



**Covenant**  
HEALTH®

# **DIRECTORY OF SERVICES**

## PENINSULA HOSPITAL

**Phone** (865) 970-9800

**Hours of operation** are 24 hours/7 days a week  
Located at 2347 Jones Bend Road in Louisville, TN

**Mailing address:** P.O. Box 2000, Louisville, TN 37777

**Insurance:** Commercial, TennCare, Medicare, Private Pay  
Accepts voluntary admissions and commitments.  
Assessments are available.

**Services for children** (ages 5 to 12) and adolescents (ages 13 to 17) who are experiencing an acute psychiatric crisis and are at risk for harming themselves or others.

Services include:

- Mental health crisis intervention and stabilization
- 24-hour nursing/physician care
- Medical observation and regulation of prescription medication
- Group therapy
- Family therapy
- Activity therapy
- Structured group activities
- Individual therapy

**Services for adults** (18 and older) who are experiencing an acute psychiatric crisis and are at risk for harming themselves or others.

Services include:

- Mental health crisis intervention and stabilization
- 24-hour nursing/physician care
- Medical observation and regulation of prescription medication
- Group therapy
- Family therapy
- Activity therapy
- Structured group activities
- Individual therapy

## PENINSULA LIGHTHOUSE

**Phone** (865) 970-9800

Located at 1451 Dowell Springs Blvd. (Upper Level) in Knoxville.  
Peninsula Lighthouse is in Dowell Springs Business Park off Middlebrook Pike.

**Mailing address:** 1451 Dowell Springs Blvd, Knoxville, TN 37909

**Insurance:** Commercial, TennCare, Private Pay, Medicare

**Hours of Operation:** 7:30 a.m. to 6:30 p.m. Monday through Thursday 7:30 a.m. to 6 p.m. Friday

### PENINSULA OUTPATIENT CENTER - KNOX

Provides the following mental health services:

- Group, individual, and family therapy
- Care Coordination
- Support groups
- Medication management
- Assessment and referral services

### PENINSULA OUTPATIENT PHARMACY

**Phone** (865) 374-7200

**Hours of Operation:** 9 a.m. to 5:30 p.m. Monday – Friday.

This pharmacy, located on the Peninsula Lighthouse campus at 1451 Dowell Springs Blvd. (Upper Level) in Knoxville, features fast, confidential service and a knowledgeable, on-site pharmacist. Peninsula Outpatient Pharmacy accepts all types of insurances, and patients may fill all prescriptions at this site, not just psychiatric medications. A comfortable, child-friendly waiting area and staff who are committed to excellent service truly help meet patients' needs.



## INTENSIVE OUTPATIENT PROGRAM

The mission of Peninsula IOP is to provide excellent care to adolescents, adults and families experiencing substance abuse and/or psychiatric disorders. There are two IOP programs: one for adolescents (ages 13-17) and one for adults (ages 18 and older). Our providers employ a client-centered, cognitive behavioral model of treatment to assist individuals in all stages of recovery to enhance motivation by exploring and resolving ambivalence about change and teaching recovery skills. Services include group therapy, emotional health and substance abuse education groups, family education and support groups and medication management. An interdisciplinary treatment team meets weekly to assess the client's progress and needs, and to develop individualized plans of care. Clients attend treatment groups three to five times per week for approximately four to six weeks.

- Group therapy
- Family therapy
- Education groups
- Medication management

## WOMEN IN TREATMENT PROGRAM

WIT is a specialized program for women age 18 - 64 with addiction who are uninsured or have exhausted available insurance benefits.

Through educational and group therapy sessions, women have opportunities to grow in self-acceptance and explore their potential and creativity. Sessions are conducted by a master's level clinician Monday through Friday at the Peninsula Lighthouse campus (Upper Level). For details, call Women in Treatment at (865) 374-7262.

*Women in Treatment is 100% funded by a grant from the State of Tennessee Department of Mental Health and Substance Abuse Services.*

## RECOVERY EDUCATION CENTER\*

The Recovery Education Center (REC) provides classes to assist persons in developing both job skills and techniques to assist in monitoring and maintaining their recovery from mental illness. At the focal point of REC is WRAP, the Wellness Recovery Action Plan. WRAP was developed by Mary Ellen Copeland and has reached broad acceptance throughout the country as a vehicle for assisting persons with mental illness to maintain their recovery.

