# Addiction... There Is A Way Out

## RESOURCE PACKET



### ABOUT THE RICHLAND COUNTY OPIATE BOARD AND THIS BOOKLET...

THE RICHLAND COUNTY OPIATE BOARD - is a group of individuals from area agencies and organizations within the county who are committed to the reduction of fatal consequences of opiate abuse through education, response teams, and assistance in finding treatment.

THE OPIATE RESPONSE TEAM (ORT) - is comprised of a Law Enforcement Officer, a Treatment Professional, and an Addiction Advocate. The typical practice of the ORT will be to gather twice a week to gather all overdose data and coordinate a response to those who have overdosed two or more times.

The ORT will arrive in a marked vehicle and will respect the wishes of the occupants of the residence. If they do not wish to participate in the visit the ORT will offer to leave information. If they are permitted to enter the home, the team will discuss the benefits of treatment and attempt to assist them with securing an attainable appointment.

The ORT will meet with family members and/or support system participants on where they can find support and the importance of providing support and strong boundaries.

INDIVIDUALS WHO LIVE OUTSIDE OF RICHLAND COUNTY - if you reside outside of Richland County, you may contact Richland County Mental Health and Recovery Services Board to find assistance in your area. Contact Joe Trolian at: 419-774-5811.

It is our desire that this guide will be helpful, however, this is a growing and changing field. If you have any issues with contact information within this booklet we recommend contacting 2-1-1 for updated information.

Please Note: These listings are not intended as recommendations of specific agencies nor can this be considered a complete list of resources. It is an evolving field and we hope to be able to update this informational guide periodically.





#### WHAT IS ADDICTION?

A neurological impairment that leads to continuous repetition of a behavior despite adverse consequences.

People with addiction do things that defy explanation. Despite the bad things that happen or could happen when they take drugs, they continue to seek out, procure and imbibe in substances that their brain craves. This craving is so intense, the brain justifies irrational behavior that might include theft, prostitution, starvation, neglect, and reckless actions.

It is a chronic relapse disease, similar to heart disease or emphysema.

Addiction is a disease. It has specific symptoms that are created by using drugs. It is Chronic because there is no cure. With treatment, a person with an addition can be in recovery and manage their disease, but they will never fully be free. Relapsing is possible with addiction. Individuals that are clean for short and long periods of time will find "Triggers" that cause their brain to seek out old stimuli that include drugs.

Psychological dependence occurs when the body has to adjust to the substance by incorporating the substance into its normal functioning. This creates the tolerance and withdrawal effects.

The "High" that is achieved from drugs, results from flooding the brain with dopamine. The brain adjusts to these abnormal levels to replace balance. This new balance, or tolerance, requires the greater quantities of the drug to create a "High". This cycle progresses quickly and the new balance requires a continuous presence of the drugs. Without the presence of the drugs the brain and the body go into withdraw.

#### How do I treat addiction?

The first step in treatment is realizing you have a disease. This is not a personal failing or a choice, but a medical disease.

**GET EDUCATION.** Understanding the genetic, behavioral and environmental causes and the physiological and psychological effects of this disease will help you, and your family as you progress through treatment.

**GET HELP.** There are treatment facilities for the disease. This can include medical treatments that can help mitigate the effects of withdraw and support you in the early stages of recovery. Space at treatment facilities can be tight, and costly. Don't panic, don't give up. There are some that take Medicaid and there are some that offer "Scholarships". If you can't get into treatment, get support. That can help you until you can get treatment.

**GET SUPPORT.** Don't try to overcome the disease of addiction alone. There are people who understand the disease, understand the road you have traveled and know the road you must take. Their love, understanding and support will carry you through recovery, each and every day. Support can come from hot lines and professionals but the best support is found in groups. Narcotics Anonymous, Alcoholics Anonymous, Not One More, and SMART Recovery are a few examples.

Recovering from the disease of addiction is difficult, but with knowledge, desire, love and support you can overcome the cravings, the drugs, the disease.

#### HARM REDUCTION

Using illegal drugs such as heroin poses many health risks. Because addiction is a disease, individuals will continue to use despite the negative consequences. Therefore reducing risk for an individual will assist them in their ultimate recovery from this disease. By focusing on the health of an active user we support the recovery.

Blood-borne pathogens, such as bacteria and viruses, are present in blood and body fluids and can cause disease in humans. The blood-borne pathogens of primary concern are hepatitis B, hepatitis C, and HIV.

DIRECT CONTACT. Infected blood or body fluid from one person enters another person's body at the correct entry site, such as infected blood splashing in the eye.

INDIRECT CONTACT. A person's skin touches an object that contains the blood or body fluid of an infected person, such as picking up soiled dressings contaminated with an infected person's blood or body fluid.

RESPIRATORY DROPLET TRANSMISSION. A person inhales droplets from an infected person, such as through a cough or sneeze.

VECTOR-BORNE TRANSMISSION. A person's skin is penetrated by an infectious source, such as a needle.

