

RECOVERY RESOURCE PACKET

RICHLAND COUNTY OPIATE BOARD

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 the 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.

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 Trolan 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, the same as diabetes or asthma.

Addiction is a disease. It has specific symptoms that are created by using drugs. It is Chronic because there is no cure. With treatment, an addict can be in recovery and manage their disease, but they will never fully be free. Relapsing is possible with addiction. Addicts 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.

ADDICTION RECOVERY RESOURCES

HARM REDUCTION

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

ABRAXAS OHIO

Residential: 419-747-3322

Outpatient: 419-709-8103

Residential facility provides mental health, substance use, and Juvenile Sex Offender treatment to adolescent boys.

Outpatient site provides 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, OH 44875
780 Park Avenue West, Suite D, Mansfield, OH 44906

CATALYST LIFE SERVICES

419-756-1717

Offering mental health assistance for all ages and comprehensive programs for substance abuse, vocational rehab, hearing impairments, and crisis intervention including a 24-hour helpline and warmline (419-522-HELP), 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. Catalyst is constantly evolving to meet community needs.

Richland Locations: 741 Scholl Road, Mansfield, OH 44907
270 Sterkel Blvd., Mansfield, OH 44907
31 East Main Street, Shelby, OH 44875

COMMUNITY ACTION FOR CAPABLE YOUTH (CACY)

419-774-5683

Providing effective on-site tobacco, alcohol, problem gambling, violence and drug prevention education, information, and coordination services for pre-school age through senior years. Individual and group tobacco cessation services available by appointment. Topic based prevention training available for community members.

Richland Location: 1495 West Longview-Suite 104, Mansfield, OH 44906

FAMILY LIFE COUNSELING & 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 Avenue, Mansfield, OH 44903
222 Marion Avenue, Mansfield, OH 44903
169 Mansfield Avenue, Shelby, OH 44875

ADDICTION RECOVERY RESOURCES

FOUNDATIONS FOR LIVING-

419-589-5511

Secure Residential Treatment Facility for males and females ages eleven to eighteen.

We offer treatment for mental health, addiction, survivors of human trafficking, pregnant teens, and self-injurious behavior. We accept all insurances. We accept agency and parental referrals.

Richland Location: 1451 Lucas Road, Mansfield, OH 44813

HEALING HEARTS COUNSELING CENTER

419-528-5993

We provide Mental Health & addiction counseling. We offer Medication Assisted Treatment, IOP, groups for addiction and grief, individual counseling for trauma, sexual compulsivity, sexual abuse, depression, and anxiety. We use evidence based materials and 12 step curriculum. Screening and assessments for mental health, addiction and trauma are available. Weekend and evening options for IOP are available. Medicaid/most insurances accepted.

Richland Location: 680 Park Avenue West, Mansfield, OH 44906

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; Ambulatory Detox. We accept all payer sources; including some private insurance. Our clients can self admit, be court ordered, or referred by other agencies.

Richland Location: 400 Bowman Street, Mansfield, OH 44902
91 Park Ave. West, Mansfield, OH 44903
215 N. Trimble Road, Mansfield, OH 44906
74 Wood Street, Mansfield, OH 44903

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

419-522-6264

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!

Richland Location: 420 Stewart Lane, Mansfield, OH 44907

PROJECT ONE

567-241-6781

Faith based family and recovery advocates. Recovery Road services held every 4th Tuesday at 6:30 @ JLC - 2578 St. Rt. 39, Mansfield, OH. 24/7 advocate line that helps with treatment options and support. from those with personal experience with overcoming addiction or family members that are struggling emotionally. Find us on Facebook:
www.facebook.com/ProjectOneRecoveryRoad

ADDICTION RECOVERY RESOURCES

PROVIDERS FOR HEALTHY LIVING 419-605-9817

Outpatient counseling, medication management, and psychological testing. Accepting private insurance. Self-referral.

Richland Location: 1221 South Trimble Road, Building C, Mansfield, OH 44907

REFORMERS UNANIMOUS 419-566-8667

A biblically based, Christ-centered recovery program, designed to rescue, recover, and restore those in addictive behaviors with the power of the hidden life found only in Jesus Christ. RU is an addiction recovery class that offers residential help for addicted men and women that has now expanded into churches, prisons, and online resources across the USA.

Richland Location: 21 Washington Street, Shelby, OH 44875

RICHLAND CO. COMMUNITY ALTERNATIVE CENTER 419-774-3576

An Ohio MHAS certified drug and alcohol program designed for 30 to 120 day periods of group and individual treatment for adult men and women. The majority of clients are court referred/ordered; but private pay individuals are accepted. We accept Medicaid and self-pay. No insurances accepted.

Richland Location: 597 Park Ave. East, Mansfield, OH 44905

STARFISH PROJECT OF RICHLAND COUNTY

419-512-6877 or 6878

Provide guidance on treatment options for those struggling with addictions and life-controlling problems. We change our community by supporting individuals and their families for a healthy life of recovery.

Scholarships for faith-based programs are available.

THIRD STREET FAMILY HEALTH SERVICES

419-525-6720

We offer Behavioral Health Assessments, Counseling and Medication Assisted Treatments. Accepting Medicaid, Medicare, Insurance and Self Pay.

Richland Location: 600 West 3rd Street, Mansfield, OH 44906

VILLAGE NETWORK/BRITE FUTURES 419-774-4010

The Mansfield Office offers treatment foster care in addition to outpatient counseling and psychiatric services. The focus of treatment is trauma specific in addition to treating all other mental health diagnosis.

Richland Location: 775 Lexington Avenue, Mansfield, OH 44905

**A SPECIAL THANKS TO THE
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