

S.O.U.L Clinic of Kentuckiana Inc. serves citizens in need

By Amy Lindsey

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S.O.U.L Clinic of Kentuckiana Inc., a nonprofit company that helps people with mental illness, addiction, homelessness re-entry from jail and domestic violence, has now moved to the Clarkson community.

According to Dustin Cox, director of S.O.U.L Clinic of Kentuckiana, the company started in Louisville in 2010 and spread throughout the state. He said the state of Kentucky has 15 mental health regions and he has offices in 7 of them. Cox said the organization is diverse and inclusive.

Cox works as a peer support specialist, sharing his own recovery story with consumers in a therapeutic fashion he said. "I was able to seek help and overcome mental illness, homelessness, institutionalization and in learning the skills for my own therapy, I was able to seek training to give back to the community and help others facing similar circumstances," Cox said.

According to Cox, he has also completed over 100 hours in chemical dependency training and suicide prevention training. Cox said he likes to tell people his recovery story to show them that he has been in their shoes and has overcome it, so they can overcome it too.

S.O.U.L Clinic of Kentuckiana Inc. does not have a physical office in Clarkson, so Cox and his clinical staff meet consumers out in the community so the consumers can feel comfortable. The business is nonprofit and relies on donations to provide services to its consumers. According to Cox, they have received donations from Clarkson Baptist, Clarkson Drug Store and private citizens.

Since opening S.O.U.L Clinic of Kentuckiana, Cox said, they have helped a homeless veteran get housing; helped people released from correctional facilities to get jobs, education and housing; they network with the Goodwill Cars To Work program; help people get refurbished cell phones; and they have a food pantry and clothing closet.

According to Cox, they also offer self-help classes, SAMHSA classes, anger management classes, and couples enrichment. They also offer basic counseling services online for those who would prefer it. Cox said they also have a program called Maximum Overdrive, where they mash seven different support groups together in a non-traditional way, in order for the members of the different support groups to help each other. According to Cox, the first step in overcoming any addiction is to admit that you are powerless against that addiction; only then can you take steps to get your power back. He said people should not identify themselves as a mental illness or addiction, "Don't say I am this disorder; say I have this disorder." Cox said he helps people use coping strategies and learning how to pick their battles.

Although Cox is currently living in Clarkson, S.O.U.L Clinic of Kentuckiana is not restricted to certain zip codes. "No matter where they are," he said, "if a person has a need, they can call me anytime." The 24 hour hotline is (270) 875-6646 or consumers can fill out an application on their website at <http://www.ulcscki.org/>. The organization can also be found on Facebook, Instagram and Twitter: Soul Clinic of Kentuckiana Inc and @scki.org

Cox will also be holding a free open house to introduce himself and his organization to the community on March 3 from 10:00 a.m. To 2:00 p.m. At K's Cafe in Clarkson. He said there will be games and activities, and K's will be providing light refreshments.