#### POTENTIAL RISKS OF INJECTING DRUGS:

Overdose/Sudden Death – Whether from overdose or still mysterious reactions, it is not uncommon for people to die suddenly after injecting.

EMBOLISM – blood clot, usually in the lungs, that can kill you or make you seriously ill.

VIRAL INFECTIONS – HIV, Hepatitis, and other blood-borne infections from using contaminated equipment, including syringes, cookers, cottons, and injection water.

FUNGAL INFECTIONS – using lemon juice to dissolve your shot. These can cause blindness.

BACTERIAL INFECTIONS – Endocarditis, Tetanus, Flesh-eating Bacteria, Wound Botulism and Blood Poisoning (Septicemia) are all serious, and often life-threatening medical conditions.

ABSCESSES – and other injuries are often caused by bacteria or cuts in street heroin. This is a particular risk for skin and muscle-poppers, or when mainliners miss the vein (or a shot leaks out). If you notice redness and swelling around a site and it feels warm or hot, it's best to see a doctor. An untreated abscess can lead to blood poisoning, and injecting through one can bring on endocarditis.

#### ADDICTION RECOVERY RESOURCES

In alphabetical order:

33 FOREVER, INC.

419-524-2700

Offering mental health awareness and suicide prevention non-crisis support and resources for individuals and thier families struggling or seeking help and provider options. Find us at www.33forever.life or @33foreverinc on Facebook and Instagram

Richland Locations: 1 Marion Avenue, Suite 215, Mansfield, Ohio

**ABRAXAS OHIO** 

419-747-3322

Abraxas Ohio Residential and Outpatient Services: Residential facility provides mental health, substance use, and Juvenile Sex Offender treatment to adolescent boys. Outpatient services include substance use, mental health, and in-home services for adolescents, adults and families. Accredited by The Joint Commission. Medicaid, personal insurances and community or self-referrals are accepted.

Richland Locations: 2775 State Route 39 Shelby, Ohio

**CATALYST LIFE SERVICES** 

419-756-1717

Offering mental health assistance for all ages and comprehensive programs for outpatient and residential substance abuse, withdrawal management, vocational rehab, audiology, Deaf and Hard-of-Hearing, and crisis intervention including a 24-hour helpline (419-522-HELP) and stabilization unit, 24-Hour Warmline (419-522-5300) Peer Support Services/OASIS Club consumer drop-in center. Clients may be referred or self-admit – we accept all payer sources and offer financial assistance.

Richland Locations: 741 Scholl Road 270 Sterkel Blvd 31 East Main St.

Mansfield, Ohio Mansfield, Ohio Shelby, Ohio

#### ADDICTION RECOVERY RESOURCES

## COMMUNITY ACTION FOR CAPABLE YOUTH (CACY) 419-774-5683

Providing effective parenting support and on-site tobacco, alcohol, problem gambling, violence, drug, and suicide prevention information and coordination services for preschool through senior years. Individual and group tobacco/nicotine reduction help available by appointment. Topic based prevention training and biodegradable medication disposal pouches available.

Richland Location: 1495 West Longview- Suite 104 Mansfield, Ohio

#### **ENCOMPASS COUNSELING**

419-289-0970

Providing outpatient and home-based counseling and case management for adults, children, and families especially focusing on trauma therapy and medication management for children and adults via telehealth.

Richland Locations: 1756 Park Ave. W. 29 N. Main St. 1188 Park Ave. W. Ontario, Ohio Mansfield, Ohio Mansfield, Ohio

## FAMILY LIFE COUNSELING AND PSYCHIATRIC SERVICES 419-774-9969

Offering comprehensive mental health and addiction outpatient services for adults and youth, including assessments, counseling, and case management services. Clients may be referred or self-admit – we accept all payer sources and offer financial assistance.

Richland Locations: 151 Marion Ave. 222 Marion Ave. 169 Mansfield Ave.

Mansfield, Ohio Mansfield, Ohio Shelby, Ohio

#### FOUNDATIONS FOR LIVING

419-589-5511

Residential Treatment for adolescents ages 11-18. Girls program serves both mental health, substance use diagnosis. The male program serves only those with both mental health and substance use disorders. Special populations include; pregnant youth, survivors of Human Trafficking, and those with self-harming behaviors. Accredited by CARF, licensed by the Ohio Department of Mental Health & Addiction Services. Richland Location: 1451 Lucas Road Mansfield, Ohio

#### ADDICTION RECOVERY RESOURCES

#### **HEALING HEARTS COUNSELING CENTER** 419-528-5993

Drug & alcohol groups and individuals with medication assisted treatment and mental health counseling with supportive medication. Therapy upon request: Spiritual, EMDR, sex addiction and Body-Focused Trauma. Gender-specific & perinatal groups offered. Wellness services include Physical fitness facility, Cognitive Fitness (brain health), mobile wellness unit, and on-site pharmaceutical services. Weekend/evening hours and telehealth services provided. Medicaid and most insurances accepted.

