

RECOVERY

from Front

the Recovery Plus Mental Health Clinic, and PATH — the new after-school therapeutic youth program. Both sides of the building serve different age groups and needs, but share the same core mission: providing accessible, wrap-around care for families who need it.

The PATH Program (Promoting Academics, Therapy & Healing) will operate Monday, Tuesday, and Thursday from 3 to 6 p.m., serving up to ten youth per group in a structured, therapist-led setting. Designed for children who need emotional support, social-skills practice, or academic help, PATH blends therapy with hands-on activities — and keeps it engaging.

“We want this to be fun for them,” Dillon explained. “We’ll work on emotional regulation, socialization skills, and developing positive coping skills — but we’ll also have crafts, group activities, and homework help. Everything will be therapeutically driven.” What makes PATH different from traditional counseling is its wrap-around design. If a child already has a therapist, Recovery Plus collaborates rather than replaces.

“We are NOT trying to take anyone away from their therapist,” said co-owner Shannon Lasiter. “PATH is an extra boost — a wrap-around service. If they already have a provider, we’ll work with them. And if they need a therapist, we can provide one. It’s entirely based on what’s best for the child.”

The summer version of PATH will add outdoor activities and local outings — something families often say is in short supply. “There’s not a whole lot for kids to do,” Dillon noted. “We want to change that.” The building itself lends well to the vision: large open rooms, a side entrance for children’s safety, and a shaded outdoor area with picnic tables for fair-weather programming.

On the other side of the building, Recovery Plus will offer therapy for all ages, targeted Case Management, CSA (Community Support Associates), support for individuals with Substance



Located at Russell River Rd, the last house before the bridge with ample parking, will be easy to find.

Use Disorders, and the Intensive Outpatient Program (IOP) for those transitioning from inpatient care. This broad spectrum of services is built on a team-based model.

A CSA — Community Support Associate — works one-on-one with clients in the field, helping them build confidence, practice independent-living skills, and apply coping strategies learned in therapy. Dillon describes it simply: “A CSA is kind of like a big brother or big sister — someone who helps build self-esteem, social skills, and day-to-day confidence.”

The Columbia office will also run Intensive Outpatient (IOP) groups three days a week for people emerging from residential treatment. “That step between inpatient treatment and sober living is critical,” Dillon said. “We’ll be offering those groups here, so people don’t have to travel out of the county.” Recovery Plus therapists and case managers are already certified and experienced in treating Substance Use Disorders — providing support for both mental health and sobriety.

The new clinic will also mean new employment opportunities. “We’re hiring more than one for all positions,” Dillon said. “We need multiple therapists, multiple case managers, and several community support associates. We want these to be local people serving the community they live in.”

With the PATH program alone requiring therapists and support staff, and the adult clinic operating five days a week, the expansion represents one of the

larger mental-health job investments Adair County has seen in recent years.

For Dillon and Lasiter, expansion isn’t about geography — it’s about need. “There is such a need here,” Dillon said. “There’s a need for sober living, for outpatient services, for youth programs. And families aren’t supposed to do this alone. We want to offer things that aren’t here right now.” Lasiter agrees.

“This is about helping people where they are,” she said. “Whether it’s a child who needs extra support, someone in recovery who needs guidance, or a family trying to navigate the system — we want to be that steady support.” Families who call Recovery Plus for referrals or information will receive a response within 24 hours. “This is not a waiting-list-type program,” Lasiter added. “If a family reaches out, we reach back immediately.”

For Dillon, bringing Recovery Plus to Columbia is both professional step and personal milestone. “We’ve been in Bowling Green for over 20 years, but Columbia is still home,” she said. “To come back and offer something meaningful — something that lifts families up — that’s a blessing. And we’re excited. Truly excited.” Dillon reflected on the message she hopes families will hear: “You’re not alone. Your child can thrive. And we’re here to help.”

Recovery Plus of Columbia will open January at 1200 Russell Road. For more information or to make a referral, call 270-290-0687.

COURT

from Front

marketing firm,” Nickel emphasized how digital visibility has become central to attracting overnight visitors. Last year, the county’s TikTok account had just over 3,000 likes. Today, it stands at 11.6 thousand, with a top video drawing 24.9 thousand views. “Some of y’all might not know what TikTok is,” Nickel joked, “but a lot of people are using it for marketing just like Facebook and Instagram.”

On Facebook, the county holds 7.3 thousand followers, with daily engagement continuing to grow. Adair County’s latest tourism commercial — Visit the Heart of Kentucky — is now running on the digital kiosks at The Black Stallion and Lindsey Wilson’s Health & Wellness Center. The county’s website, visitcolumbiaiaky.com, is also getting steady traffic, boosted by interactive contests. Recent features include the pumpkin trail voting and the current Christmas Decoration Competition, now live.

