

Ashtabula County Alcohol and Drug Treatment Resources September 2017

This resource was prepared by the **Ashtabula County Prevention Coalition** (supported by the Ashtabula County Mental Health and Recovery Services Board). It is not a recommendation of a specific agency or treatment. The Ashtabula County MHRS Board supports alcohol and drug addiction treatment and recovery by purchasing services and supports for persons with limited income.

Ashtabula County Mental Health and Recovery Services Board

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<http://www.ashtabulamhrsboard.org>

How do I know if I, or a friend or loved one, may have a substance use problem?

Try to answer the questions below as honestly as possible. If the person is willing, you can include him or her in the discussion.

If some or all of the following items apply, you or your loved one may have a substance use problem. In the most severe cases, it is an addiction. Any person who uses a drug can develop an addiction.

- Taking drugs in larger amounts or for longer than they meant to.
- Trying to cut down or stop but can't.
- Spending a lot of time getting, using, or recuperating from the effects of drugs.
- Having cravings or strong urges to use drugs.
- Work, home, or school responsibilities suffer because of drug use.
- Continue to use the drug even when it causes problems in relationships.
- Continuing use in spite of physical or mental conditions that are aggravated by drug use.
- Taking more drugs to get the desired effect.
- Experience withdrawal symptoms when not taking the drug.

Where to start?

To find out what services are available for you or your loved one, you can call 211, the Help Hotline, or the MHRS Board.

24/7 CRISIS AND REFERRAL SERVICES

Help Hotline Crisis Center

Help Hotline provides comprehensive crisis intervention and information about resources available to Ashtabula County residents. Help Hotline is available 24 hours a day, 7 days per week.

Call 211
(800) 577-7849
www.helphotline.org

Crisis Text Line

Text the keyword "4hope" to 741 741 and expect a reply from a trained Crisis Staff person within five minutes. Your message is confidential, anonymous and secure. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. The text line serves all ages. Outside Ohio text the key word "HELLO" to 741 741.

DETOXIFICATION SERVICES

Detoxification, the process by which the body clears itself of drugs, is designed to manage the acute and potentially dangerous physiological effects of stopping drug use. Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to produce lasting behavioral changes necessary for recovery. Detoxification should be followed by a formal Assessment and referral to drug addiction treatment. Because it is often accompanied by unpleasant and potentially fatal side effects stemming from withdrawal, detoxification is often managed with medications administered by a physician in an inpatient or outpatient setting; therefore, it is referred to as "medically managed withdrawal."

The Ashtabula County Mental Health and Recovery Services Board contracts with one agency that provides **inpatient** Detoxification Services for indigent (uninsured) persons:

Glenbeigh Hospital (in partnership with Lake Area Recovery Center)

Contact Lake Area Recovery Center to make a referral at:

2801 C Court, Ashtabula, Ohio 44004
440-998-0722

The Ashtabula County Mental Health and Recovery Services Board contracts with one agency that provides **outpatient** Detoxification Services for persons who abuse opiates or heroin:

Community Counseling Center

Transitions to Recovery Program

2801 C Court, Ashtabula, OH 44004
(440)998-4210
<http://www.ccohoio.com>

The following are additional resources for Detoxification and Residential Services that may accept Medicaid, Medicare, and/or private insurance:

First Step Recovery

2737 Youngstown Road, S.E. Warren, OH 44484
(330) 369-8022

New Vision (UH Geauga Medical Center)

13207 Ravenna Rd. Chardon, OH 44024
(440) 214-3106

Addiction Recovery Services

Univ. Hosp. of Cleveland/Dept. of Psych
10524 Euclid Avenue, Suite 3200 Cleveland, OH 44106
(216) 983-3066

St. Vincent Charity Medical Center

2351 East 22nd Street Cleveland, OH 44115
(216) 363-2580

Windsor Laurelwood Center for Behavioral Medicine

35900 Euclid Avenue Willoughby OH 44094
(440) 953-3000

Lutheran Hospital Alcohol and Drug Recovery Center

1730 West 25th Street Cleveland, OH 44113
(216) 363-2230 (216) 363-2122

Neil Kennedy Recovery Clinic

2151 Rush Blvd. Youngstown, OH 44507
(330) 744-1181 (800) 228-8287

Glenbeigh Hospital

2863 State Route 45 Rock Creek, OH 44084
(440) 951-7000

Mother and Child Dependency Program @ MetroHealth

2500 MetroHealth Drive Cleveland, OH 44109
(216) 778-5498

Crisis Intervention and Recovery Center, Inc.