Richland Locations: 680 Park Avenue West

Mansfield, Ohio

860 Lexington Avenue Mansfield, Ohio

#### **HOPE 419**

419-951-2020

Outpatient counseling for any age, medication management for ages 13 and up, Transcranial Magnetic Stimulation. Accepting private insurance all Medicaid, except Paramount. Self-referral and other referral sources. www.hope419.com

Richland Locations: 1221 S. Trimble Road, Building C

Mansfield, Ohio

#### MANSFIELD UMADAOP

419-525-3525

Outpatient Services specializing in Medication Assisted Treatment: Mental Health specializing in Adolescent Care and AOD/Mental Health Dual Diagnoses: AOD Prevention Services: Circle For Recovery of Ohio -Ex-Offender Program; Help Me Grow for New Mothers; we accept all payer sources including some private insurance. Our clients can selfadmit, be court-ordered, or referred by other agencies.

Richland Locations:

400 Bowman St. 39 Wood St. 215 N. Trimble Rd 74 Wood St. Mansfield, OH Mansfield, OH Mansfield, OH Mansfield, OH

#### ADDICTION RECOVERY RESOURCES

#### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) 419-522-6264

Offering support groups, education and advocacy for individuals. families and caregivers of those living with mental health issues. All NAMI classes and support groups are free to the public, so you never have to feel alone in your journey to recovery! Please call! Find us on Facebook at NAMI Richland County or website at www.namirc.org. Richland Location: 420 Stewart Lane

Mansfield, Ohio

#### PROJECT ONE-ARC EMPOWERMENT CENTER 567-241-6781

Faith based Family and recovery advocates. Empowerment service every Thursday at 6:00 pm 378 Park Avenue West, Mansfield, OH. We have a 24/7 Advocate line 567-241-6781 that helps with treatment options and support from those that have personal experience with overcoming addiction or family members that are struggling emotionally. 12-Step Life Recovery every Monday at 6:30 pm

Find us on Facebook @

https://www.facebook.com/ProjectOneRecoveryRoad/

#### RICHLAND COUNTY COMMUNITY ALTERNATIVE CENTER 419-744.3576

An Ohio MHAS certified drug and alcohol treatment program that provides concurrent intensive counseling services within safe and secure housing for adult men and women. Most clients are court referred/ordered, but private pay individuals are accepted. We accept Medicaid and self-pay. No insurances accepted.

Richland Location: 597 Park Avenue East Mansfield, Ohio

#### ADDICTION RECOVERY RESOURCES

## STARFISH PROJECT OF RICHLAND COUNTY 419-512-6877 or 419-512 6878

Helps find treatment options for addiction with some scholarships for faith-based treatment. We run a family support group in Mansfield and a Walking the 12 Steps with Jesus group in Shelby. Narcan training and free kits are available. We help people start over when coming home from treatment.

#### THIRD STREET FAMILY HEALTH SERVICES 419-525-6720

We offer Behavioral Health Assessments, Counseling & Medication Assisted Treatments. Accepting Medicaid, Medicare, Insurance & Self Pay. Richland Locations:

600 West 3rd St. 31 East Main St. 270 Starkel Blvd. Ste. A 200 Park Ave W Mansfield, OH Shelby, OH Mansfield, OH Mansfield, OH

#### **BEHAVIORAL HEALTH URGENT CARE**

CATALYST LIFE SERVICES 741 Scholl Road, Mansfield
NO APPOINTMENT NECESSARY

Diagnositc Assemsments and Individual Counseling services available

Monday & Tuesday 8:00am to 4:00pm Wednesday & Thursday 7:30am to 7:30pm Friday 8:00am to 4:00pm Saturday & Sunday Closed

#### ADDICTION RECOVERY RESOURCES

IN AN EMERGENCY PLEASE CALL THE HELPLINE: 419-522-4357 (H.E.L.P.)

JUST NEED TO TALK, BUT YOU ARE NOT IN CRISIS? CALL THE WARMLINE AT 419-522-5300

TEXT 4HOPE TO #741741 FOR FREE CONFIDENTIAL, 24/7 SUPPORT

VETERAN'S CRISIS LINE 800-273-8255 OR TEXT: #838255

FIRST CALL 211 - Information when you need it. 419-522-4636

DOMESTIC VIOLENCE HOTLINE 800-799-SAFE (7233) OR TEXT "START" TO 88788

**HUMAN TRAFFICKING HOTLINE** 888-373-7888 OR TEXT 233733

TREVOR PROJECT LGBTO HOTLINE 866-488-7386 OR TEXT "START" TO 678-678

DOMESTIC VIOLENCE HOTLINE 800-799-SAFE (7233) OR TEXT "START" TO 88788

RICHLAND COUNTY OPIATE BOARD
WWW.OPIATEADDITIONRICHLANDCOUNTY.COM

