

### **Our Mission:**

Comprehend's mission is to enhance the well-being of individuals, families, and communities by advocating for and providing behavioral healthcare services in a welcoming and caring environment.

### **Our Values:**

**Integrity:** We will be truthful, honest and open with everyone in word and deed.

**Excellence:** We will make a continual effort to achieve the highest degree of professional standards possible in all areas.

**Stewardship:** We will be responsible for the management of our resources to provide and sustain our ability to serve.

We will take full ownership for our failures and our successes, being ever mindful that we are accountable to our past, present and future employees, clients, and the community at large.

**Respect:** We will be ever mindful – in all we do and say – in order to treat everyone with dignity, courtesy and consideration.

**Kindness:** We will show all individuals we interact with, internally and externally, the same consideration and care we expect.

**Dedication:** We will show unconditional commitment to serve each other so that together we can serve and meet the needs of our community.

Comprehend is  
a Licensed Integrated  
Health Center Serving  
the Buffalo Trace Region



*Helping You Put the Pieces Together*

Please feel free to call any of our area offices listed below for further information about our services

#### **Mason County**

611 Forest Avenue  
Maysville, KY  
606-564-4016

#### **Bracken County**

429 Frankfort Street  
Brooksville, KY 41004  
T: 606-564-4016

#### **Fleming County**

610 Elizaville Avenue  
Flemingsburg, KY 41041  
T: 606-849-2212

#### **Lewis County**

83 Second Street  
Vanceburg, KY 41179  
T: 606-796-3021



Comprehend is accredited by the  
Commission on Accreditation of  
Rehabilitation Facilities

THE  
JANUARY  
HOUSE  
*A BRIDGE TO THE FUTURE*  
A program of Comprehend, Inc.



**Clean and Sober  
Living For Men**

708 Elizaville Avenue  
Flemingsburg, KY 41041  
(606) 845-5748

## What is the January House?



The January House is a sober living facility with the sole purpose of helping individuals transition to living independently without using drugs or alcohol. The residents of the January house are people who are in recovery, are sober, and are committed to working their recovery program.

While in our home, individuals in recovery are surrounded by others who share a common experience and all support one another in sobriety. Each resident will be connected with the resources that will assist him in remaining sober and meeting his individual goals.

Residents will have access to the various programs offered through Comprehend's outpatient offices and other community resources that will help them as they embrace a future living a sober lifestyle. These programs may include: supportive employment, case management, medication management, outpatient treatment, and peer support.

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*Remember how far you've come, not just how far you have to go. You are not where you want to be, but neither are you where you used to be.*

-- Rick Warren

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## Requirements and Benefits

Our sober living environment is safe and structured for people in recovery with these requirements for residency.



- Attend AA/NA meetings
- Abide by curfew
- Attend house meetings
- Keep personal area clean—Do daily chores
- Be considerate and respectful to other guests
- Follow house rules of the January House
- Submit to random drug/alcohol testing
- Pay rent on time
- You may have a car
- You may work any shift; exceptions are made to curfew times if a conflict with work schedule
- Cell phones, laptops and registered vehicles in good working order are allowed
- Adhere to a daily schedule

## Ways to Apply

1. You can visit our website at [www.comprehendinc.org](http://www.comprehendinc.org) to download the application.
2. Call our facility at 606-845-5748.

## Our Staff

Comprehend and its staff will be here every step of the way offering support and motivation while encouraging the newly sober individual to grow and maintain his newfound sobriety.



**Success** of any personal recovery plan depends on adapting to life after treatment. The January House is the place where that happens. The comfortable and welcoming setting creates a place to belong; you'll soon discover it is your family.

**Accountability** is the driving force behind living sober. Easy access to Comprehend's Licensed professionals ensures the availability of the tools necessary to create the foundation for a dynamic sober life.

The **leadership** of Comprehend and its staff, are committed to making sure that you or your loved one are given every chance to achieve successful sobriety thru focused participation.

## What to Expect

1. All applicants will have to agree to a background check.
2. All applicants will have to agree to a drug screen
3. All applicants participate in a clinical interview to screen for program qualifications.