WHO WE ARE

Cornerstone of Recovery is a fully licensed substance abuse and co-occurring disorder treatment center accredited by the Joint Commission.

We are a group of experienced and caring professionals who have a passion for helping addicts, alcoholics, and their families. We understand addiction because we understand recovery.

CLINICAL LEADERSHIP

- Chief Clinical Officer, Scott Anderson, Ph.D.
- Chief of Medical Services, Fred Wenger, D.O.
- Chief of Psychiatric Services, Lane M. Cook, M.D.
- Physician’s Assistant, Jonathan Kamar, P.A.
- Director of Nursing, Travis Pyle, R.N.
- Director of Assessment & Orientation, Sue Orr, M.A.
- Neuropsychology Consultant, Peter Young, Ph.D.
- Director of Extended Care, Julie Hamlin, LCSW
- Recovery Monitoring & Veterans Services Program Director, Rod Jackson, MSSW

WHAT WE DO AND HOW WE DO IT

We treat addiction and co-occurring disorders, and offer customized programs and services to create an individualized treatment plan for every patient.
SERVICES

5 DAY EVALUATIONS

Assessments Used in the 5 Day Evaluation Process

Substance Abuse Screening Inventories
- Addiction Severity Index (ASI)
- Drug Use Disorder Identification Test (DUDIT)
- Alcohol Use Disorder Identification Test (AUDIT)
- Alcohol Dependency Scale (ADS)
- Substance Abuse Subtle Screening Inventory - 3 (SASSI-3)

Psychological Assessments
- Multimodal Life History Inventory
- Young Schema Questionnaire (YSQ - L3)
- Rorschach Inkblot Test
- Mental Status Exam (MMSE)
- Mindfulness Measures (MAAS, TMS-C, TMS-D)
- Five Facet Mindfulness Questionnaire (FFMQ)
- Stuart Lab Violence Assessment (SLVA)
- Personality Assessment Inventory (PAI)
- Psychiatric Diagnostic Screening Questionnaire (PDSQ)
- Structured Clinical Interview for DSM - IV (SCID)
- Personality Diagnostic Questionnaire (PDQ-4)
- Mood Disorder Questionnaire
- ADD/ADHD Battery
- Emotional Regulation (includes DAS)
- Emotional Identification & Emotional Bias

Cognitive Assessment
- WebNeuro - Cognitive Assessments
- WISC (as needed)

General Screening Tools
- Gambling Assessment
- Home Environment Toxicity
- Sexual Addiction Screening Test - Revised (SAST-R)
- World Health Organization Quality of Life (WHOQOL)
- Daily Spiritual Experience Scale (DSES)
- Acceptance and Action Questionnaire (AAQ-II)
- Columbia Suicide Severity Rating Scale (C-SSRS)

Behavioral Observation and Psychiatric Evaluation
- Psychological Evaluation
- Medical Observation
- Various Clinical Interviews
- Collaborative Information
- Pharmacy Records
- Interviews with Family Members/Friends
- Interviews with Supervisor and Coworker (if necessary)
- Urine, Hair and Nail Drug Screen
- Background Check

CogScreen
On-site computer-administered and scored cognitive-screening instrument designed to rapidly assess deficits or changes in attention, immediate- and short-term memory, visual perceptual functions, sequencing functions, logical problem solving, calculation skills, reaction time, simultaneous information processing abilities, and executive functions. This is often used for aviation, pharmaceutical, and industrial applications.

Intervention
When needed, we provide Intervention Services to help a person make the sometimes difficult decision to choose treatment. And once in treatment, we provide compassionate encouragement when a patient, in the very difficult early stages of recovery, struggles.
Cornerstone of Recovery offers comprehensive programming from Medical Observation and Detoxification through 18 months of post-discharge Continuous Care.

Assessment and Orientation Unit (A&O)
The A&O Unit arranges the initial Intake for all patients. This department coordinates all of the evaluations and assessments, along with orienting all patients to Cornerstone’s services and programs.

Medical Observation and Detoxification
1-7 Days (depending on necessity)
24 Hour Monitoring by a Licensed Nursing Staff

Residential Programs
(with Extended Care IOP Available)
• Adult Residential Program (ARP); Average Stay 28-35 Days
• Young Adult (YA) Residential Program; Average Stay 28-35 Days, Ages 18-25
• Relapse Recovery (RR) Residential Program; Average Stay 28-35 Days

Intensive Outpatient & Extended Care Programs
• Intensive Outpatient Program (IOP); 8 Weeks; Four Days per Week, 3 Hours per Day, 32 Sessions
• Support Living Facility (SLF); Housing provided for patients in IOP. Typical length of stay varies from 2-6 months. Patient can continue to live in SLF on a monthly basis after the completion of IOP.

