



Cornerstone
of Recovery



Hope • Heal • Recover



A young tree with light green leaves stands in a courtyard. In the background, there is a building with a covered walkway and a brown wall. The ground is covered with brown mulch and green grass.

*One Goal:
Your Recovery*



At Cornerstone of Recovery, healing from drug and alcohol addiction begins with the portrait hanging on the wall in the company's boardroom.

It's a painting of my father, the late Bill Hood, who was a beaten and broken man when he first got sober in 1979. He didn't invent the recovery process, but his background in business and his competitive, adventurous spirit allowed him to take his gift of sobriety and turn it into a physical facility and program that's become one of the most respected treatment centers in the nation.

Patients from all over the country travel to East Tennessee for treatment at Cornerstone. Our treatment philosophy, individualized treatment plans, patient-centered approach, focus on customer service and our dedication to excellence are some of the reasons people choose Cornerstone.

At Cornerstone of Recovery, we believe in new beginnings and the chance for

a better tomorrow. We've assembled a multi-disciplinary team of experts, including board-certified doctors, R.N.'s, licensed therapists and recovery mentors to ensure patients the best opportunity at lifelong recovery. Since

1989, we've worked hard to keep my father's dream of providing affordable, quality treatment alive and well. Achieving success requires a strong foundation, and a strong foundation begins with a cornerstone that is carefully placed, solid and true. You'll find all the

skills, tools and materials you need to build a successful, sober life at Cornerstone of Recovery.

Yours in Recovery,
John Hood
Vice President and our founder's son



Programs & Services

Cornerstone's caring staff, proven programs and services give patients and their families the best opportunity to reclaim their lives. Our patients come from all walks of life with diverse backgrounds yet a common thread binds them together; addiction to alcohol and other drugs. A 12-step program serves as the foundation to establishing and continuing life-long recovery. We are committed to assisting our patients with the myriad of life problems that often accompany and sometimes even predate their addiction. This means thoroughly assessing each of our patients for co-occurring disorders (such as depression, anxiety, and other psychiatric conditions). We address these issues and treat problems related to trauma, grief, relationships and other painful life experiences.

“*Before coming to Cornerstone I was in a dark, dark place. Cornerstone provided me with the tools and support I needed to discover who I truly am at my core. Today, I am sober, reasonably happy, and free from active addiction. I am grateful.*

— SHEPARD B. ”



5 Day Evaluation Process

Many of our clients are genuinely unsure if they are, in fact, addicted to alcohol and other drugs. Our highly-experienced medical staff and assessment process will provide an accurate diagnosis along with recommendations for follow-up care. This will help individuals and/or organizations make clinically sound decisions when addressing treatment needs. For a clinical guide of our 5 Day Evaluation process, please refer to our Programs and Services Guide.



Assessment & Orientation Unit (A&O)

This unit is designed to support our patients as they enter treatment and begin to invest in their community of peers. An extensive battery of assessments is performed to identify the patient's bio-psycho-social-spiritual strengths, needs, and barriers to recovery (such as chronic pain, dual diagnosis, trauma, or other co-occurring disorders). This comprehensive assessment process provides our medical and clinical teams with much of the information they need to build a treatment plan that is individualized for each patient.

Medical Detoxification

Medical Detoxification can be a critical time in a patient's journey toward recovery because the symptoms of withdrawal can be difficult to manage and potentially life-threatening. A team of certified, competent and caring professionals work together to ensure that we provide the best medical care for our patients. The Medical Director prescribes detox medications to keep the patient safe and reasonably comfortable.

While receiving detoxification medications, patients also attend Acudetox groups utilizing a specific acupuncture protocol, psychoeducational groups, and experiential activities. However, detox patients are also given sufficient opportunity to relax and allow their bodies to begin the healing process. Patients on a detox protocol are monitored 24 hours a day and the typical length of detoxification is 3 to 5 days and may be longer depending on the severity of the patient's withdrawal symptoms.



