process, treatment and non-treatment recommendations are made.
- **Education** – Available through individual and group sessions. Basic alcohol and other drug education along with education about goal setting and change can be provided. Group programming is available based on need.
- **Zero Tolerance DUI Services** – is an initial screening provided to individuals seeking services due to a zero tolerance DUI conviction. Individuals are then referred to the appropriate program to help them complete their DUI counseling requirement.

- **Individual Sessions** – Initial motivation for change is often developed through individual sessions. Additionally these sessions may be used to identify and work on complex concerns.
- **Case Management for Women and for Pregnant Women** – Available in 6 counties, case management services are provided in order to support women and pregnant women in seeking and maintaining healthier lifestyles. Case managers assist the women they work with in reducing the barriers in order to achieve a successful treatment experience. Pregnancy case managers also provide outreach services to those who are at high risk for substance use during pregnancy and who may not be seeking treatment.
- **Group Therapy** – Weekly group sessions are provided in nearly every county. Individuals attending these sessions develop a treatment plan with their therapist which outlines their goals and the steps they will take to achieve them. The group sessions provide opportunities to improve communication skills, awareness, and to access support that can motivate individuals to change.
- **Drug Testing** – Referral sources and individuals may request drug testing to support treatment efforts to achieve and maintain sobriety.
- **Psychiatric/Medication Evaluation and Management** – Some individuals participating in addiction counseling have co-occurring mental health concerns. Psychiatric and medication evaluations are available to the individuals that would benefit from this additional intervention.
- **Intensive Outpatient Program (IOP)** – Provides additional structure and support to individuals seeking to achieve sobriety. Those participating in this program can expect to attend group sessions for a minimum of six hours per week. Weekly family group sessions assist family members in improving their understanding of addiction and how they can support efforts to achieve and maintain sobriety. Aftercare is available, free of charge, to individuals who have completed IOP.

Residential Treatment

Park Place Recovery Center is a 20 bed facility for individuals who have advanced or chronic chemical addiction. The length of stay varies based on individual needs. There are numerous services available during a residential stay at Park Place Recovery Center.

- **Non-Medical Detoxification** – Provided to some individuals who need assistance achieving initial abstinence due to minor physical withdrawal symptoms.

- **Individualized Treatment Planning** – Through individual sessions and joint effort, the therapist and client develop goals for the residential stay.
- **Family Sessions and Family Group** – Family involvement is central to individuals repairing the wreckage of the past and laying a foundation for a new life. Families of addicted individuals have been profoundly affected by addiction and through family sessions and family group they can begin to heal along with their loved one.
- **Education Groups** – Provide the up to date information about addiction. The effects on brain functioning, behavior, relationships, and more are explained through these groups.
- **Therapy Groups** – With positive and caring support clients participate in these intensive sessions, challenging themselves and one another to achieve awareness and change their behavior.
- **Introduction to 12-Step Self Help Recovery Groups** – Attendance at local 12-step recovery groups occur multiples times per week. Speakers and steps studies also occur weekly.
- **Psychiatric Evaluation Referral** – A referral to a psychiatric/medication evaluation is available for individuals who appear to need additional assistance.
- **Social/Recreational Therapy** – Individuals participate in recreational and social activities that support sobriety.
- **Aftercare** – Weekly after care meetings are for individuals who have completed the residential program. These meetings are an opportunity to connect with others in recovery and improve skills that support recovery.

Supported Services

- **IPS Supported Employment** – IPS Supported Employment assists individuals with severe mental illness work at competitive jobs of their choosing, focusing on client strengths and preferences to create a good job match. Although variations of supported employment exist, IPS (Individual Placement and Support) refers to the evidence-based practice of supported employment. Services are individualized to each client and offer long-lasting support for as long as the client wants and needs to be successful in the work place.

Practice Principles of IPS Supported Employment

1. Focus on Competitive Employment: Agencies providing IPS services are committed to competitive employment as an attainable goal for clients with serious mental illness seeking employment.
 2. Eligibility Based on Client Choice: Clients are not excluded on the basis of readiness, diagnoses, symptoms, substance use history, psychiatric hospitalizations, level of disability, or legal system involvement.
 3. Integration of Rehabilitation and Mental Health Services: IPS programs are closely integrated with mental health treatment teams.
 4. Attention to Client Preferences: Services are based on clients' preferences and choices, rather than providers' judgments.
 5. Personalized Benefits Counseling: Employment specialists help clients obtain personalized, understandable, and accurate information about their Social Security, Medicaid, and other government entitlements.
 6. Rapid Job Search: IPS programs use a rapid job search approach to help clients obtain jobs directly, rather than providing lengthy pre-employment assessment, training, and counseling.
 7. Systematic Job Development: Employment specialists build an employer network based on clients' interests, developing relationships with local employers by making systematic contacts.
 8. Time-Unlimited and Individualized Support: Follow-along supports are individualized and continued for as long as the client wants and needs the support.
- **Supported Housing** – LifeSkills Supported Housing Department is comprised of three programs: housing subsidy assistance, low-income rental units and homeless services. Within the housing subsidy assistance program, LifeSkills operates a Permanent Housing TBRA grant, channeled thru Kentucky Housing Corporation (KHC). In addition, LifeSkills partners with KHC and the Homeless and Housing Coalition of Kentucky in providing housing subsidy assistance thru the following grant programs: Housing Now, Samaritan, and Safe Haven Voucher programs. To be eligible for housing services, head of household must be severely mentally ill, homeless and active in LifeSkills services. LifeSkills also works with KHC to provide housing subsidies through KHC's Olmstead Housing Initiative to individuals who are in personal care

homes or at risk of institutionalization. This subsidy combined with support services provides the opportunities for individuals with mental illness to live independently. Referrals are done internally and housing subsidy assistance programs are offered in all ten counties.

LifeSkills also operates eight apartment units thru an Affordable Housing Trust Fund Grant, channeled thru Kentucky Housing Corporation. Six units are located in Warren County and two units are located in Barren County. Referrals are also done internally and eligibility is based on income and special needs.

In addition to housing services, Supported Housing also operates a PATH Grant. This grant is designed to provide two types of services for homeless individuals/families. The first program is a resource/referral/outreach program for homeless individuals/families in our ten county service area. Referrals are both internal and external. The second program is a short term case management service for homeless individuals that are also severely mentally ill and active in services. Referrals for case management services are primarily internal.

The mission of the Supported Housing program is to provide safe and affordable housing to a special needs population, while also linking homeless individuals/families with the appropriate resources to become self-sufficient.

Adult Services

Melanie Randolph, Center Manager

Amy Cook, Dual Diagnosis Therapist

Aimee Hockman, Intake/Screening Specialist, Mental Health Therapist

Dorisa Adey Ryherd, Addictions Therapist

Emily Pannell, Addictions Therapist

Lisa Wolfinbarger, Mental Health Therapist

Susan Brown, Mental Health Therapist

Tiffany Heckel, Mental Health Therapist

Jill Broaddus, Addictions Therapist

Kani Osborne, Case Manager

Susan Rich, Case Manager

Terrell Clark, Case Manager

Tutie Stanley, Case Manager

Warren County Therapeutic Rehabilitation (Wishing Well Clubhouse)

Mary Stockton

Adult Crisis Stabilization Unit

Patty Alford, Manager

Tish Thompson, Therapist

Alice Stiles, Therapist

Melinda Smith, Therapist

Kelley Fulkerson, Therapist

Tami Brucato, Mobile Crisis Therapist

Lateisha Benson, Mobile Crisis Therapist

24 hour HELPLINE

270-843-HELP

Park Place Recovery Center (Residential Facility)

David Duncan, Center Manager

Dr. Frank Snyder, Therapist

Katie Brown, Therapist

Karli Rutherford, BHS

Wanda Eubank, RN

Prevention Services

Joy Ford, Manager, Regional Prevention Coordinator

Beth Wells, Prevention Specialist

Jessica Diame, Prevention Specialist

Adriane Thiery, Kids Now Plus Prevention Specialist

Kathy Combs, Kids Now Plus Case Manager

IPS Supported Employment

Brittany Gunter, Program Manager

James McKnight, Employment Specialist

Wayne Decker, Employment Specialist

Supported Housing

Rodney Goodman, Supported Housing Manager

Jessie Anderson, PATH Case Manager

Kristin Pruitt, Housing Case Manager

Lana Beckim, Housing Case Manager

Developmental Services Division

Vision:

Our vision is for all people to be valued and respected, to be full participating members of communities, and to lead meaningful, enriched, and self-determined lifestyles.

Mission:

Our mission is to support people with developmental disabilities and their families in planning, coordinating and developing resources that meet their unique needs and preferences. We hold that listening and collaborating with individuals and families is paramount, and by exchanging knowledge, information and skill, we will develop partnerships of mutual trust and respect.

We Believe:

- Communities benefit from the unique abilities, talents, and gifts of all people, including those with disabilities.
- All People should have opportunities to be full, participating citizens of their communities.

We will strive to develop supports that:

- Provide opportunities for people to form and develop meaningful relationships.
- Utilize person-centered and/or family-centered processes that are developed with affirmation, trust, and sensitivity.
- Promote self-determination and honor personal choice.
- Utilize only positive approaches that are based on the highest standards and best practice models.
- Value human, cultural, individual, and family differences.

