

local help...local hope

## 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 2 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 Mental Health & Recovery Services 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 addiction 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 hotlines 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. 419.564.5754

Offering mental health awareness and suicide prevention non-crisis support and resources for individuals and their families struggling or seeking help and provider options. Find us at www.33forever.life or @33foreverinc on Facebook and Instagram. Richland Location(s): 1 Marion Avenue, Suite 215, Mansfield, Ohio

ABRAXAS OHIO 419.747.3322

Residential facility licensed by OhioMHAS and QRTP certified. Provides MH, AOD, and JSO treatment to adolescent boys. Accepts Emergency placements. Accredited by The Joint Commission, Medicaid, personal insurance and community or self-referrals are accepted. Richland Location(s): 2775 State Route 39, Shelby, Ohio

BRIGHTVIEW MANSFIELD ADDICTION TREATMENT CENTER 833.510.4357 OR 567.247.6343

BrightView offers patients a chance to recover in a place where they are welcomed, encouraged, and respected. With tailored addiction treatment programs for each individual patient, we treat the disease of addiction at the same time we treat the person suffering from it. We believe anyone can achieve the goal of life-long recovery with the help of our outpatient addiction treatment programs. Richland Location(s): 580 Park Avenue West, Mansfield, Ohio

#### CATALYST LIFE SERVICES

419.756.1717

Offering mental health assistance for all ages & comprehensive adult outpatient, residential & withdrawal management substance use programs, vocational rehab, audiology, deaf & hard-of-hearing, crisis intervention including a 24-hour helpline (419-522-HELP) & stabilization unit, 24-hour warmline (419-522-5300) peer support services/OASIS Club consumer drop-in center (419-522-6443). Clients may be referred or self-admit; financial assistance is available. Urgent care is available for assessments & grief counseling.

Richland Location(s): 741 Scholl Road, Mansfield, Ohio 142 N. Gamble Street Suite G, Shelby, Ohio

270 Sterkel Blvd, Mansfield, Ohio

## CACY (COMMUNITY ACTION FOR CAPABLE YOUTH

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 is available by appointment. Topic-based prevention training and biodegradable medication disposal pouches are available. Richland Location(s): 1495 West Longview Ave. - 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 Location(s):636 Lexington-Springmill Road, Ontario, Ohio

Crossroads City Center: 29 North Main Street, Mansfield, Ohio

Crossroads Church: 1188 Park Avenue West, Mansfield, Ohio

# **ADDICTION RECOVERY RESOURCES**

#### FAMILY LIFE COUNSELING & PSYCHIATRIC SERVICES

419,774,9969

Offering comprehensive mental health and addiction outpatient services for adults and youth, including assessments, counseling, case management, and peer recovery support services. Beginning Mobile Response & Stabilization Services (419-564-7305) and Comprehensive Adolescent Behavioral Health Services, Tele-psychiatry services are available for Medicaid and Self-pay clients. Clients may be referred or self-admit – we accept most payer sources and offer financial assistance as able or available.

Richland Location(s): 151 Marion Avenue, Mansfield, Ohio 222 & 240 Marion Avenue, Mansfield, Ohio

169 Mansfield Avenue, Shelby, Ohio

#### **FOUNDATIONS FOR LIVING**

419.589.5511

Residential Treatment for youth between the ages of 10 to 18. Program serves both MH and dual diagnosis MH/SUD. Special populations include pregnant youth, survivors of Human Trafficking, and those with self-injurious behaviors. We provide services for LGBTQIA+ as well, QRTP certified. accredited by CARF, licensed by the OhioMHAS.

Richland Location(s): 1451 Lucas Road, Mansfield, Ohio FFL.Referral@uhsinc.com - https://foundationsforliving.net

#### HEALING HEARTS COUNSELING CENTER

419.528.5993 855-4HOPE4U (446-7348)

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 are offered. Wellness services include a physical fitness facility, Cognitive Fitness (brain health), and a mobile wellness unit. Weekend/evening hours and telehealth services are provided. Medicaid and most insurances are accepted.

Richland Location(s): 680 Park Avenue West, Mansfield, Ohio

**HOPE 419** 

419.951.2020

Outpatient counseling for individuals, couples and families. Medication management for ages 9 and up. Most services can be completed in the office or virtually. Additionally, we provide ADHD testing, DBT educational groups, and specialized services for treatment resistant depression, including: Nasal Esketamine and Transcranial Magnetic Stimulation. We accept private insurance, all Medicaid, except paramount. Our application can be found on our website, www.hope419.com

Richland Location(s): 2267 Village Mall Drive, Suite-2, Ontario Ohio

## MANSFIELD COMPREHENSIVE TREATMENT CENTER

844,909,4608

We offer a whole-person approach to opioid addiction treatment by combining medication such as methadone, with group and individual therapies. Our methadone clinic offers more than one medication to help our patients stop using opioids. Depending on specific needs and how they respond to certain medications, they may receive methadone, buprenorphine or suboxone. Richland Location(s): 475 Lexington Avenue, 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 self-admit, be court-ordered, or be referred by other agencies.

Richland Location(s): 400 Bowman Street, Mansfield, Ohio 39 Wood Street, Mansfield, Ohio 215 North Trimble Road, Mansfield, Ohio

74 Wood Street, Mansfield, Ohio

# **ADDICTION RECOVERY RESOURCES**

## NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

419.522.6264 (NAMI)

Offering support groups, education and advocacy for individuals, families, and care givers 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(s): 420 Stewart Lane, Mansfield, Ohio

### PROJECT ONE

567.241.6781

Faith-based family and recovery advocates. Empowerment service every Thursday at 6:00 pm at 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

419.774.3576

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(s): 597 Park Avenue East, Mansfield, Ohio

### STARFISH PROJECT OF RICHLAND COUNTY

STAN RUST: 419.512.6877 VALERIE RUST: 419.512.6878

Addiction Recovery Advocates helping those struggling with a substance use disorder find detox and treatment options. We provide scholar-ships for some faith-based programs. We run Walking the 12 Steps With Jesus on Sundays at 3:00 pm at the Shelby Helpline building (29 1/2 Walnut St., Shelby). Support available for those returning to the community from treatment. We also provide Narcan training and free kits to groups and individuals.

## THIRD STREET FAMILY HEALTH SERVICES

419,525,6720

Provider of full-service Behavioral Health options including Mental Health Assessments for children and Adults, Medication Management, Counseling, and Medication Assisted Treatment. Accredited Patient Centered Medical Home. We accept all payer sources and offer a sliding fee discount. Find us on Facebook at Third Street Family Health Services or visit our website: http://thirdstreetfamily.org
Richland Location(s): 600 West 3rd Street, Mansfield, Ohio 31 East Main Street, Shelby, Ohio
270 Sterkel Boulevard, Suite A. Mansfield, Ohio 200 Park Avenue West, Mansfield, Ohio

#### CATALYST LIFE SERVICES: BEHAVIORAL HEALTH URGENT CARE

Diagnostic Assessments and Individual Counseling services available
Monday, Tuesday, Friday 8:00 am to 4:00 pm Wednesday & Thursday 7:30 am to 7:30 pm
741 Scholl Road, Mansfield

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

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

**DOMESTIC VIOLENCE HOTLINE 800-931-7233** 

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

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

WWW.OPIATEADDITIONRICHLANDCOUNTY.COM

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