Newcomer Program (NC)

The Newcomer Program (NC) is designed for individuals who have little to no experience with treatment and recovery. This program blends the necessary education and treatment activities to give our patients the best opportunity for long-term recovery right from the start. The foundation of the NC program, like all of our clinical programs, is the 12 Steps of Alcoholics Anonymous. While in this program, our patients work Steps 1 through 5. In addition to working those steps and attending a 12 step meeting everyday, our patients are given multiple therapeutic assignments to help with specific barriers to their recovery. The NC program includes group therapy, individual therapy, family therapy, schema therapy, education groups, activity groups, and progress groups. The typical length of stay in NC is 4 to 5 weeks.



Recovery Renewal Program (RR)

The Recovery Renewal Program (RR) was designed for individuals who have substantial knowledge about treatment and recovery but have been unable to maintain sobriety. Some patients in this program have been to multiple treatment centers or had years of recovery when they relapsed. This type of patient requires a much different treatment experience than an individual who has no knowledge about recovery. RR is an intense program that encourages patients to delve deep within themselves and address those issues and problems which continue to interfere with their recovery. In addition to providing all of the therapeutic modalities offered in NC the

RR program includes an intensive focus on

Schema Therapy, relapse prevention

work, and a much deeper dive into the

12 steps. The typical length of stay is 4 to 5 weeks.



Young Adult Program (YA)

The Young Adult Program (YA) is designed specifically to treat 18 to 25 year olds struggling with substance abuse or chemical dependency. This program focuses on helping the patients develop healthy behaviors, coping skills and social relationships that support their recovery. In addition to providing the clinical programming

previously mentioned in the NC program section, the YA program addresses developmental issues, behavior styles, and the high energy levels of young adults. This program heavily utilizes modalities which are experiential or activity-based. The typical length of stay is 4 to 5 weeks.

Intensive Outpatient Program (IOP)

The Intensive Outpatient Program (IOP) is designed for individuals who are in the early stages of their addiction, have a living situation which is conducive to recovery, and have a strong support system in place. Typically, these individuals do not require a residential level of care in order to abstain from drugs and alcohol during treatment. This level of care can be used as a patient's first introduction to treatment if they have a diagnosis of a Mild to Moderate Substance Use Disorder.

IOP is frequently used as a step-down level of care for patients who have a diagnosis of Severe Substance Use Disorder. The IOP program includes group therapy, individual therapy, family therapy, education groups, 12 step work, 12 step meetings and progress groups. The program meets 3 hours a day, 4 days a week (minimum of 12 hours per week) and the typical length of treatment is 8 weeks.



“Cornerstone of Recovery saved my life. The amazing staff offered empathy, kindness, understanding and real-life experience that only other recovering addicts and alcoholics can. Cornerstone introduced me to a new way of life and 12 step recovery. My life now is so much more than I could have ever imagined and I have Cornerstone to thank for it. I am so grateful for the experience, the tools and life-long sober friendships that I gained from Cornerstone.”

— JOHN H.





Support Living Facility (SLF)

The Support Living Facility (SLF) provides a safe environment for patients to continue to learn and practice self-management and interpersonal relationship skills while solidifying their recovery program. It can take several months for individuals to become comfortable enough in their recovery to successfully move away from the environment where they got sober. The SLF Program allows men and women to experience some of the freedoms they will experience after treatment while they are supported by their peers, staff, and a sober environment. Staff monitors the community through regular contact, group therapy,

spirituality groups, relapse prevention groups, drug screens, and random checks of the living quarters. Eventually, the patient is allowed to retrieve their cell phone, to leave the premises, operate a vehicle and obtain employment. The minimum length of stay is 2 months (while the individual concurrently is in the IOP Program). Patients often choose to stay in SLF longer while they continue to build their recovery network and become more comfortable with the life changes they've made. Typical length of stay varies from 2 to 6 months, depending on the patient's clinical needs.

Family Therapy

Family Therapy is an integral part of all of the clinical programs at Cornerstone. Early on in the treatment process, we conduct a Family Questionnaire which allows family members and close personal friends to have input that impacts the patients treatment plan. When appropriate, there are Family Therapy sessions throughout the treatment process. These sessions are designed to work through relationship issues, enhance communication, educate the family about the disease of addiction and provide them with emotional support while their loved one is in treatment. Through this support, the family will gain knowledge about the treatment process and how they may be unknowingly supporting the addiction through co-dependent and enabling behaviors.

