



TRAINING AND TECHNICAL ASSISTANCE

OUR MENU OF SERVICES

Consumer Oriented Programs

- ADMHT: Advance Directives for Mental Health Treatment
- QPR Suicide Prevention
- Gatekeeper Suicide Prevention
- BRIDGES: Building Recovery Individual Dreams Goals Education & Support
- WRAP -Wellness Recovery Action Plan
- Leadership Academy
- Peer Support Specialist

NAMI-based Programs

- In Our Own Voice
- NAMI Connections
- Sharing Hope
- Family to Family
- Hearths & Minds (Whole Health)
- Parents & Teachers as Allies

Specialized Trainings & Technical Assistance for:

- State Psychiatric Hospitals
- Community Mental Health Centers

Recovery Webinars

Program Development for:

- Peer Operated Centers



How to reach us...

The Center is located at
Participation Station, Kentucky's first
consumer run-consumer driven
recovery program.

We are at 869 Sparta Court
in Lexington, KY.
You can reach us toll-free
at 877-498-6633



We need your help...

You can help us enhance mental health
services in Kentucky! We would love to hear
about programs in your area. We have a
survey available on the web.

You can access our survey at:
<https://www.surveymonkey.com/s/TGDXB36>



*Working Together for
Hope, Recovery
And Wellness*



869 Sparta Court
Lexington, KY 40504
kystars.org

Who we are...

KYSTARS is a unique state-wide group consisting of behavioral health consumers, professionals, administrators and family members working collaboratively to promote the reality of recovery throughout Kentucky. We are dedicated to assist people with incorporating recovery based principles into all facets of our behavioral healthcare system.

We believe that all people are capable of change, growth and recovery!

What we do...

KYSTARS believes change occurs with a combination of collaboration, education and support. With these principles in mind, we have established the KYSTARS Training and Technical Assistance Center. Our center is available to advise, consult and provide support to consumers, professionals and programs across the commonwealth.

**Kentucky System Transformation,
Advocacy, Recovery & Support**