Supported employment provides assistance to adult mental health consumers in locating, attaining and maintaining employment in community settings. Our job specialist works with individuals to provide screening and to act as a liaison with Vocational Rehabilitation. Job Readiness/Placement

works closely with Peer Support Services and the Recovery Education Center to do assessment and placement in work or school.

Contact: (865) 970-9800

Classes are held at the REC at 1451 Dowell Springs Blvd. (Upper Level) in Knoxville Monday through Friday from 9 a.m. until 3 p.m. Peninsula REC is located in Dowell Springs Business Park off Middlebrook Drive in West Knoxville.

Contact: (865) 970-9800

*\*Peninsula Recovery Education Center accepts individuals only with TennCare or Safety Net.*

## PEER SUPPORT ACADEMIES

Peer Support Academies help persons diagnosed with a mental illness or substance use disorder by providing classes in recovery as well as activities that help them to socialize and develop leisure skills. Peninsula currently has Peer Support Academies in Knoxville, Maryville and Sevierville. Transportation is provided to the centers by staff. There are no fees to participate.

### **Contacts:**

**Knoxville PSA:** (865) 374-7148

**Blount PSA:** (865) 373-8207

**Sevier PSA:** (865) 705-4012

*Peninsula Peer Support Academies are 100% funded by a grant from the State of Tennessee Department of Mental Health and Substance Abuse Services.*

## INDEPENDENT LIVING PROGRAM

The Independent Living Program provides emergency financial assistance to persons diagnosed with a mental illness. An application providing financial information is required and must be assessed and approved by the program coordinator. Assistance may be provided for utilities, rent, medications, auto repairs and other needs based on exceptions made by the program director. Contact: (865) 374-7272.

*This grant is supported by United Way and by the State of Tennessee Department of Mental Health and Substance Abuse Services.*

## FAMILIES ANONYMOUS

Families Anonymous is a community-run 12-step group for family members and friends who have concerns about the substance use or mental illness of a loved one. Mondays 7-8 p.m.

This group is hosted at Peninsula Lighthouse, 1451 Dowell Springs Blvd. (Upper Level) in Knoxville, TN and is free of charge.

## **ADDITIONAL PENINSULA OUTPATIENT LOCATIONS**

### PENINSULA OUTPATIENT CENTER – BLOUNT

**Phone** (865) 970-9800

**Hours of operation:** 7 a.m. to 6 p.m. Monday through Thursday

**Mailing address:** 210 Simmons Street, Maryville, TN 37801

**Insurance:** TennCare, Medicare, Private Pay, Commercial

Services are for persons experiencing psychiatric illnesses or symptoms.

Provides the following mental health services:

- Group, individual, and family therapy
- Care Coordination
- Support groups
- Medication management
- Assessment and referral services

### PENINSULA OUTPATIENT CENTER – LOUDON

**Phone** (865) 970-9800

**Hours of operation:** 8 a.m. to 7 p.m. Monday through Thursday

**Mailing address:** 423 Medical Park Drive, Suite 400, Lenoir City, TN 37772

**Insurance:** TennCare, Medicare, Private Pay, Commercial

Services are for persons experiencing psychiatric illnesses or symptoms.

Provides the following mental health services:

- Group, individual, and family therapy
- Care Coordination
- Support groups
- Medication management
- Assessment and referral services

### PENINSULA OUTPATIENT CENTER – SEVIER

**Phone** (865) 970-9800

**Hours of operation:** 7 a.m. to 6 p.m. Monday through Thursday

**Mailing address:** 1104 Foxwood Dr. Sevierville TN 37862

**Insurance:** TennCare, Medicare, Private Pay, Commercial

Services are for persons experiencing psychiatric illnesses or symptoms.

Provides the following mental health services:

- Group, individual, and family therapy
- Care Coordination
- Support groups
- Medication management
- Assessment and referral services

Parkwest/Peninsula Marketing Department

9352 Park West Blvd., Knoxville, TN 37923

[www.peninsulabehavioralhealth.org](http://www.peninsulabehavioralhealth.org) • 865.970.9800