Family members will learn about how to engage in personal growth and change through various 12 step programs, so that the family can heal together through the recovery process. Cornerstone requires that each patient complete Family Fundamentals, an intensive three-day family program designed to provide intensive education, group therapy, family therapy, 12 step meeting experience, and an opportunity to repair the damage caused by active addiction. Family members are strongly encouraged to attend the Family Fundamentals program along with the patient. Cornerstone also has a weekly family education group for family members and an ongoing support group for parents of young adults who are struggling with addiction or who have recently entered recovery.



Continuous Care

The Continuous Care Program upholds Cornerstone of Recovery's treatment philosophy that chemical dependency is a chronic incurable disease that requires the consistent and continued attention of each patient for a lifetime. Recent scientific studies of the disease process have determined that full remission from active addiction does not occur until an individual has experienced at least 18 months of continuous sobriety, long after most intensive treatment programs have concluded. In response to this knowledge, the Continuous Care Program provides services for a period of at least 18 months following treatment, to ensure that each patient has the opportunity for professional support throughout the early stages of their recovery. During this time, patients are encouraged to practice the skills and tools they learned and developed in treatment as they find their way back into their home, work, and social environments. They are able to talk with Recovery Coaches and therapeutically process the ups and downs they experience in sobriety. Active participation in the Continuous Care Program is vital in establishing a lifelong, solid recovery plan.



Co-Occurring Mental Health and Substance Use Disorders

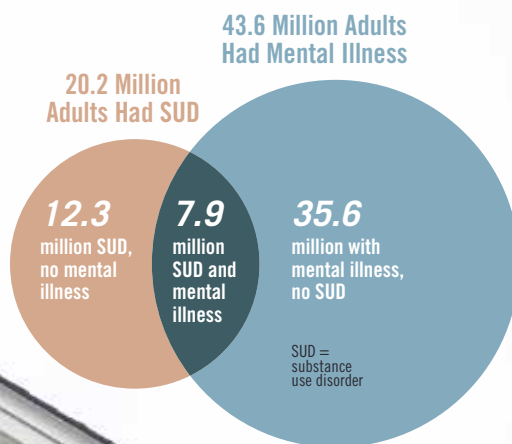
The best treatment for persons with co-occurring disorders is simultaneous treatment of each disorder. We know that treating mood disorders alongside substance use disorders improves the outcome for each treatment goal. Utilizing state of the art psychopharmacology, psychotherapy, and medical diagnosis and treatment, our approach serves the whole person. Staying sober can be extremely difficult if you have severe depression, an anxiety disorder, or disorders involving poor impulse control. Our 12-step programming, schema therapy, and individual and group therapy can be much more effective for dually-diagnosed patients when it is coupled with the right pharmacological treatments and clinical interventions. For example, suicidal ideation is a common symptom evaluated and treated at Cornerstone. We effectively treat Post

Traumatic Stress Disorder (PTSD) with a combination of medication and Eye Movement Desensitization and Reprocessing (EMDR).

We are broadly able to enhance the chance for a successful recovery by utilizing non-addictive medications to treat anxiety disorders, insomnia, mood disorders and other psychiatric conditions.

Correct diagnosis is essential, and many patients arrive at Cornerstone with a co-occurring disorder that is either undiagnosed or misdiagnosed and improperly treated. Our Chief of Psychiatry sees nearly half of Cornerstone's patients and works with them on developing a treatment strategy that is comprehensive and effective. Dr. Lane Cook is a Board Certified Psychiatrist and has been in practice for over 35 years; he is also a member of the American Academy of Addiction Psychiatry.

According to the 2014 National Survey on Drug Use and Health, 39.1% of persons with Substance Use Disorders also have a mental illness/psychiatric disorder.



