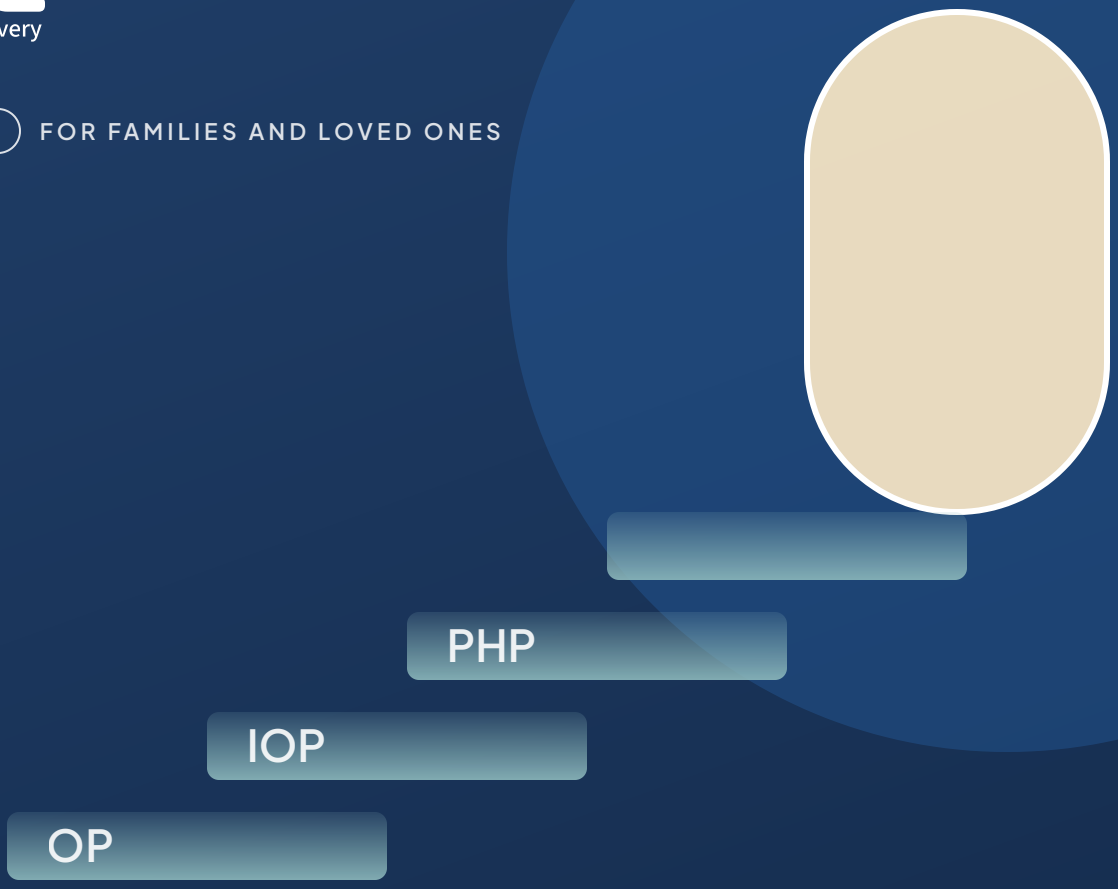
bluegrass recovery

GUIDE 02 FOR FAMILIES AND LOVED ONES




# *A family guide to* outpatient care.

What treatment at Bluegrass looks like day to day, how families take part, what we can share with you, and how to look after yourself along the way.

Admissions, 24 hours a day
(502) 385-4424

421 Wabasso Ave
Louisville, KY 40209

INSIDE THIS GUIDE

# *Treatment* without moving out.

Outpatient treatment happens during the day, with no overnight stay. Your loved one attends scheduled therapy at the center and keeps the rest of life within reach: family, work and home.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PART 1

# *Three levels,* one team.

A clinician recommends a starting level after an assessment, using the ASAM Criteria, the national standard for matching people to care. Most people step down from more support to less as they get stronger, with the same care team.

*PHP*

### Partial hospitalization · ASAM Level 2.5

The most structured level. Weekdays 9 am to 3 pm and Saturday 9 am to 2 pm, about 29 hours a week. Usually 4 to 6 weeks. Lunch is provided.

*IOP*

### Intensive outpatient · ASAM Level 2.1

Mornings 9 am to 12 pm, three or six days a week, so afternoons stay free for work and family. Usually 6 to 8 weeks.

*OP*

### Outpatient · ASAM Level 1

One or two sessions a week with the same therapist, for as long as they help.

### If detox comes first

Bluegrass does not provide detox. Admissions arranges it at a vetted partner and plans the move to Bluegrass afterwards.

### If home is not safe

Bluegrass works with a partner organization that provides supportive housing.

PART 2

# *What a week* looks like.

Here is a typical partial hospitalization day. IOP uses the first three groups, in the morning.

| TIME | WHAT HAPPENS | LED BY |
|---|---|---|
| **9:00** | Check-in and process group: safety, cravings and today's goals. | Licensed clinician |
| **10:00** | Application group: practising a CBT, DBT or ACT skill on something real. | Licensed clinician |
| **11:00** | Education group: the brain, relationships, mental health. | Licensed clinician |
| **12:00** | Lunch, provided at the center. | |
| **1:00** | Recovery skills practice. | Behavioral health staff |
| **2:00** | Relapse prevention and wrap-up, with a written plan for the evening. | Behavioral health staff |

### Every week

Individual therapy at least once a week, and psychiatric care as the plan needs.