Specialty Tracks and Groups
• Aviation Professionals Program
• Professionals Program - (Licensed Healthcare Professionals & Attorneys)
• Railroad Program
• Veterans Group
• Non-Narcotic Pain Management Group
• Relationship Issues Group (Gender Specific)

Core Treatment Components
Cornerstone of Recovery is an Abstinence Based 12 Step Treatment Program. In addition, we use State-of-the-Art Evidence-Based Treatment Modalities in patient care.

Evidence-Based Treatments
• Schema-Focused Cognitive Therapy
• Cognitive Behavioral Therapy (CBT)
• Cognitive Processing Therapy (CPT) for PTSD
• Eye Movement Desensitization & Reprocessing (EMDR) for Trauma & PTSD
• Mindfulness Based Stress Reduction (MBSR) Program
• Suicide Prevention Training for all Staff

Family Therapy
• Family Therapy Sessions for all patients in all programs
• Three-day Family Fundamentals Weekend Program held 3 weekends per month
• Interactive Educational Lectures (Disease, Concept of Addiction, Family Roles, Codependency, Spirituality, Schemas)
• Multi-Family Group Therapy
• Al-Anon & AA/NA Introduction for Family Members
• Tuesday Evening Family Support Group
• Wednesday Evening Parents in Empowered Recovery (PIER) Support Group
Group Therapy, Process/Presentation Groups, Education, & Support

- Group Therapy & Process Groups for Assignments
- Schema Therapy – Schemas are maladaptive emotional and cognitive patterns developed during childhood and repeated throughout life
- 12 Step Work & 12 Step Recovery Presentation Groups
- Relationship Groups
- Men’s & Women’s Groups
- Psycho-Education Groups to include: Addiction Education, Family Communication & Family Patterns, Coping Skills, Relapse Prevention, and Various Other Topics
- Weekly Assignment Review Group
- Comprehensive Discharge Plan

Aftercare, 12 Step, AA, NA, & other Support Groups

- Aftercare Groups
- 12 Step AA & NA Meetings
- Daily Staff Transport of Patients to Local 12 Step AA & NA Meetings
- AA & NA Book Studies & Step Study Groups
- Thursday 4-5 p.m. LGBTQ Community Support Group

In Addition...

- Spirituality Group & Spiritual Advisors on staff
- WebNeuro for Cognitive Development
- Auricular Acupuncture – (Acudetox)
- Vivitrol Education
- Activity Therapy and Recreation
- Fitness Training
- Mindfulness Practice
- Yoga
- With Staff and Patient participation
- Alumni Activities – Monthly/Weekly Outings and other Special Events for Alumni and Patients
- Annual Alumni Reunion Weekend – Golf Tournament, Bowling Tournament, Live Music, Motorcycle Ride
REFERRAL CONTACT INFORMATION

Aviation Professionals Program Co-Directors
Sally Lukas, CDAPA-A – 865.202.3113
Stacy Greenfield – 646.431.1072

Professionals Program Director
Janet Hicks, Pharm. D. – 865.850.5915

Railroad Program Director
Roger Davis, CEAP – 205.492.3354

National Accounts Director
Eric Amburgey – 865.719.6092

Regional Outreach Manager
Teresa Hazel – 865.309.9380

Ohio Operations Director
Kimberly Bonta – 614.580.5594

Executive Director of Business Development and Outreach
Webster Bailey – 865.696.0060

You may also contact our Admissions Department directly at 1-800-684-6614

KNOXVILLE TENNESSEE
Cornerstone of Recovery is conveniently located off Alcoa Hwy. 15 minutes from Downtown Knoxville and Downtown Maryville.

1214 Topside Road
Louisville, TN 37777
(800) 684-6614 or (865) 970-7747
www.cornerstoneofrecovery.com

COLUMBUS OHIO
Cornerstone of Recovery Ohio is a 15-20 minute drive from downtown Columbus. We are conveniently located off I-270 in Upper Arlington.

7400 Huntington Park Drive
Columbus, OH 43235
(614) 889-0000 or (866) 359-8551
www.cornerstoneofrecoveryohio.com