Data provided by SAMHSA

Experiential Therapy



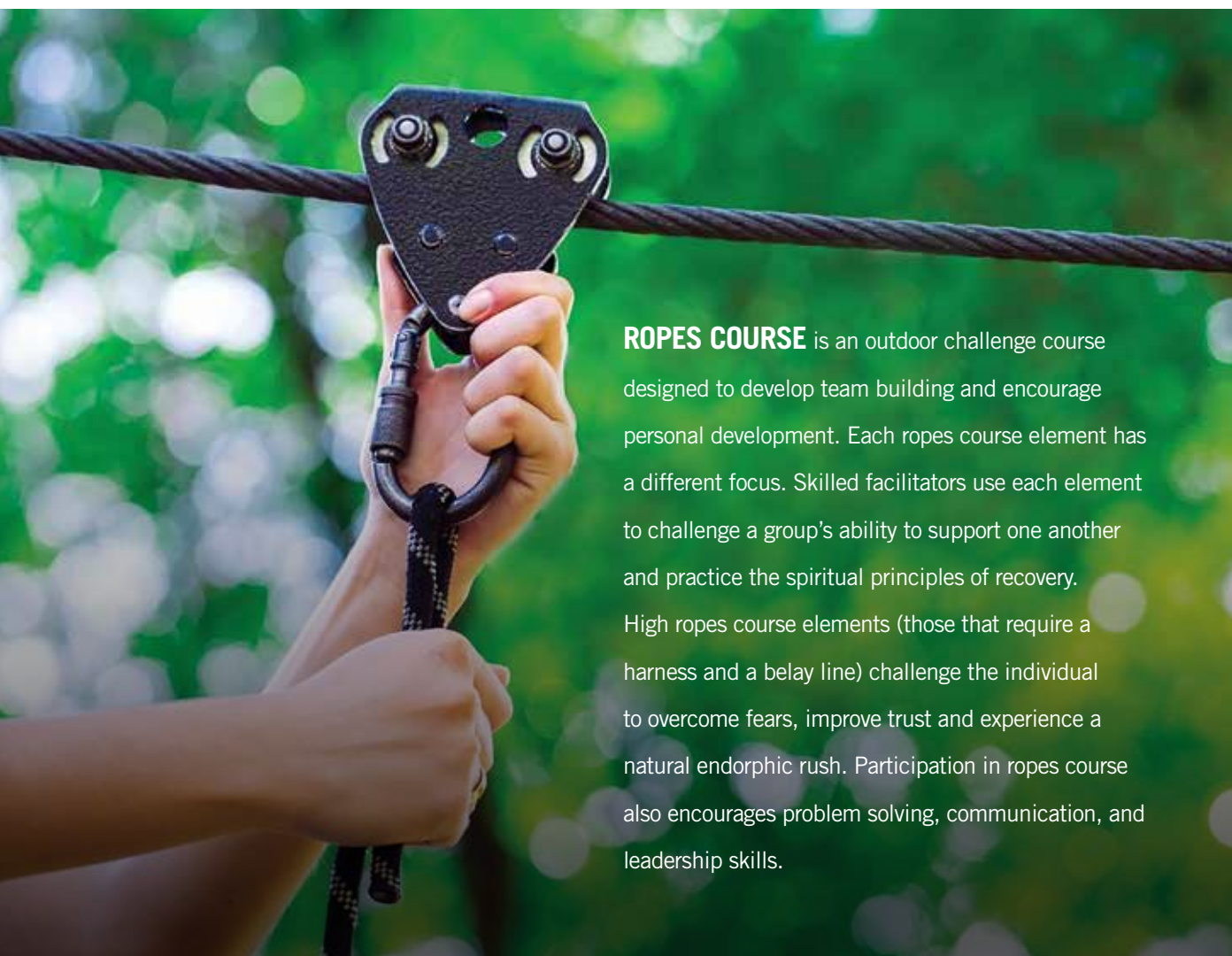
We believe healing occurs through direct experience. Experiential activities amplify the traditional therapeutic modalities that are part of our milieu.

