

# **Resources for Alcohol Use Disorder Treatment**

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## Where to begin

If you were in the hospital, you were alcohol-free during your hospital stay.

If you are in the clinic, you may have recently quit drinking or are thinking about quitting.

Every day that you seek an alcohol-free life, your mind and body become healthier.

Right now, you may be thinking *“I will never drink again. I know me! When I make up my mind about something, I do it!”*

Many people feel this way but somehow, they end up drinking again and they feel like they have let themselves down.

The journey ahead may be difficult.

Some people return to drinking because they don't know any other option.

We hope the list of resources below and attached helps you to find other options.

### Resources for creating an alcohol-free life

1. NIAAA Navigator – Web portal to find 1:1 providers and groups nationwide (see attachment)
2. Findhelpnowky.org – Kentucky Based web portal to find 1:1 providers and groups (see attachment)
3. Peace Hospital Intensive Outpatient Program (see attachment)
4. SAMHA National Hotline – 1-800-662-4357 – a hotline for finding treatment options
5. This Naked Mind – Book, website, app – an excellent place for self-guided healing (see attachment)
6. Alcohol Lied To Me – Online Free full length book (see attachment)
7. AA Online – meetings start online via Zoon every 15 minutes: [aa-intergroup.org/meetings](http://aa-intergroup.org/meetings)
8. <https://louisvillerecoveryconnection.org/partners-archive-original/resources/>

### Medicines to assist with an alcohol-free life

Ask your healthcare provider about medications to stop drinking. These include:

**Librium** – to medically control withdrawal – in the initial phase of stopping heavy drinking

**Baclofen and gabapentin** – for controlling alcohol cravings and urges to drink again

**Naltrexone** – for long-term maintenance of a sober life

Staying alcohol-free is the #1 best thing you can do for your health  
right now and always.

# Option 1: NIAAA Navigator – type in zip code and other info to find programs

https://alcoholtreatment.niaaa.nih.gov

NIH National Institute on Alcohol Abuse and Alcoholism For Healthcare Professionals HELPFUL LINKS Search

NIAAA ALCOHOL TREATMENT NAVIGATOR Pointing the way to evidence-based care

WHAT TO KNOW ABOUT ALCOHOL TREATMENT HOW TO FIND QUALITY ALCOHOL TREATMENT SUPPORT THROUGH THE PROCESS FREQUENTLY ASKED QUESTIONS TOOLKIT FOR YOUR SEARCH SPREAD THE WORD

## FIND YOUR WAY TO QUALITY ALCOHOL TREATMENT

In addition to in-person options, you can access alcohol treatment through telehealth services and other online options. Learn how to find quality care [for yourself or a loved one](#) or [for patients or clients](#).

### WHAT TO KNOW ABOUT ALCOHOL TREATMENT

#### What is alcohol use disorder (AUD)?

A health condition that can improve with treatment.

#### What types of alcohol treatment are available?

More options available today than you may expect.

#### Why do different people need different options?

One size doesn't fit all. An assessment will guide you.

#### What about costs and insurance?

### HOW TO FIND QUALITY ALCOHOL TREATMENT

Step 1

#### SEARCH trusted sources to find providers.

See all your options: [programs](#), [therapists](#), and [doctors](#).

Step 2

#### ASK 10 recommended questions.

Get expert guidance on what to ask providers and how to listen for quality in the answers.

Step 3

# Option 2: Find Help Now – Kentucky: Web portal to search for mental health providers, counselors, 1:1 groups, etc

The screenshot shows the homepage of findhelpnowky.org. The page features a navigation menu with links for Home, Search, Resources, Publications and Products, Help With Terms, FAQs, About, and Contact Us, along with a phone number (833) 325-0304. A green banner at the top encourages users to stay up-to-date on Kentucky's response to COVID-19. The main content area is titled "Start Here To Find Addiction Treatment Openings" and includes three paragraphs of text providing information on how to find treatment facilities, contact the KY HELP Statewide Call Center, and call the Kentucky Poison Control Center. A search form is prominently displayed on the right side of the page, containing several dropdown menus and a "Start Search" button. The form includes fields for "Who Needs Help?" (set to "Myself"), "Gender" (set to "-----"), "Mental Health Diagnosis" (unchecked), "Location" (with a "Use My Location" link), "Type of Treatment" (set to "Not Sure"), and "Payment" (set to "Not Sure"). The footer of the page contains logos for TEAM KENTUCKY, KIPRC, Kentucky Public Health, KYHELP, and HOPE AND HELP.

https://findhelpnowky.org/ky

findhelpnowky.org

Home Search Resources Publications and Products Help With Terms FAQs About Contact Us (833) 325-0304

Stay up-to-date on Kentucky's response to COVID-19.

## Start Here To Find Addiction Treatment Openings

Use this website to find an addiction treatment facility that is taking new clients right now. We work with hundreds of facilities across the state to bring you up-to-date and accurate information about their treatment offerings and availability.

Need help finding treatment? Have questions about treatment or recovery? Contact our partners at the KY HELP Statewide Call Center to speak with a screening and referral specialist Monday through Friday from 8:30 am to 10:00 pm and Saturday and Sunday from 8:30 am to 5:30 pm EST/EDT at 1-833-325-0304.

After hours and need assistance? Call the Kentucky Poison Control Center helpline at 1-800-222-1222.

Interested in knowing your HIV status or ways to prevent HIV? Call 844-294-2448 for more information and resources near you!

Who Needs Help? Myself

Gender -----

Mental Health Diagnosis

Location [Use My Location](#)

City, county or zip code

Type of Treatment [help](#) Not Sure

Payment [help](#) Not Sure

Start Search

TEAM KENTUCKY  
CABINET FOR HEALTH AND FAMILY SERVICES

KIPRC  
KENTUCKY INJURY PREVENTION AND RESEARCH CENTER

Kentucky Public Health  
PUBLIC HEALTH SERVICES

KYHELP  
KENTUCKY HELP CENTER

HOPE AND HELP



# Option 3: Self-guided care - Listen to or read the book – “This Naked Mind”

The screenshot shows the Amazon product page for the book "This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life" by Annie Grace. The page includes a navigation bar with the Amazon logo, delivery location (Louisville 40216), a search bar, and various category links. Below the navigation bar, there is a promotional banner for the "Character Store" and a "Similar items" section featuring three books. The main product listing for "This Naked Mind" includes a large book cover image, the title, author name, a 4.6-star rating with 14,915 ratings, and a "#1 Best Seller" badge in the Alcoholism Recovery category. Below the title, there are four format options: Kindle (\$12.99), Audiobook (\$0.00), Paperback (\$9.95), and Spiral-bound (\$27.54). A description states that the book has ignited a movement across the country. At the bottom, there is a table with product details: Print length (272 pages), Language (English), Publisher (Avery), Publication date (January 2, 2018), and Dimensions (5.95 x 0.68 x 9 inches). On the right side, there is a Prime membership promotion and a delivery/pickup section showing a "Buy new" price of \$9.95, a list price of \$19.00, and a 48% discount. Delivery is scheduled for Sunday, November 5, with an option for faster Thursday delivery by November 2.

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**This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness, and Change Your Life**  
★★★★☆ 14,915  
\$16.72

**The 10-Day Alcohol Detox Plan: Stop Drinking Easily & Safely (Sober Living Books)**  
★★★★☆ 1,241  
\$14.99

**This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life**  
★★★★☆ 14,915  
\$12.99

Books > Health, Fitness & Dieting > Addiction & Recovery

**THIS NAKED MIND CONTROL ALCOHOL**  
Find Freedom, Discover Happiness & Change Your Life  
ANNIE GRACE

**This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life Paperback – January 2, 2018**  
by Annie Grace (Author)  
4.6 ★★★★★ 14,915 ratings  
#1 Best Seller in Alcoholism Recovery See all formats and editions

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40 New from \$7.99

**This Naked Mind** has ignited a movement across the country, helping thousands of people forever change their relationship with alcohol.

Many people question whether drinking has become too big a part of their lives, and worry that it may even be affecting their health. But, they resist change because they fear losing the pleasure and stress-relief associated with alcohol, and assume giving it up will involve deprivation and misery.  
Read more

Print length	Language	Publisher	Publication date	Dimensions
272 pages	English	Avery	January 2, 2018	5.95 x 0.68 x 9 inches

Roll over image to zoom in VIDEO

prime Enjoy fast, FREE delivery, exclusive deals and award-winning movies & TV shows with Prime Try Prime and start saving today with Fast, FREE Delivery

Delivery Pickup

Buy new: \$9.95  
List Price: \$19.00 Details  
Save: \$9.05 (48%)  
Get Fast, Free Shipping with Amazon Prime  
FREE Returns  
FREE delivery Sunday, November 5 on orders shipped by Amazon over \$35  
Or fastest delivery Thursday, November 2. Order within 14 hrs 36 mins  
Delivering to Louisville 40216 - Update location  
In Stock

### The Alcohol Experiment

A FREE 30-day, Alcohol-Free Challenge to Interrupt Your Habits and Help You Take Control



### FREE MASTERCLASS with Annie Grace

How I Went From a Decade of Daily Drinking to Happily and Effortlessly in Control... (WITHOUT Feeling Miserable or Deprived!)



### The PATH

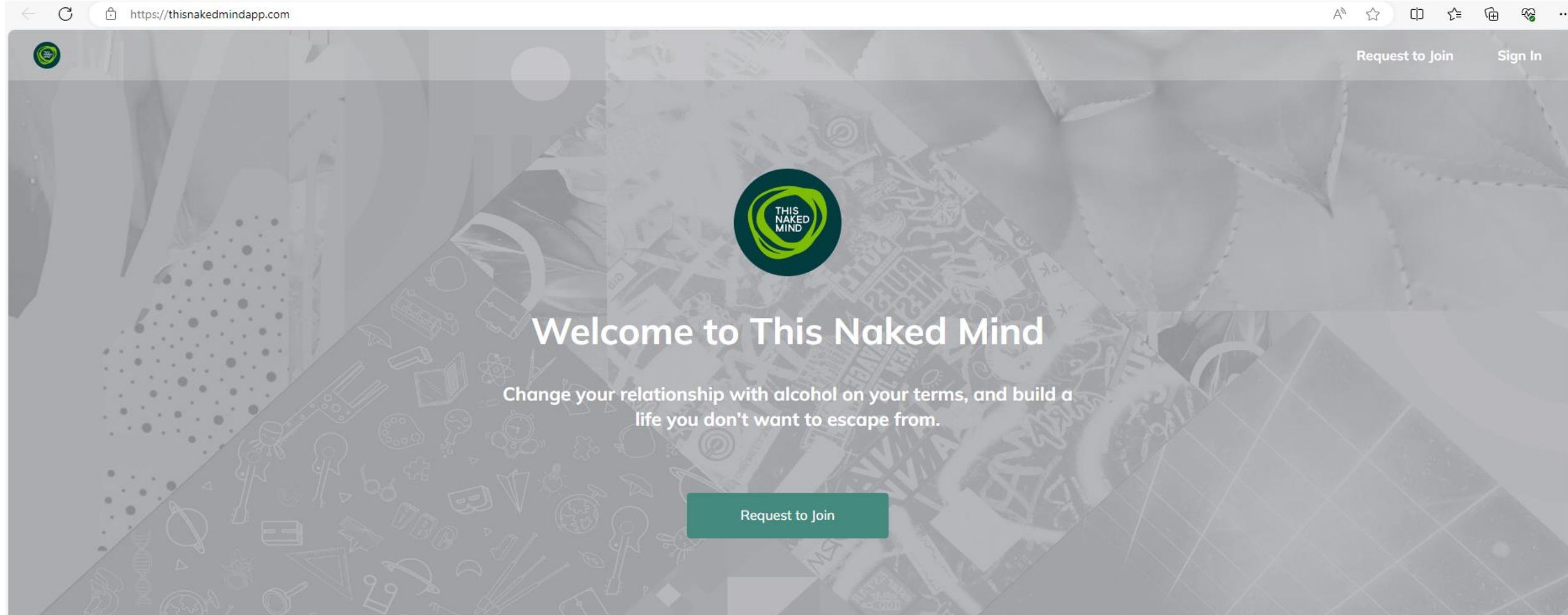
The PATH to the life you desire – No matter how many times you’ve tried before – STARTS. HERE




# Are You Curious About Changing Your Relationship With Alcohol?



# Option 3: Self-guided care - This Naked Mind App



Request to Join Sign In



## Welcome to This Naked Mind

Change your relationship with alcohol on your terms, and build a life you don't want to escape from.

Request to Join

## About Us

Founded by Annie Grace, our mission is to create a global community where anyone can question their drinking and change their relationship with alcohol - without rules, shame or judgment.

By downloading the This Naked Mind Companion App, you acknowledge that you have read, understood, and agree to This Naked Mind's [Terms of Service Agreement and Privacy Policy](#).

# Alcohol Lied To Me – Free Online Book

- [www.stopdrinkingexpert.com/altm.pdf](http://www.stopdrinkingexpert.com/altm.pdf)
- Type the above into any browser and find a full-length book for self-guided learning about healing from alcohol use



# Peace Hospital



UofLHealth.org

4219 Rev 1-20

At UofL Health – Peace Hospital, we offer programs that are designed to provide the best recovery options for adults 18 years or older. Our programs provide an integrated approach to treatment – addressing psychiatric and substance use disorders.

### Adult Partial Hospitalization Program (PHP)

Program Hours: Monday - Friday 9 a.m. - 1:30 p.m.

### Adult Intensive Outpatient Program (IOP)

Program Hours: Monday - Friday 9 a.m. - 12 p.m.

Evening IOP Hours: Monday - Thursday 5:30 p.m. - 8:30 p.m. (Substance Use Disorder and Co-occurring treatment only)

#### Group Therapy Offered For:

- Serious and Persistent Mental Illness
- Substance Use Disorders
- Psychiatric Disorders
- Co-Occurring Disorders

#### Specialized Treatment Methods

- Motivational Interviewing
- Medication Assisted Treatment
- Group Therapy with Individual and Family Therapy as needed
- Cognitive Behavioral Therapy
- Relapse Prevention
- 12-Step Facilitation

### Additional Benefits

- Transportation provided if resident of Jefferson County for daytime programs
- Six months free after-care, post discharge for all outpatient programs located at:  
4414 Churchman Avenue  
Louisville, KY 40215

### Meet Our Team of Experts

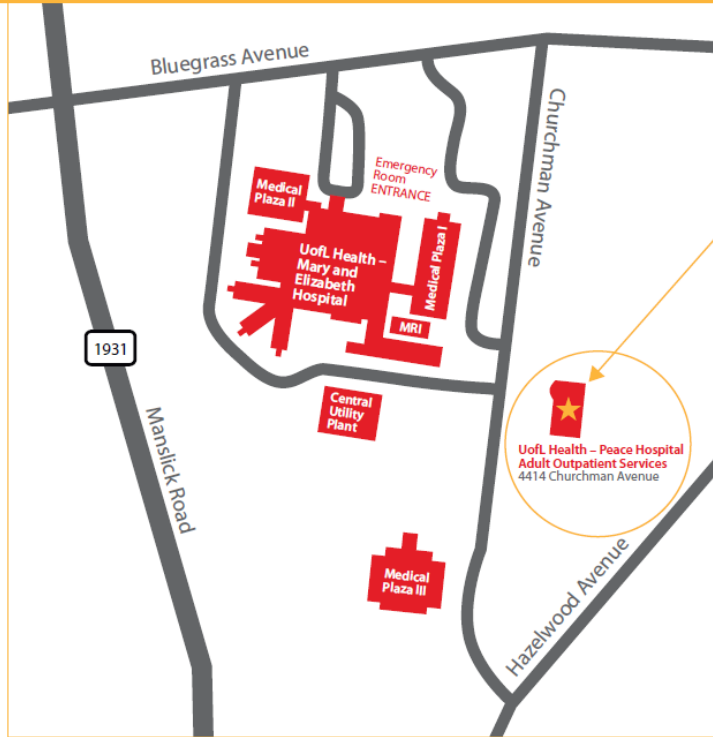
Peace Hospital's Outpatient Services provides a team of professionals from multiple disciplines. The treatment is supervised by a psychiatrist and psychiatric nurse practitioner and supported by staff that includes Licensed Clinical Alcohol and Drug Counselors, Licensed Professional Clinical Counselors, Licensed Clinical Social Workers, Certified Peer Support Specialists and Registered Nurses.

**For a No-Charge Assessment, please contact our Assessment and Referral Center at 502-451-3333.**

### Peace Hospital Adult Outpatient Center

4414 Churchman Avenue  
Louisville, KY 40215  
502-363-7900

## Adult Outpatient Services Map



For closing information due to inclement weather, please call 502-363-7900

## Peace Hospital



Adult Outpatient Services  
4414 Churchman Avenue, Louisville, KY 40215 | 502-363-7900

UofLHealth.org