2421 13th Street NW
Canton, Ohio 44708 44708
(330) 452-9812

Quest Recovery and Prevention Services- Detoxification Services for Opiate Addiction Only

Massillon, Ohio 44646
330-453-837-9411

OVERDOSE EDUCATION AND NALOXONE DISTRIBUTION

Naloxone is a drug used to temporarily reverse an opiate overdose until emergency medical personnel can arrive. Those who proactively seek out a Naloxone kit will first receive education on recognizing the signs and symptoms of an overdose, distinguishing between different types of overdose, performing rescue breathing, calling emergency medical services, and administering Naloxone. Most Naloxone kits include two doses of the drug. All major pharmacies in Ashtabula County can make this drug available to families and persons with addiction without a prescription. Within Ashtabula County, Naloxone kits are carried by ambulance crews and some other first responders, such as law enforcement. Local emergency rooms also maintain a supply of the drug. **You can purchase Naloxone to use on someone you care about with your personal insurance or Medicaid.**

LOSS TEAM (Local Outreach to Suicide Survivors)

The LOSS Team is a group of volunteers contacted by the County Coroner's Office that respond to the scene of a suicide or other traumatic deaths to provide information about local resources, and be an installation of hope for the newly bereaved. The primary goal of the team is to let survivors know what resources exist to support them following the death of their loved one. The LOSS Team is NOT a therapy or clinical service. The Team is there to listen to you, support you, and provide valuable information about what you may encounter next.

ALCOHOL AND DRUG TREATMENT SERVICES

Almost all services, except for Crisis, Detoxification, or Information and Referral require an individual to have an Assessment at an alcohol or drug service provider that is certified by the Ohio Department of Mental Health and Addiction Services. The Assessment will determine the level care that you or your loved one needs to move forward in recovery. Privacy laws will require that agency staff speak directly to the individual seeking treatment, unless they are a minor. Community Counseling Center, Glenbeigh, Lake Area Recovery Center, and Signature Health are the providers that have a contract with the Ashtabula County Mental Health and Recovery Services Board to provide a variety of Alcohol and Drug Services:

Community Counseling Center
2801 C Court, Ashtabula, OH 44004
(440)998-4210
<http://www.cccohio.com>

Community Counseling Center provides Alcohol and Drug Assessment; Ambulatory Detoxification, Individual, Group, and Family Counseling, Intensive Outpatient Counseling, Case Management, and Aftercare Services. Community Counseling Center also has a Forensic Partnership Recovery Program in collaboration with the Ashtabula County Probation Department that provides services specifically geared

toward opiate-addicted individuals currently on probation. In addition, Community Counseling Center provides Medication Assisted Treatment using Suboxone and Vivitrol, and provides substance abuse and mental health treatment to individuals currently housed in the Ashtabula County Jail.

Glenbeigh

2863 State Route 45
Rock Creek, OH 44084
800-234-1001
<http://www.glenbeigh.com/>

Glenbeigh provides assessment, detoxification and residential treatment services in the Ashtabula County facility located in Rock Creek, Ohio. Glenbeigh provides intensive outpatient treatment, assessments, individual sessions, continuing care groups, and family programs in Ashtabula County and at its out-of-county sites in Beachwood, Canton, Nile, Rocky River and Toledo, Ohio as well as in Erie, Pennsylvania. Contact agency for locations of services.

Lake Area Recovery Center

2801 C Court, Ashtabula, OH 44004
(440)998-0722
<http://www.larc.cc>

Lake Area Recovery Center provides Alcohol and Drug Assessment; Individual, Group, and Family Support services, Intensive Outpatient Counseling, Case Management, Recovery Coaching, Aftercare and Recovery Housing. Turning Point is a non-medical drug and alcohol residential facility for both men and women. Due to funding sources, males interested in Turning Point must be referred by a probation or parole officer. Liberty House is a ¾ house for males also run by Lake Area Recovery Center. Lake Area Recovery Center also provides Residential Substance Abuse Treatment services (RSAT) in the Ashtabula County Jail.