Fitness, Meditation, Relaxation Therapy, Yoga, Spirituality Groups, Ropes Course, Mindfulness, Art Therapy, Drumming Circles, and community outings are some components of experiential healing at Cornerstone. Patients who participate in experiential therapies report reductions

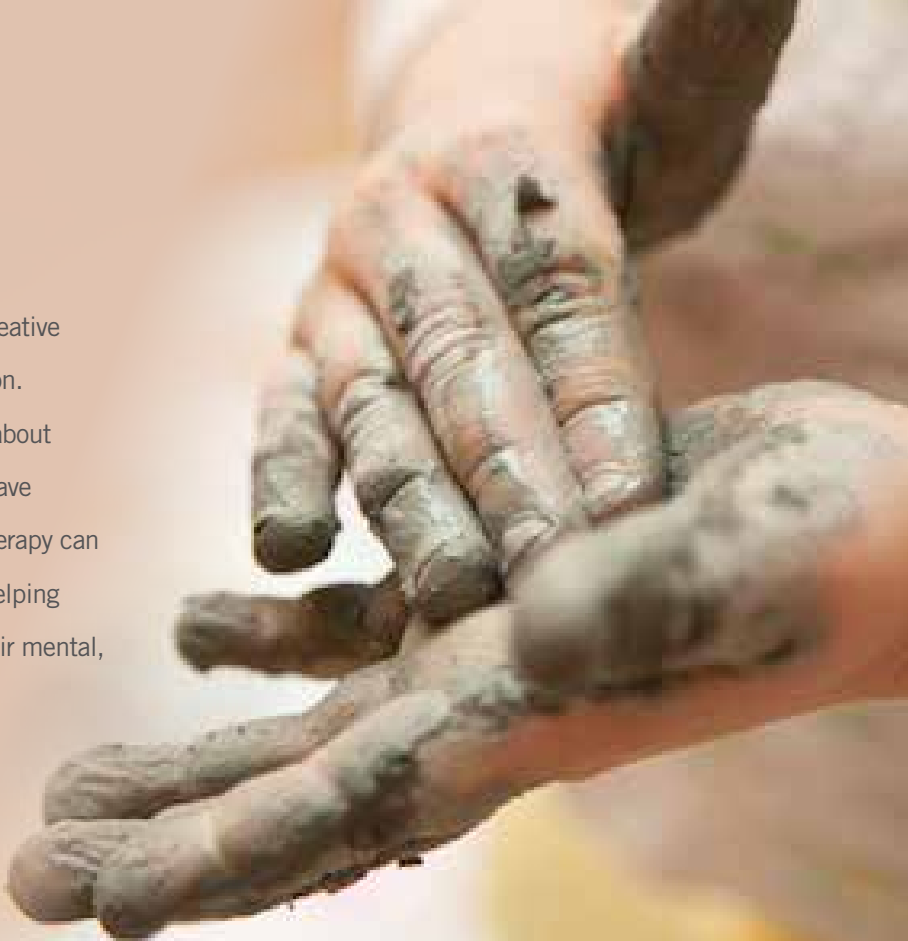
in chronic pain, improved flexibility, increased endurance, and better cardiovascular functioning. Caring, qualified professionals provide these services to promote well-being and improve self-esteem.




MINDFULNESS is a state of active, open attention to the present and is used at Cornerstone to relieve anxiety, depression, and chronic stress. Mindfulness helps patients change negative thought patterns and utilize positive affirmations. It allows them to live in the moment and awaken to a new experience.



ROPES COURSE is an outdoor challenge course designed to develop team building and encourage personal development. Each ropes course element has a different focus. Skilled facilitators use each element to challenge a group's ability to support one another and practice the spiritual principles of recovery. High ropes course elements (those that require a harness and a belay line) challenge the individual to overcome fears, improve trust and experience a natural endorphin rush. Participation in ropes course also encourages problem solving, communication, and leadership skills.

A close-up photograph of two hands, palms facing each other, covered in thick, dark brown mud. The mud is smeared across the fingers and palms, with some areas appearing more saturated than others. The background is a soft, out-of-focus light brown color.

ART THERAPY utilizes the creative process as a means of expression. Patients are able to see things about themselves that they may not have otherwise acknowledged. Art therapy can enhance the quality of life by helping people identify and improve their mental, emotional, and spiritual states.

A photograph of a person in a green t-shirt and blue shorts, sitting in a yoga pose (Padmasana) on a dark, reflective surface. The person's hands are in a mudra (prayer position) with fingers pointing upwards. The background is a blurred green, suggesting an outdoor setting.

FITNESS is an essential component of recovery for alcoholics and addicts. The body, often neglected through addiction, requires healing. Our professional staff develop an individualized fitness plan for each patient. This includes activities such as Yoga, circuit training, team sports, cardiovascular activity, and weight training in our state-of-the-art Fitness Center.



Our **NON-NARCOTIC PAIN MANAGEMENT PROGRAM** offers solutions that eliminate and/or reduce the dependence on medications to treat pain and improve treatment outcomes. We are able to reduce pain and improve the recovery process. We offer sound information and teach skills that the patient can use to improve coping, relaxation, mindfulness, nutrition, and much more. Some of the modalities we use are Reiki, Rubenfeld Synergy, Acupressure, Mindful Stretching, and Addiction Free Pain Management Education.



SPIRITUALITY is the fundamental principle of recovery. Each patient has a different concept of Spirituality. Cornerstone respects and celebrates each individual's journey to recovery. Patients attend 12 step meetings, morning spiritual groups, evening spiritual groups, guided meditation, and have the opportunity to meet with spiritual advisors throughout the treatment process.



Professionals Program



The Professionals Program is designed for individuals who have a license that is monitored by a state board or agency. This program serves nurses, pharmacists, doctors, attorneys, dentists, and other professionals who have safety sensitive positions. Acknowledgment of chemical dependency can be extraordinarily difficult for all of us, especially professionals who have a license or credential at stake.

The Professionals Program at Cornerstone is managed by Dr. Janet Hicks, who is a practicing pharmacist. Dr. Hicks' personal experience with addiction, her knowledge of the treatment process, and her passion for helping others makes her an effective advocate for professionals in treatment. Dr. Hicks maintains strong relationships with several state monitoring agencies and often advocates on behalf of professionals seeking to get back to work in their field of expertise after treatment. With Cornerstone's support, most professionals are able to return to the careers they built their lives around. The typical length of stay is 90 days, but stays can be shorter or longer depending on a patient's individual situation.



“*Thank you Cornerstone for providing me with the resources to get my life back in order. The counselors and therapists in the recovering professionals program are second to none. By allowing the professionals to convene in their own group, we were able to process through the difficult issues that we face in regard to our families and our careers. Through the exceptional services provided to me at Cornerstone, the course of my life has been changed dramatically in the most positive way. Thank you again, for allowing me to be the husband and father that I was intended to be.*”

— JASON M.



INQUIRIES

If you are a potential candidate for the Professionals Program or would like more information about the program, please contact Dr. Janet Hicks.

Dr. Janet Hicks

(865) 850-5915

janethicks@cornerstoneofrecovery.com



Aviation Program



The Aviation Program offers a specially tailored focus for individuals employed in the aviation industry. The program is designed to meet the needs of pilots, flight attendants, agents, ground staff as well as others involved with the industry.



Our Aviation Program was conceived and is managed by former airline employees with more than 40 years of industry experience who know intimately the rigors of the job and the pressures that come with it, as well as expectations placed on recovering airline industry personnel by federal and industry safety boards. Their job is to not only help patients overcome their addiction, but to help move the process forward to get them back where they belong. Our Aviation Program team is dedicated to the success of our aviation clients, and they're familiar with FAA regulations, have extensive knowledge of specific policies of the various airlines and are deeply connected to a broad network of airline unions and employee assistance programs. Throughout the duration of this customized program — which may be from 30 to 90 days — they work closely with clients not just on combating addiction and alcoholism but on implementing a lifelong program of recovery that can give those who return to the skies the confidence and serenity they need to face whatever turbulence — physical, financial and emotional — that may be on the horizon.

“

Now that I am able to have the blessing of hindsight, my experience at Cornerstone was just what I needed. The fact that the majority of the counselors at Cornerstone are in recovery is a tremendous asset. Cornerstone gave me the tools and education to get started on my journey of sobriety. I am very fortunate that my company was supportive and sent me to Cornerstone to get better. ”

— JOHN D.



INQUIRIES

If you would like to learn more about the Aviation Program at Cornerstone, please contact Brian O'Hearn



Brian O'Hearn

Aviation Program Coordinator

(865) 684-1636

brianohearn@cornerstoneofrecovery.com





Railroad Program



Working in the railroad industry has its unique challenges. Some employees turn to the use of alcohol or drugs to cope with stress. Continued use of substances can lead to chemical dependency and addiction. Irregular work schedules, travel, and rural locations are just a few of the complicating factors that can make recovery for railroad men and women different from those working in other industries.



