



Transitions, Inc. is a 501 (C) (3) nonprofit agency. Our services are funded or administered in part by the U. S. Department of Housing and Urban Development, the Kentucky Department of Corrections, Kentucky Housing Corporation, the Northern Kentucky Regional Mental Health/Mental Retardation Board, Northern Kentucky Area Development District, the fiscal courts of Kenton, Campbell, and Boone Counties, other government agencies, foundations, and private donors.

#### FOR MORE INFORMATION EMAIL

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[www.transitionsky.org](http://www.transitionsky.org)

Providing substance abuse treatment and related services to those who cannot afford them elsewhere.



## ABOUT TRANSITIONS, INC.

The mission of Transitions is to help individuals, families, and communities to break the cycles of substance abuse, family abuse, violence, crime and poverty.

Transitions, Inc. was founded in 1969 by volunteers concerned about the lack of substance abuse treatment for the uninsured in Northern Kentucky. Today, we offer women and men a holistic continuum of care comprised of nonmedical detoxification, residential substance abuse treatment, outpatient substance abuse treatment, and supportive housing.

We assist the indigent, the uninsured, the incarcerated, the homeless and the working poor of Kentucky.

## SOME OF OUR ACCOMPLISHMENTS

- Transitions established Greater Cincinnati's first non-medical residential substance abuse treatment facility;
- Transitions' "Housing Plus Program" received the statewide 2003 Excellence in Housing award in the nonprofit category from Kentucky Housing Corporation ;
- Transitions' "Homeless Services Project" received the 2003 Outstanding Human Service Collaborative award from the Northern Kentucky Area Development District.;
- In 1998 Transitions was the first in Northern Kentucky to provide treatment for adult drug courts (Kenton County Adult Drug Court);
- In 1997, Transitions established the first Intensive Outpatient Program in Northern Kentucky for offenders;
- In 1993, Transitions opened the first Oxford House Recovery Group Home in the Greater Cincinnati area;
- In 1992, Transitions created the 1st women and children's Residential Substance Abuse Program in Kentucky (1 of only 12 of this type in the United States at that time);
- In 1980, Transitions opened the first nonmedical detoxification unit in Northern Kentucky.

## RESIDENTIAL TREATMENT

Transitions provides residential treatment to Kentucky residents who cannot obtain it elsewhere. We offer a 90-day program for men, and a 3-9 month program for women that allows their children ages 12 and under to accompany them. The women's program accepts pregnant women and women with or without children.

### Elements common to both programs include:

- Exposure to self-help groups
- A relapse prevention approach
- Employment
- Community service
- Aftercare counseling
- And — above all — hope

**Both programs are located in Northern Kentucky.**  
**Contact (859) 291-1045 regarding the men's program**  
**and (859) 491-2090 about our women's program.**

RECOVERY





Experience  
Strength

Hope

## **NON-MEDICAL DETOXIFICATION**

We provide men and women with a safe place to stabilize and withdraw from alcohol or other drugs. Staff monitor the withdrawal process and have access to medical personnel. Clients are introduced to selfhelp groups and referred for further treatment. The unit admits Kentucky residents 24 hours a day, 365 days a year, when space is available. (859) 291-1043

## **HALFWAY HOUSE SERVICES**

Transitions provides halfway house services to men and women making the transition from close supervision to responsible community living. Substance abuse treatment is made available to those who need it. Two facilities also operate a Drug Aftercare Program for federal offenders with a history of substance abuse. These programs are offered in the northern and eastern parts of Kentucky. Contact (859) 491-4435 for more information

## **INTENSIVE OUTPATIENT TREATMENT**

Our intensive outpatient program in Covington offers group and individual counseling, education and relapse prevention training to men and women over a 6-8 month period. (859) 431-2531

## **ASSESSMENTS**

To match adolescents and adults (including DUI offenders) with needed services, Transitions offers comprehensive chemical dependency assessments during business hours Monday through Friday. Contact (859) 431-2531

## **CHILDCARE**

Transitions operates a licensed childcare for children living at our women's treatment program and for children of the community. Open from 7:00 am to 11:00 pm weekdays. (859) 491-2090

## HOUSING PLUS

In addition to aftercare, the final step in our continuum of care is supportive housing for those without lodging. Supportive housing includes ongoing case management to assist the tenants with personal problems and help them stay on the road to recovery. Transitions Housing Plus program provides apartments set aside for homeless persons with disabilities and Oxford Houses (group homes for those in recovery from alcoholism and other drug addiction). (859) 261-8600 Transitions is also involved in several collaborative efforts to provide social services to Covington's homeless, and is lead agency for a five-agency collaborative team known as the Homeless Services Project. (859) 291-1045

## THERAPEUTIC COMMUNITY

Transitions Grateful Life Center is a voluntary alcohol and other drug program, therapeutic community and long-term supportive housing program for residents committed to clean, sober and positive living. In this community, all residents learn to help each other through a "buddy system," assisting those who have been in treatment for a shorter period than they have. Residents are assisted by staff, mentors, 12-step sponsors, the residents themselves, and community volunteers. The intense dedication of all those involved generates a positive attitude, which assists residents in their recovery. This empowers and requires all residents to be good neighbors in the therapeutic community within the facility as well as to the larger community outside the walls. (859) 359-4500

I'm not  
telling you  
it's going to be easy.  
I'm telling you  
it's going to be  
worth it"

— Art Williams