“This is for businesses or homeowners,” Nickel said. “It’s a countywide initiative... and the thought was we can bring people here to see Christmas lights.” Prizes include \$500 for the top business or homeowner display and \$500 for the best neighborhood effort. Residents can pick up QR-code yard signs at 201 Burkesville Street to allow visitors to vote directly from the street. Voting remains open until December 25. Tourism also provided \$2,750 to the South Central Outdoors Expo again this year and served as the big card derby sponsor for the Adair County Fair.

Nickel also reported her office’s first steps into grant writing. A small grant application was submitted two weeks ago on behalf of the Adair County Genealogy Society, hoping to improve the sound system for the popular Graveyard Tours and purchase individual lanterns. “It was a small grant, kind of dipping our feet into grant world,”

Nickel said.

Nickel announced that Adair County will be the official host of the CROP USA Tournament in June 2026. Lindsey Wilson University has opened its podcast studio for tourism’s use, allowing the department to begin recording interviews with local residents. “Hopefully it’ll just be a really nice, positive spotlight on Adair County,” Nickel said. With that, she concluded simply: “That’s it for tourism.”

County Clerk Lisa Greer briefed the court on upcoming election planning and a proposed move that will affect voters in District 1. “The board has to set the election plan every year,” she said. “It’s got to be submitted by January the 1st. We’re the ones that set it, sends it in, and be approved.” That process runs through the State Board of Elections, not the fiscal court. While the court has no formal vote on the plan itself, Greer said she wanted magistrates to be fully informed about a change that will directly affect voters in one part of the county.

“So I just want to make you all aware of one change we will be making,” she told the court. “In District 1, we have those little buildings at the gate shop,” Greer said. “They’re very small and at White Oak. We have Municipal and Little Cake and White Oak. You have the small buildings. There’s not much room in them.”

With space limited and the structures aging, the clerk’s office began looking for a better option—one that could handle the current number of voters while also meeting accessibility and comfort needs, especially for older and disabled residents. A solution came from a familiar community partner.

“It was brought to our attention that Bear Waller Church would let us use their fellowship hall, which is exceptional,” Greer said. “It’s heated, it’s climate controlled, bathrooms, kitchens, war room.”

Under the plan now being submitted, the Municipal, Little Cake, and White Oak precincts would move their in-person voting to the Bearwallow Fellowship Hall. The single location would replace the smaller sites that have served voters for many years. The clerk emphasized that the move is not yet final. Everything depends on the State Board of Elections giving its approval in time for the 2026 cycle.

Treasurer Melinda Quinn presented the monthly financial statement, which the court approved unanimously. The report reflected stable balances across major accounts as the county heads into the final quarter of the fiscal year: General Fund: Approximately \$1.92 million, Road Fund: Around \$1.36 million, Jail Fund: Roughly \$271,000, 911 Fund: Just over \$124,000, Occupational Tax Fund: Estimated \$3.4 million, with significant portions earmarked for ongoing commitments, CDBG Grant Funds and Restricted Accounts: All reported as reconciled.

Quinn also presented the disbursements: “The first one is the regular disbursements of \$420,319.80. The second disbursement in the package is \$146,129 to the Dare County EDA for the KPDI. The third disbursement in the package is to pay for the sheriff’s vehicle that was replaced with the two that was in the wreck. Keiko’s already gave us the money for it. So I need permission to pay \$23,500 to J&S Auto Sales, and \$4,000 to Signal 9 Electronics.” All was granted unanimously, as the other routine bills and action items were approved with no disputes.

Items involving the Sheriff’s Department beside the regular report— noted on the agenda for this meeting—were held over and will be taken up later, first the Budget Committee had to meet.

Kentucky State Police Post 15 to Conduct Traffic Safety Checkpoints

COLUMBIA, Ky. (December 1, 2025) - Kentucky State Police Post 15 will be conducting periodic traffic safety checkpoints in the Post 15 area, which includes Green, Taylor, Marion, Washington, Russell, Casey, Adair, Metcalfe, Monroe, Clinton, and Cumberland

counties.

These checkpoints will be conducted as part of Post 15’s highway safety efforts. Troopers will be checking for violations of Kentucky traffic and regulatory laws including, but not limited to, motor vehicle equipment safety, licensing of drivers, motor

vehicle registration, child restraints, and operation of motor vehicle while under the influence of intoxicants.

A complete list of traffic safety checkpoint locations can be found at the following link: <http://www.kentuckystatepolice.ky.org/post15checkpoints>



Time flies. We just had our Thanksgiving weekend behind us, it still feels like yesterday. But when you look at all the Christmas events coming up in the next days – they turkey ran for his life, but had no chance against Santa’s reindeer already storming in. Our cartoonist Katelynn M Molesky saw it coming.

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