Cornerstone's Railroad Program is led by Roger Davis, a former railroad employee who got sober while working on the railroad. Roger understands the railroad lifestyle and culture, which allows him to be of great help to the men and women he serves. Roger worked as a Brakeman and Conductor for 21 years prior to becoming a Drug and Alcohol Rehabilitation Services Counselor with Norfolk Southern Railway. Roger worked as a Certified EAP and SAP for 10 years before retiring from the railroad.

After some contemplation, Roger decided to reach out to Cornerstone of Recovery, his treatment provider of choice when he was an EAP, to discuss developing an official Railroad Program. The CEO of Cornerstone at that time, Dan Caldwell, was enthusiastic about the idea and they began the process of developing a world-class program specifically tailored for railroad men and women.

Cornerstone of Recovery is the premier treatment center for railroad employees and their family members.

“When I lost my job, I looked at myself as a failure who couldn’t hold on to anything important in life. I was broken, alone and embarrassed. Cornerstone opened my eyes to a new way of life. Their inpatient and outpatient programs helped me learn from my mistakes, value myself, embrace my qualities and get involved with a 12 step program to continue learning and growing in sobriety. With the help of Cornerstone I no longer look at myself as a failure but as a person who has options and opportunities for their life.

— KYLE J. ”



INQUIRIES

Please contact Jill Burbidge directly for more information about the Railroad Program at Cornerstone of Recovery.

Jill Burbidge

(801) 231-5056

jillburbidge@cornerstoneofrecovery.com

General Information

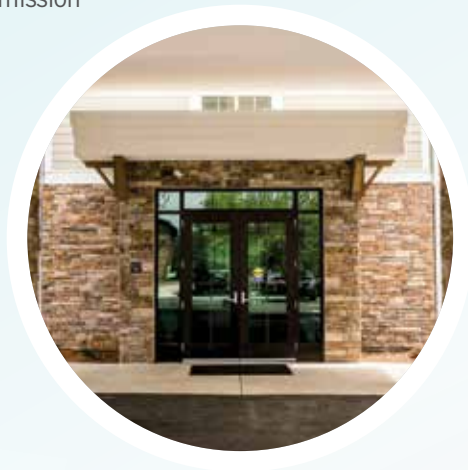
Admission Information

Patient admissions may be arranged 24 hours a day, 7 days a week, 365 days a year. Employee Assistance Professionals, interventionists, family members, medical professionals or other concerned persons may arrange patient assessments and admissions. Cornerstone conducts an initial assessment to determine the appropriate level of care for patients. Admission information is available by calling (866) 695-0726.

Payment and Insurance Information

We understand that insurance for addiction treatment can be complex. Our experienced staff is skilled in working with insurance providers to access the maximum benefits on your behalf. Cornerstone of Recovery is an in-network provider with most commercial insurance companies. When you call us, an Admissions Counselor will work closely with you and your insurance company to explore your treatment options.

Patients wishing to use insurance can contact our Admissions Department at 1-866-695-0726 and an Admissions Counselor will verify your eligibility with your insurance company, review your insurance benefits with you, and assist in calculating an estimated cost for treatment. We will do our best to help you maximize the benefits available under your health insurance plan, and we will keep you informed during every step of the process.