Signature Health

4726 Main Ave., Ashtabula, OH 44004
(440) 992-8552
<http://www.signaturehealthinc.com>

Signature Health provides Alcohol and Drug Assessment for adolescents and adults: Psychiatry, Nursing, Primary Medical Care, Individual, Group, and Family Counseling, Intensive Outpatient Counseling, Case Management, Customized Aftercare, and Road to Recovery adolescent group treatment. Signature Health also provides Medication Assisted Treatment (Suboxone, Vivitrol), Dual Partial Hospitalization Program, and collaboration with all area probation, parole and courts.

ASSESSMENT SERVICES

The first step to obtaining Drug or Alcohol Treatment is to have an Assessment completed at one of the three Ashtabula County provider agencies or at another agency of your choice. The person desiring an Assessment will need to contact a provider to set up a face-to-face interview. During the initial telephone call, the individual will be asked for basic information about their residence, financial situation, and the type(s) of problem(s) they would like assistance with. The purpose of the Assessment is to determine the nature and extent of abuse, misuse and/or addiction to alcohol and/or other drugs, and develop recommendations for a treatment plan. Assessment can include family members or significant others with the permission of the person requesting services.

OUTPATIENT TREATMENT

Outpatient treatment uses behavioral therapies to help motivate people to participate in drug treatment, offer coping strategies for dealing with cravings, and teach ways to avoid alcohol or drugs and prevent relapse. The type and length of Outpatient Treatment recommended is based upon an individual's needs. There are several types of Outpatient Treatment:

Individual Counseling: involves working with a counselor who has special training and certification to work one-on-one with an individual to address alcohol or drug problems and work toward a mutually agreed upon plan toward recovery.

Group Counseling: involves working with a counselor and other individuals in a group setting who share similar problems and goals.

Intensive Outpatient Treatment: involves individual and group alcohol and drug addiction services that are provided for at least eight hours and three days per week. This higher level of treatment is intended for persons who are addicted or at high risk for dependency to alcohol or drugs.

Aftercare Treatment: provides additional support to persons who have completed treatment and assists individuals in working on relapse prevention.

MEDICATION ASSISTED TREATMENT FOR OPIOID ADDICTION

In the treatment of opioid addiction (which includes pain pills and heroin), there are supervised medication treatments available. Medications developed to treat opioid addiction work through the same receptors as the addictive drug, but are safer. Methadone, naltrexone (Vivitrol or Revia), and buprenorphine (Suboxone, Subutex or Zubsolv) are increasingly prescribed as an aide to and maintaining sobriety. Ideally, these medications are used in conjunction with outpatient treatment.

CASE MANAGEMENT

Case management services are activities provided to assist individuals in gaining access to needed medical, social, educational and other services. Case management services may include interactions with family members, other individuals or entities.

RECOVERY COACHES

A Recovery Coach is a peer supporter that is in recovery from substance abuse who uses their experience to provide support, hope and guidance to persons seeking recovery from addiction. A Recovery Coach can link a person to the recovering community and serve as a personal guide and mentor. Coaches are not therapists and do not offer counseling, therapy or any other clinical services. Instead, they are peers who assist people on the path from a life of addiction to a life in recovery. Coaches have personal experience in navigating this path and will offer “insider” knowledge. Recovery Coaches have at least two continuous years of recovery and have completed special training in becoming a Recovery Coach. They help individuals in recovery address areas of their lives that have been negatively impacted by addiction, including housing, education and employment.

RESIDENTIAL SERVICES

Residential treatment involves living at a treatment facility while undergoing intensive alcohol or drug treatment. Structured alcohol and drug addiction services are provided for at least 30 hours per week and include individual or group counseling five days per week. Residential treatment normally lasts from 30-90 days. Access to residential treatment programs often have long waiting lists and if an individual is in need of this level of care, he/she may have to be placed on the waiting list and make regular calls to the facility. Persons may choose to enter outpatient treatment or participate in other recovery support services while waiting for entrance into residential treatment.