### Every week in PHP

The whole care team reviews the plan together. In IOP, at least every 30 days.

Group topics follow an 8-week curriculum, from understanding addiction to values and distress tolerance.

PART 3

# *The therapies,* in plain language.

You will hear these names. Here is what each one actually means for your loved one.

### Cognitive behavioral therapy (CBT)

Spotting the thoughts that lead to using, and practising new responses.

### Dialectical behavior therapy (DBT)

Skills for strong emotions, distress and relationships.

### Acceptance and commitment therapy (ACT)

Making room for hard feelings while acting on what matters.

### Trauma-informed care

Treatment that accounts for past trauma and avoids re-traumatizing.

### Relapse prevention

A written plan for triggers, cravings and early warning signs.

### Medication when it helps

Buprenorphine (Suboxone) or naltrexone (Vivitrol), prescribed with therapy.

> Treatment is not about willpower. It is about learning skills, treating what sits underneath, and building a life where using makes less sense.

PART 4

# *How families* take part.

Family is part of the picture, as much as your loved one agrees to.

### Family sessions

Sessions with your loved one and their therapist, with written consent.

### Learning together

How addiction and recovery work, so the same words mean the same things at home.

### Better conversations

Practising how to raise hard things without a fight.

### The plan for after

With consent, you know the aftercare plan and how to support it.

## What we can tell you

Federal law, 42 CFR Part 2, protects substance use treatment records. Adults decide what is shared about their own care.

### Without consent, we can always

Listen to you, answer general questions, explain how treatment works, and take your number.

### With written consent, we can also

Confirm your loved one is a client, share attendance and progress, invite you to sessions and plan the step down with you.

PART 5

# *What progress* looks like.

Recovery rarely moves in a straight line. These are signs that treatment is working, even on a hard week.

- [ ] **Showing up**
  Attending groups and sessions, even on bad days.
- [ ] **Talking about it**
  Naming cravings or triggers instead of hiding them.
- [ ] **Better routines**
  Sleep, meals and appointments getting steadier.
- [ ] **Using the skills**
  Calling someone, leaving a situation, using the plan.
- [ ] **Repairing relationships**
  Small honest conversations at home.

## If there is a setback

A lapse is a signal to adjust the plan, not proof that treatment failed. Your loved one's team can step up support, for example from IOP back to PHP. Encourage them to tell their therapist, and keep your own boundaries steady.

### If opioids could be involved, keep naloxone at home.

Tolerance drops after a period of not using, so the risk of overdose after a lapse is higher.
Free naloxone in Kentucky: findnaloxone.ky.gov

PART 6

# *Helping at home,* and helping yourself.

1. **Keep it simple and kind.**
   Say what you have noticed and that you are worried. One calm sentence does more than a long case.

2. **Hold one boundary you will keep.**
   Limits that move teach that limits move. See our guide “Boundaries without ultimatums”.

3. **Notice what goes right.**
   Praise effort, attendance and honesty. People repeat what gets noticed.

4. **Let consequences happen.**
   Stop covering for missed work or bills, without punishing.

5. **Get support of your own.**
   Families heal too, whether or not your loved one is ready.

### You can call us about them

You do not need their permission to ask for advice. Call or text admissions any time at (502) 385-4424.

PART 7

# *Support for families* in Louisville.

| GROUP | WHAT IT OFFERS | WHERE |
|---|---|---|
| **Kentucky Area Al-Anon** | Meetings for family and friends of people who drink. | kyal-anon.org |
| **Nar-Anon** | Meetings for family and friends of people who use drugs. | nar-anon.org |
| **SMART Recovery Family & Friends** | Skills-based support for families, based on CRAFT. | smartrecovery.org/family |
| **NAMI Louisville** | Mental health education and family support groups. | namilouisville.org |
| **Find Naloxone Now KY** | Free naloxone across Kentucky. | findnaloxone.ky.gov |
| **988 Suicide & Crisis Lifeline** | Call or text for any mental health or substance use crisis. | 988 |

WHEN YOU ARE READY

# *Talk to someone* who does this every day.

Bluegrass Recovery Center is a Joint Commission accredited outpatient program in Louisville, licensed by the Kentucky Cabinet for Health and Family Services (AODE license #811092).

### Call or text, any hour

(502) 385-4424. Admissions answers 24/7. If we miss you, we call back as soon as possible.

### A free benefits check

We accept most major private insurance plans and explain what is covered before anyone decides anything.

### Three levels of care

Partial hospitalization (PHP), intensive outpatient (IOP) and outpatient (OP), with the same team as you step down.

### Help with what comes first

If detox is needed, admissions arranges it at a vetted partner. Bluegrass works with a partner organization that provides supportive housing.

### In an emergency

Call 911. For a mental health or substance use crisis, call or text 988, the Suicide & Crisis Lifeline.

This guide is general information for families and is not medical, legal or financial advice. Updated October 2026.