Location Information

Knoxville, *Tennessee*

**Cornerstone of Recovery is located
10 minutes from Downtown Knoxville
and McGhee-Tyson Airport.**

**4726 Airport Hwy
Louisville, TN 37777**

(866) 695-0726

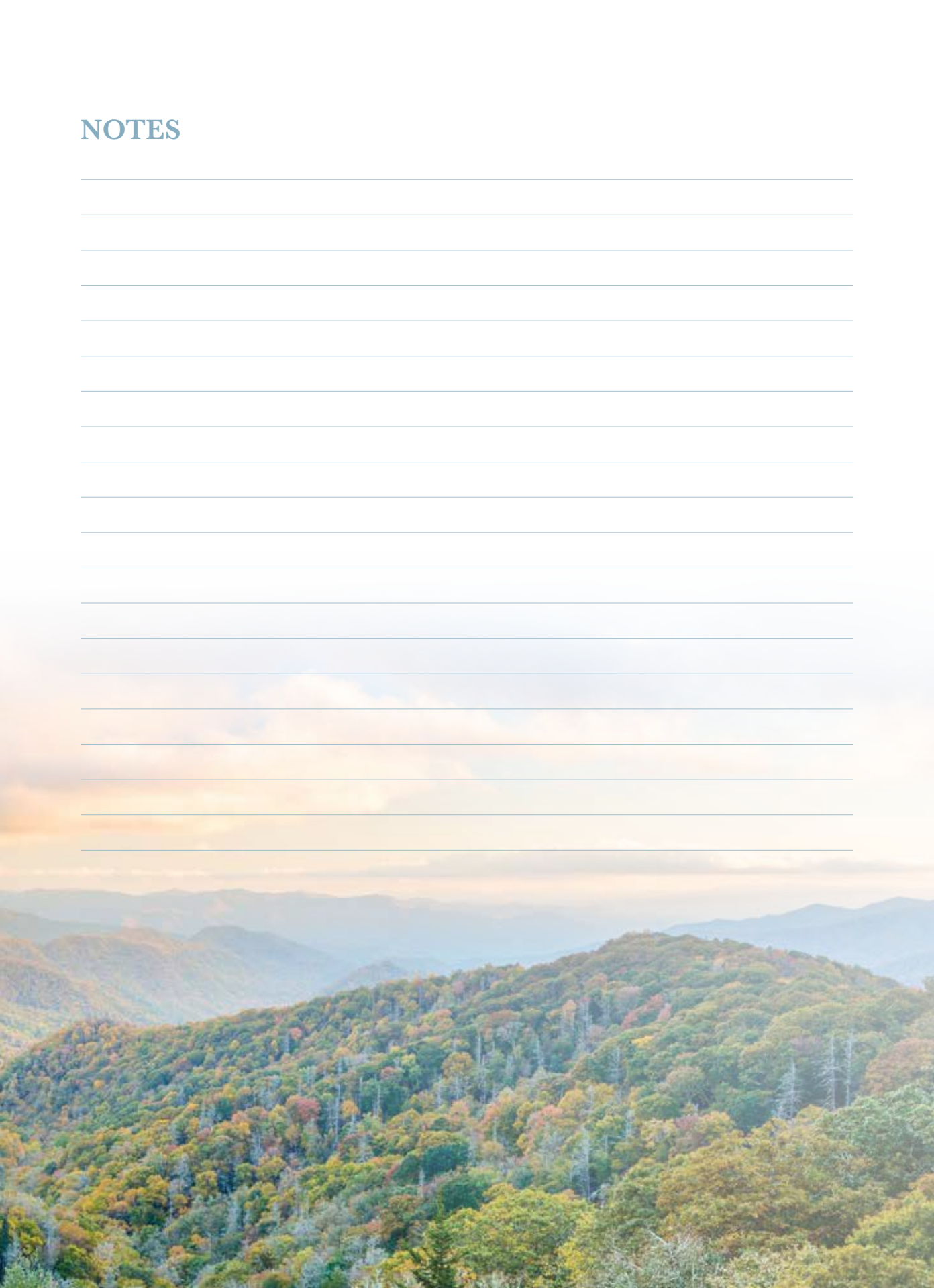
www.cornerstoneofrecovery.com

AIRLINE TRANSPORTATION TO TENNESSEE

Cornerstone of Recovery's campus is conveniently located just a few minutes from Knoxville's McGhee Tyson Airport (TYS). All individuals that are flying to treatment will be met in the baggage claim area of the airport by a member of Cornerstone's staff and will then be transported to the facility.



A scenic view of a forested mountain range at sunset or sunrise. The foreground is filled with dense, colorful foliage in shades of green, yellow, and orange. In the background, rolling mountain peaks are visible under a sky with soft, glowing clouds. The overall atmosphere is peaceful and serene. At the top of the image, the word "NOTES" is written in a dark, serif font, followed by a series of horizontal lines for writing.



*Changing Lives.
Lives Changing.*

866-695-0726

CORNERSTONEOFRECOVERY.COM

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