SUPPORTED EMPLOYMENT

This is an evidence-based practice that helps adults who are recovering from mental illness or substance abuse disorders to explore and succeed at work as part of their

mental health recovery. This population of adults may also be at risk of inpatient hospitalization, be involved with the criminal justice system or have a criminal history, possess a co-existing mental health and drug/alcohol diagnosis, or be a young adult transitioning from the juvenile to the adult system and requires support to successfully enter into the world of work. Employment specialists will help clients look for and obtain competitive jobs in their communities; jobs that any qualified person can apply for and that pay at least minimum wage.

Supported Employment /Individual Placement and Support services are individualized and can include some or all of the following, depending upon need and preference: job seeking skills training (education and development of job applications, resumes, and interview skills), job search and placement assistance, on-site job coaching, job retention support, and benefits planning.

In Ashtabula County this service is located at Community Counseling Center. To make a referral into the program contact Community Counseling Center at 440-998-4210 and ask for the Supported Employment office.

SOBER LIVING/TRANSITIONAL HOUSING

There are several different types of sober living or transitional housing options. All provide an alcohol and drug-free living environment with various levels of supervision and recovery supports. Typically individuals residing in sober living environments receive services at local agencies, participate in peer support and self-help groups. Some individuals receive a rent subsidy and are then required to obtain employment and help with the cost of room and board.

The following recovery housing options currently exist in Ashtabula County:

Agape House

(for men)

Main number: (440) 812-1879.

Mayflower House

(for men)

Main number: (440) 992-4599

Alternative number: (440) 969-5089

Contact: Jon Mauri

Liberty House

(for men)

Main number: (440) 998-0722

Alternative number: (440) 998-3970

Contact: Michael Murphy or Charles Miller

Opal House

(for women)

Main number: (440) 576-1235

Secondary number: (440) 897-8919

Contact: Cheryl McCourt

Everlasting Life

(for women)

Main number: (440) 964-8592

Secondary number: (440) 789-8026

Contact: Shirley Sing

FAMILY/SIGNIFICANT OTHER SUPPORT GROUPS

Al-Anon Family Groups: provides support and education for persons who have a family member with an alcohol problem or addiction. To find a local meeting: <http://al-anon.org>

Nar-Anon Family Groups: provides support and education for persons who have a family member with a drug problem or addiction.
To find a local meeting: <http://www.nar-anon.org/find-a-meeting/>

The Parents Toll-Free Helpline, 1-855-DRUGFREE (1-855-378-4373), is staffed by clinical social workers with practical experience in substance abuse prevention and treatment. It is sponsored by the Partnership for Drug Free Kids and can be used to obtain advice regarding youth or adults.

Ohio Can Change Addiction Now: is the State Chapter of a non-profit national organization whose vision is to bring the family a voice to addiction and recovery. Its mission is to embrace, educate, and empower families living with substance use disorders. <http://www.facebook.com/groups/OhioCan>

Heart 2 Heart: a local support and educational group for persons who have a family member struggling with addiction. Meets the first Sunday of each month at 6pm at Corpus Christi Parish Center (734 Mill Street, Conneaut, Ohio).

Overcome: Designed “to educate persons with the sign/symptoms of addiction so that they may KNOW what to look for in their family member/loved one/friend...AND then to provide them a “PLACE” where they feel safe to share how this has affected them and love them through that”. Meets the 3rd Wednesday of each month at Lighted Cross Lutheran Church (2310 West 9th Street, Ashtabula, Ohio).

RECOVERY SUPPORT GROUPS

Support and self-education are important components of treating addiction and preventing relapse. It is important to seek out helpful resources and use them. Recovery is an ongoing process. Supportive groups are valuable for the recovering addict and for family members and loved ones. An up to date list of meetings can be obtained by contacting Help Hotline. Information and meetings are also available on-line via the following websites:

Alcoholics Anonymous

This is a 12 step based recovery support group intended for individuals struggling with alcohol use. To locate meetings in your area: Ashtabula Area Intergroup Office (440)992-8383. <http://www.aaigo.net>

Narcotics Anonymous

This is a 12 step based recovery support group intended for individuals struggling with narcotic use. To locate meetings in your area: <https://www.na.org/meetingsearch/>