Regional Programs

As the Community Mental Health Center for South Central Kentucky, LifeSkills receives *State General Funds (SGF)* to provide a variety of supports and services to persons with intellectual disabilities and families living in this region (Region IV). Such supports include:

- **Family Support Services**
- **Hart Supported Living**
- **Crisis Prevention and Response**

- **Residential Development Group Home**
- **Pre-Admission Screening and Resident Review (PASSAR)**
- **Michelle P Waiver Program**
- **Consumer Directed Option**

First Steps

LifeSkills First Steps Point of Entry Office (POE) is the starting place for families with children from birth to 3 years who have concerns about their child's development. First Steps is Kentucky's Early Intervention System (KEIS) which coordinates services including evaluations, assessments, developmental intervention, speech therapy, occupational therapy and a variety of other services to meet the specific needs of children and their families. First Steps is an educational program in which parents are actively involved in learning strategies to assist in the child's development. Anyone in the community can make a referral by calling (270) 901-5749 or toll free in the 10 county Barren River District 1-800-643-6233.

Developmental Services

Donna Sweeney, Director of SCL

David Wheeler, Director of SGF & Crisis Services

Jan Eblen, Director of Vocational Services

Jennifer Traughber, PASRR Manager

Elaine Donnelly, First Steps Manager

Services and Contacts by County

Allen County

LifeSkills Service Center

512 Bowling Green Road
PO Box 92
Scottsville, KY 42164
Telephone: 270-237-4481
Fax: 270-237-4858

Barren County

LifeSkills Service Center

608 Happy Valley Road
Glasgow, KY 42142-1539
Telephone: 270-651-8378 ext 1010
Fax: 270-651-9248

Barren County Service Center Contacts

Allyson Sutherland, Center Manager/Children's Therapist
Megan Escamilla, Assistant Center Manager & Adult Therapist
Cathrine Williams, School Based Therapist
Shawna Shartzler, School Based Therapist
Mikki Page, School Based Therapist
Jessica Davis, Children's Therapist
Elizabeth Hurt, Adult Therapist
Tonya Ballard, Adult/Children's Therapist
Tonya Bennett, Adult Therapist/TR Manager
Jason Whited, Addictions Therapist
Geneva Bradshaw, Addictions Therapist
Nancy Dennis, Adult Case Manager
Julie Hamilton, Adult Case Manager
Kristin Sexton, Adult Case Manager
Kathy Combs, Substance Abuse/Kids Now Case Manager
Angela Wooten, Service Coordinator
Ashley Proffitt, Service Coordinator
Christy Johns, Service Coordinator

LifeSkills Friendship Clubhouse

608 Happy Valley Road, PO Box 1539
Glasgow, KY 42142-1539

Telephone: 270-651-8378 ext. 1288
Fax: 270-651-9248

Butler County

LifeSkills Service Center

222 Industrial Drive North Morgantown, KY 42261
Telephone: 270-526-3877
Fax: 270-526-2929

Edmonson County

LifeSkills Service Center

205 Mohawk, PO Box 596
Brownsville, KY 42210
Telephone: 270-597-2713
Fax: 270-597-9194

Hart County

LifeSkills Service Center

118 West Union Street
Munfordville, KY 42765
Telephone: 270-524-9883
Fax: 270-524-0437

Logan County

LifeSkills Service Center

433 Shelton Lane
Russellville, KY 42276
Telephone: 270-726-3629
Fax: 270-726-3620

Metcalfe County

LifeSkills Service Center

112 Sartin Drive, PO Box 600
Edmonton, KY 42129
Telephone: 270-432-4951
Fax: 270-432-5054

LifeSkills Pioneer Clubhouse

112 Sartin Drive, PO Box 600
Edmonton, KY 42129

Telephone: 270-432-2266
Fax: 270-432-5054

Monroe County

LifeSkills Service Center
800 North Main Street
Tompkinsville, KY 42167
Telephone: 270-487-5655
Fax: 270-487-5948

Simpson County

LifeSkills Service Center
1031 Brookhaven Ct
Franklin, KY 42134
Telephone: 270-586-8826
Fax: 270-586-8828

Warren County

LifeSkills Service Center
380 Suwannee Trail Street
PO Box 6499
Bowling Green, KY 42103
Telephone: 270-901-5000
Fax: 270-842-6553

LifeSkills Children's Crisis Stabilization Unit
506 Chestnut Street
Bowling Green, KY 42101
Telephone: 270-901-5712
Fax: 270-781-8987

LifeSkills Adult Crisis Stabilization Unit
822 Woodway Drive
Bowling Green, KY 42101
Telephone: 270-901-5000
Toll Free: 800-837-3954
Fax: 270-783-0609

LifeSkills Wishing Well Clubhouse
1133 Adams Street
Bowling Green, KY 42101
Telephone: 270-901-5000
Fax: 270-843-4685

Complete list of services also available at <http://www.LifeSkills.com/bh.html>