Heroin Anonymous

This is a 12 step based recovery support group intended for individuals struggling with heroin use. Signature Health currently hosts a Heroin Anonymous meeting. For further information and local meeting locations: <http://www.heroinanonymous.org>

Dual Recovery Anonymous

This is a 12 step based recovery support group intended for individuals struggling with both mental health and substance use. Community Counseling Center currently hosts a Dual Recovery Anonymous meeting. For further information and local meeting information: <http://draonline.org>

Celebrate Recovery

A Christ-centered recovery support group <http://www.celebraterecovery.com> To locate a meeting: <http://grouplocator.crgroups.info/>

Smart Recovery

This is a self-empowerment science based support group that does not follow the 12 step model. There are currently Smart Recovery meetings held at Lake Area Recovery Center. Online groups and resources are also available via their website: <http://www.smartrecovery.org/>

Encouraging and Support People to Choose Recovery

There is no surefire “recipe” for influencing people to change. There is no guarantee that any “outside influence” will motivate people to change. People are influenced, however, by their friends, family, co-workers, treatment professionals, as well as others

who are struggling with the same self-destructive habit they are struggling with. The following are actions that are **generally helpful** and **generally not helpful** in attempting to influence someone to begin or continue in Recovery.

Generally helpful:	Generally not helpful:
<p>Express concern about how you observe the drug use is impacting the person</p> <p>Point out how the drug use is negatively impacting you and your relationship with the person.</p> <p>Provide accurate information about the health risks the person is taking.</p> <p>Offer hope and encouragement, always – even after a person has lapsed.</p> <p>Offer support if and when the person decides to take action. (For example, offer to attend an AA meeting with the person, or accompany him to a first appointment with a counselor.)</p> <p>What is important or meaningful to the person? Point out how he may be jeopardizing what is important to him by using drugs.</p> <p>Help the person to think through the “positives” and “negatives” of his drug use. Challenge the person’s assessment of the “positives.”</p> <p>If a person has reached the “decision” point, ask, “How can I support you?” Then do it if you can.</p> <p>Express pride in the person’s efforts and improvement.</p> <p>Participate in the person’s healthy changes (for example, if the person starts a walking regimen, offer to walk with him.)</p> <p>Treat people with kindness and respect</p>	<p>Shielding people from the consequences of their drug use (for example, giving them money to pay a bill that is unpaid because the money was spent on drugs).</p> <p>Threats of consequences that may not occur, or consequences that may be “far into the future.”</p> <p>Very specific advice, unless you are asked for it.</p> <p>Making arrangements FOR the person to get support or help. (Be WITH them, if they want it, while they make arrangements for themselves – or accompany them to services or supports.)</p> <p>Emotional abandonment.</p> <p>Accompanying a person in situations that offer temptation.</p> <p>Ignoring what you perceive as problem. It is difficult for friends and loved ones to “start the conversation” about self-destructive drug use, and the person using drugs isn’t often accepting of a loved one bringing it up. Bring it up anyway – you are planting a seed.</p> <p>Negative judgment of a person’s character.</p>

<p>even when they are making self-destructive decisions.</p> <p>Continue to provide support, encouragement, and hope when people lapse.</p> <p>Encourage the person to connect with other people who are struggling with addiction and are <u>trying to change</u>.</p> <p>Seek connections with friends or family members of other people who are struggling with addiction. Loved ones of people with addiction often benefit from support from others “walking in their shoes.”</p> <p>Help the person obtain food, shelter, and clothing, if needed. It is better to direct people to help, or provide it directly, than it is to provide the person money for these basic needs.</p>	
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Developed by the Ashtabula County MHRS Board, based upon information provided by Columbiana County MHRS Board Quality Improvement Committee and the Center For Evidence-Based Practices at Case Western Reserve University.

Additional Resources:

- www.drugfree.org Partnership for Drug Free Kids
- <http://www.drugabuse.gov/> National Institute on Drug Abuse
- www.oca-ohio.org Ohio Citizens Advocates
- www.nida.nih.gov National Institute on Drug Abuse
- www.mha.ohio.gov/ Ohio Department of Mental Health & Addiction Services (OhioMHAS)
- www.niaaa.nih.gov National Institute on Alcohol Abuse and Alcoholism
- www.samha.gov Substance Abuse and Mental Health Services Administration: