

MENTAL HEALTH & ADDICTION

# RECOVERY RESOURCES GUIDE

HANCOCK COUNTY, OHIO

COMPILED BY THE HANCOCK COUNTY COMMUNITY COALITION ON ADDICTION • UPDATED SPRING 2023



hancock county  
community coalition  
on addiction

**HANCOCK COUNTY  
CRISIS HOTLINE  
1-888-936-7116**

**A digital version of the  
Recovery Resources Guide is available at  
[yourpathtohealth.org](http://yourpathtohealth.org)**

This resource is revised on a periodic basis.  
If any information provided in this resource is incorrect or  
has changed, please contact ADAMHS at  
419-424-1985 or [adamhs@yourpathtohealth.org](mailto:adamhs@yourpathtohealth.org).

**If you are in need of translation or interpretive services,  
please contact ADAMHS via the contact info above.**



**For the most current listing of local resources  
and support groups, visit [hancockhelps.org](http://hancockhelps.org)**



**Additional Resources:**

SAMHSA National Helpline • 1-800-662-HELP (4357) • [findtreatment.gov](http://findtreatment.gov)  
Ohio Department of Mental Health & Addiction Services • [mha.ohio.gov](http://mha.ohio.gov)

# TABLE OF CONTENTS

## TREATMENT

- 4 Good Samaritan Law; Quick Response Team Information
- 5 Hancock County ADAMHS Board Contract Agencies
- 6 NW Ohio Mental Health & Substance Use Disorder Treatment Providers
- 8 NW Ohio Detox Centers
- 9 Family Resource Center Emergency Response Services - Youth & Adult
- 10 Warning Signs of Alcohol & Substance Misuse
- 11 Medication Assisted Treatment (MAT) / Overdose Risk Information

## RECOVERY & SUPPORT

- 12 How to Help Children through the Trauma of Witnessing an Overdose
- 14 Pathways to Recovery
- 15 I Am Somebody Podcast
- 16 FOCUS Recovery & Wellness Community
- 17 The Loft
- 18 FOCUS Recovery Guide Information
- 19 Maternal Opiate Medical Support MOMs Program
- 20 NAMI Hancock County Education & Support Programs
- 21 CRAFT Classes for those with Loved Ones Struggling with Addiction
- 22 Welcome to a New Life
- 23 LGBTQ+ Spectrum of Findlay

## HARM REDUCTION

- 24 Project DAWN (Deaths Avoided with Naloxone)
- 25 SafeWorks Syringe Service of Hancock County

## ADDITIONAL INFORMATION

- 26 What is Addiction? What is Recovery?
- 27 Language Matters
- 28 24/7 Medication Collection; Transportation Resources
- 29 Ohio Medicaid
- 31 Hancock County Community Coalition on Addiction information

# OHIO'S 911 GOOD SAMARITAN LAW

## *Seek Help and Save a Life*

The 9-1-1 Good Samaritan law provides immunity from minor drug possession offenses for qualified individuals that make a good faith effort to obtain emergency medical assistance during an overdose.

### ***Who will be a qualified individual, and what are minor drug possession offenses?***

Qualified individuals are individuals that: seek assistance for another individual that experiences a drug overdose; experience a drug overdose and seek assistance; and experiences an overdose and become the subject of another person seeking medical assistance.

### ***What are the responsibilities of qualified individuals to receive immunity?***

Qualified individuals must comply with peace officers and get a behavioral health screening within 30 days of the overdose.

**Confidential help for opioid overdose survivors.**

## **Quick Response Team (QRT)**

**If you or someone you love has experienced an overdose, we're here and we can help.**

**The Hancock County QRT Team is a service that works with law enforcement to respond to non-fatal overdose survivors to engage them in treatment.**

**To connect with a member of the QRT Team, call/text 419-306-6534**



Mental health and substance use services are available in our community.

**CRISIS HOTLINE—1-888-936-7116**

**CRISIS TEXT LINE 4Hope to 741741**

Narcan is available through Hancock Public Health by calling 419-424-7420



**Family Resource Center**

Mental Health and Substance Use Services for Adults and Youth

Call: 419-425-5050

Visit: [www.frcoho.org](http://www.frcoho.org)

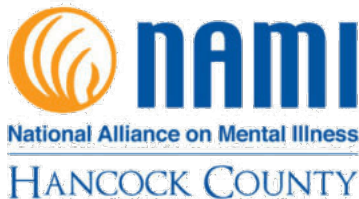


**FOCUS Recovery and Wellness Center**

Mental Health, Substance Use and Trauma Recovery Support Services

Call: 419-423-5071

Visit: [www.focusrwc.org](http://www.focusrwc.org)



**NAMI Hancock County**

Mental Health Support Services

Call: 567-525-3435

Visit: [www.namihancockcounty.org](http://www.namihancockcounty.org)



**Ohio Guidestone (formerly A Renewed Mind)**

Mental Health and Substance Use Services for Adults and Youth

Call: 419-422-7800

Visit: [www.ohioguidestone.org](http://www.ohioguidestone.org)

*We all know someone in need. Reach out, offer support, and stay connected.*



Hancock County Board of Alcohol, Drug Addiction and Mental Health Services

Call: 419-424-1985

Visit: [www.yourpathtohealth.org](http://www.yourpathtohealth.org)

# MENTAL HEALTH & ADDICTION TREATMENT PROVIDERS

The following is a partial list of mental health and substance use disorder (addiction) treatment facilities in Northwest Ohio.

This list is a reference tool, not an endorsement.

Please notify ADAMHS of any inaccuracies.

419-424-1985 adamhs@yourpathtohealth.org

\*Signed shared treatment philosophy document

**OUTPATIENT** care involves health or mental health care within the community. What this generally will look like is you will go to a provider for your visit, which might include seeing a prescriber for medication, a nurse for a check-up, or another professional for counseling or help. They work with you to create your recovery plan.

**INPATIENT** care means you are admitted to a hospital on a doctor's order. In general, inpatient care usually involves a short hospital stay, but can be long-term depending on what you need.

**MAT** Medication Assisted Treatment (MAT) is the use of FDA-approved medication, usually in combination with therapy and recovery supports, for the treatment of opioid addiction or substance use. Physicians prescribe a medication based on a patient's specific medical needs and other factors.

**RESIDENTIAL** treatment (sometimes called rehab) is a live-in health care facility providing therapy for mental health and/or substance use.

**COMMUNITY SUPPORT** includes services that provide education, linkage, and case management to you, your family, and other important supports in your life so that you can learn to manage your symptoms and live as successfully and independently as possible. Services include skill-building tools for daily living, education about mental illness and medication, development of community supports, and case management/service coordination.

## TREATMENT OPTIONS IN FINDLAY

### MENTAL HEALTH & SUBSTANCE USE DISORDER SERVICES

#### \*FAMILY RESOURCE CENTER **OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT**

frcohio.org • 419-425-5050 • 1941 Carlin St., Findlay (youth & adult services)

Other FRC Locations: Lima, St. Marys, Kenton, Sidney

#### LUTHERAN SOCIAL SERVICES **OUTPATIENT • MAT • COMMUNITY SUPPORT**

lssnwo.org • 419-243-9178 • 1701 Tiffin Ave., Findlay

Locations: Findlay, Toledo\*, Bowling Green, Fremont, Archbold, Lima, Galion, Fostoria, Wapakoneta \*MAT (Suboxone)

#### \*OHIOGUIDESTONE **OUTPATIENT • MAT • RESIDENTIAL (MALES ONLY) • COMMUNITY SUPPORT**

ohioguidestone.org • 419-422-7800 • 1624 Tiffin Ave., Suite D., Findlay

Locations: Findlay, Defiance, Wauseon, Bryan, Napoleon, Bowling Green, Perrysburg, Toledo

### MENTAL HEALTH TREATMENT SERVICES

#### \*BLANCHARD VALLEY HEALTH SYSTEM

##### ORCHARD HALL **INPATIENT**

bvhealthsystem.org • 419-423-5239 • 1900 S. Main St., Findlay

##### PSYCHIATRIC CENTER OF NORTHWEST OHIO **OUTPATIENT**

bvhealthsystem.org • 419-429-6480 • 1610 Fostoria Ave. & 1800 N. Blanchard St. Ste. 108

#### PROMEDICA PHYSICIANS BEHAVIORAL HEALTH **OUTPATIENT**

promedica.org • 419-424-2011 • 1100 E. Main Cross Suite 159, Findlay

Locations: Findlay, Fostoria, Fremont, Toledo, Defiance

## SUBSTANCE USE DISORDER SERVICES

### \*FINDLAY RECOVERY CENTER **DETOX • INPATIENT**

findlayrecoverycenter.com • 419-664-5237 • 1800 Manor Hill Rd., Findlay

### FINDLAY TREATMENT SERVICES MEDICATION CLINIC **OUTPATIENT • MAT • COMMUNITY SUPPORT**

pinnacle-treatment.com • 419-434-1431 • 2121 Tiffin Ave., Findlay

### SPERO HEALTH **OUTPATIENT • MAT • COMMUNITY SUPPORT**

sperohealth.com • 419-745-9852 • 1645 Tiffin Ave., Ste. A, Findlay

## TREATMENT OPTIONS IN NORTHWEST OH MENTAL HEALTH & SUD TREATMENT SERVICES

### ARROWHEAD BEHAVIORAL HEALTH

**OUTPATIENT • INPATIENT • MAT • RESIDENTIAL**

arrowheadbehavioral.com • 800-547-5695 • 1725 Timber Line Rd., Maumee

### COLEMAN PROFESSIONAL SERVICES

**OUTPATIENT • RESIDENTIAL • COMMUNITY SUPPORT**

colemanservices.org • 419-229-2222 • 799 Main St., Lima (Allen County)

Locations: Allen, Auglaize, Hardin, Jefferson, Mahoning, Portage, Stark, Summit, Trumbull

### HARBOR

**OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT**

harbor.org • 419-352-5387 • 1010 North Prospect, Bowling Green

Locations: Bowling Green, Perrysburg (both Wood County)

### HEALTH PARTNERS OF WESTERN OHIO

**OUTPATIENT • MAT**

hpwohio.org • 877-516-4149 • 329 N. West St., 2nd Floor, Lima

Locations: Allen, Hardin, Seneca, Clark, Defiance, Williams, Lucas

### PATHWAYS COUNSELING CENTER

**OUTPATIENT • COMMUNITY SUPPORT**

pathwaysputnam.org • 419-523-4300 • 835 N. Locust St., Ottawa

### ST. RITA'S MEDICAL CENTER - MERCY HEALTH

**OUTPATIENT • INPATIENT**

mercy.com • 419-227-3361 • 730 W. Market St., Lima

### ZEPF CENTER

**OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT**

zepfcenter.org • 419-373-6560 • 219 S. Church St., Bowling Green

Locations: Bowling Green, Toledo

## SUBSTANCE USE DISORDER TREATMENT SERVICES

### DRIVER'S INTERVENTION PROGRAM

Addictions Resource Center [liarcclip.com](http://liarcclip.com) • 937-727-1040

### JOSHUA TREATMENT CENTER

**OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT**

Lima Urban Minority Alcoholism & Drug Abuse Outreach Program

[limaumadaop.com](http://limaumadaop.com) • 567-703-9064 • 350 N. Irwin Rd., Holland

### \*MIDWEST RECOVERY CENTER

**DETOX • OUTPATIENT • MAT • COMMUNITY SUPPORT**

midwestrecoverycenter.com • 833-654-1029 • 7540 New West Rd., Toledo

### OHIO TREATMENT CENTER

**OUTPATIENT • CASE MANAGEMENT**

419-216-2888 • 115 W. State St., North Baltimore (Wood County)

## PRIVATE MENTAL HEALTH & SUBSTANCE USE COUNSELING SERVICES IN FINDLAY

### STEPPING STONES COUNSELING CENTER

206 W. Lima St., Findlay

419-422-7970

[steppingstonesfindlay.com](http://steppingstonesfindlay.com)

### LIGHTHOUSE COUNSELING

301 E. Sandusky St., Findlay

419-423-9133

[lighthousecounseling2000.com](http://lighthousecounseling2000.com)

### SOPHOS WELLNESS CENTER

500 N. Main St., Findlay

419-889-7807

### MIND BODY HEALTH ASSOCIATES

124 E. Front St., Findlay

567-525-3311

[mindbodyhealthassociates.com](http://mindbodyhealthassociates.com)

### TRUE NORTH THERAPY

1100 E. Main Cross St., Suite 155,

Findlay

567-301-2037

[truenorthfindlay.com](http://truenorthfindlay.com)

### MOVING FORWARD COUNSELING

1655 Tiffin Ave., Suite D, Findlay

567-229-2053

[movingforwardcounselingservices.com](http://movingforwardcounselingservices.com)

# MEDICAL WITHDRAWAL MANAGEMENT (DETOX) SERVICES

If you live in Hancock County and need detox services, go to the Blanchard Valley Hospital Emergency Room for medical evaluation and screening:

# 567-429-8416

All agencies listed below also provide alcohol withdrawal management

NORTHWEST OHIO DETOX CENTERS		
FACILITY	LOCATION	PHONE
<b>BLANCHARD VALLEY HOSPITAL</b> (EMERGENCY MEDICAL STABILIZATION)	<b>FINDLAY</b>	<b>567-429-8416</b>
<b>ARROWHEAD BEHAVIORIAL HEALTH</b>	<b>MAUMEE</b>	<b>419-891-9333</b>
<b>ST. RITA'S ALCOHOL DETOX</b>	<b>LIMA</b>	<b>855-438-5681</b>
<b>COLEMAN STABILIZATION CENTER</b>	<b>LIMA</b>	<b>567-242-6112</b>
<b>ERIE COUNTY COMMUNITY HEALTH CENTER</b>	<b>SANDUSKY</b>	<b>419-624-3353</b>
NEW VISION DETOX	BOWLING GREEN	419-546-0484
JOSHUA TREATMENT CENTER	HOLLAND	567-703-9064
MIDWEST RECOVERY CENTER	MAUMEE	833-654-1029
UNISON HEALTH	TOLEDO	419-9367800
UNIVERSITY OF TOLEDO MEDICAL CENTER	TOLEDO	419-383-5695
ZEPF CENTER	TOLEDO	419-841-7701



# EMERGENCY RESPONSE SUPPORT SERVICES

PROVIDED BY FAMILY RESOURCE CENTER

## MRSS: MOBILE RESPONSE & STABILIZATION SERVICES

A PROGRAM FOR YOUTH & FAMILIES EXPERIENCING A CRISIS

When you call 1-888-936-7116, the professional on the line will help you in the moment. If it fits the guidelines for a mobile response, our Mobile Responder will reach out promptly. They will do these four things:

- 1 DE-ESCALATE THE CRISIS**
- 2 ASSESS SAFETY & PROCESS THE CRISIS**
- 3 PROVIDE EDUCATION & CREATE AN ACTION PLAN**
- 4 PROVIDE ONGOING SUPPORT FOR UP TO 4-6 WEEKS**

MRSS services are available to all Hancock County families Monday-Friday, 8am-6pm.

 Family Resource Center Youth Services: 1941 Carlin St., Findlay, OH 45840

## CRISIS INTERVENTION & STABILIZATION SERVICES

A SERVICE FOR ADULTS EXPERIENCING A CRISIS

Are you experiencing a critical incident or stressful event that is overwhelming and beyond your means of coping and problem-solving?

Do you feel helpless, hopeless, alone, or uncertain about how to move forward?

Call Family Resource Center at [419-425-5050](tel:419-425-5050) and ask to be connected with a crisis worker. This worker will offer immediate support, help to de-escalate the crisis, assess for safety and imminent risk, develop a plan of action, and reduce general distress.

These services are available to all Hancock County adults Monday-Friday, 8am-6pm.

 Family Resource Center Adult Services: 1941 Carlin St., Findlay, OH 45840

YOUTH  
ADULT



**EMERGENCY SUPPORT AVAILABLE 24/7**

Hancock County Crisis Hotline: 1-888-936-7116, Crisis Textline: 741-741  
In an emergency situation, always call 911.



# WARNING SIGNS OF SUBSTANCE MISUSE

## ALCOHOL ABUSE:

- Abdominal pain
- Confusion
- Drinking alone
- Episodes of violence with drinking
- Hostility when confronted about drinking
- Lack of control over drinking
- Being unable to stop or reduce intake
- Making excuses to drink
- Nausea and vomiting
- Need for daily or regular alcohol use to function
- Neglecting to eat
- Not caring for physical appearance
- Secretive behavior
- Shaking in the morning

## SUBSTANCE ABUSE:

- Cycles of being unusually talkative, “up” and cheerful, with seemingly boundless energy
- Increased irritability, agitation, anger
- Unusual calmness, unresponsiveness, or looking “spaced out”
- Apathy and depression
- Paranoia and delusions
- Abnormally slow movements, speech or reaction time, confusion and disorientation
- Sudden weight loss or weight gain
- Cycles of excessive sleep

**HAVE YOU EVER  
THOUGHT ABOUT  
THE IMPACT  
ALCOHOL CAN HAVE  
ON YOUR HEALTH?**



Complete this free,  
anonymous survey to  
get a better  
understanding of your  
alcohol use.



# KNOW YOUR RISK FOR AN OPIOID OVERDOSE

Provided by the Medication-Assisted Treatment Collaborative of Hancock County

## WHO IS AT RISK FOR AN OPIOID OVERDOSE?

Individuals using opioids for long-term pain management and individuals using heroin.

## OTHERS AT RISK INCLUDE THE FOLLOWING:

- Opioid dependent
- Stopping MAT (suboxone, vivitrol, methadone)
- Discharged from emergency medical care following opioid intoxication
- Experiencing reduced tolerance due to:
  - trying to stop using on their own
  - withdrawal management (detox)
  - release from jail or prison
  - relapse of recovery
- Injecting opioids
- Using prescription opioids at higher doses than prescribed
- Using opioids in combination with other sedating substances such as:
  - alcohol
  - benzodiazepines (“benzos”)
- Using opioids with medical conditions like:
  - Hep C/HIV
  - liver disease
  - lung disease or COPD
  - depression

## LOW TOLERANCE = HIGH RISK

### TOLERANCE

Tolerance develops when someone uses an opioid drug regularly. Their body becomes used to the drug and needs a larger or more frequent dose to continue to experience the same effect. The brain adapts to the exposure, allowing the person to use more or a stronger dose without the respiratory system failing.

### LOSS OF TOLERANCE

Loss of tolerance occurs when someone stops taking an opioid drug after long-term use. The longer a person is opioid-free, the more the brain will attempt to adapt back to its normal state.

When someone loses tolerance and then takes an opioid drug again, they can experience serious adverse effects, including overdose.

Most opiate overdose deaths occur in persons who have just gone through withdrawal or detoxed. Because withdrawal reduces the person's tolerance, those who have just gone through withdrawal can overdose on a much smaller dose than they used to take.

## WHAT IS M.A.T.?

### (MEDICATION-ASSISTED TREATMENT)

Medication Assisted Treatment (MAT) is the use of FDA-approved medication, usually in combination with therapy and recovery supports, for the treatment of opioid addiction or substance use. Physicians prescribe a medication based on a patient's specific medical needs and other factors.

### EFFECTIVE MEDICATIONS INCLUDE:

- Buprenorphine (Subutex, Suboxone)
- Naltrexone (Depade, Vivitrol)
- Methadone

## HOW DO I GET HELP?

- Contact a substance use disorder treatment agency\*
- Visit [hancockhelps.org](http://hancockhelps.org) to learn about current recovery groups & programming

\*See pages 3-4 of the Hancock County Mental Health & Addiction Recovery Resources Guide

**The Trauma of Witnessing an Opioid Overdose:**

**How to Help Children**

**The signs of opioid overdose are scary!**



**Witnessing the overdose of a loved one can have lasting effects on children. They cope in different ways and need honest information. Look for signs of trauma and get professional help**

**For more information visit: [u.osu.edu/toolkit](http://u.osu.edu/toolkit).**

**CHILDREN UNDER 3 YEARS OLD**

**WHAT THEY MAY SAY & DO**



- Repeated Questions
- Crying
- Changes in eating & sleeping
- Acting younger
- Looking for missing caregiver
- Not understanding the situation

**WHAT THEY THINK & FEEL**



**HOW TO HELP**

- Keep things as normal as possible
- Respond to the child's needs
- Acknowledge child's feelings
- Draw pictures
- Extra playtime & attention

**CHILDREN 3-5 YEARS OLD**

**WHAT THEY MAY SAY & DO**



- Clinging to family members & adult friends
- Toddler behavior (thumb sucking, bed wetting)
- Crying
- Throwing tantrums
- Fighting
- Separation & other increased fears
- Pretending everything is fine

**WHAT THEY THINK & FEEL**



**HOW TO HELP**

- Consistent care
- Tell stories & show pictures of the loved one
- Correct fantasies/denials with simple explanations
- Be patient when child replays overdose event
- Be ready for moodiness & acknowledge child's feelings



## CHILDREN 6-9 YEARS OLD

### WHAT THEY MAY SAY & DO



- Anger & aggression
- Fighting
- Mood swings
- Withdrawal
- Stomach aches & headaches
- Self-blame
- Desire to reunify with deceased
- School problems
- Focus on death

### WHAT THEY THINK & FEEL



### HOW TO HELP

- Keep youth involved in family problem solving
- Be flexible but maintain consistent limits
- Be open & patient
- Be aware that youth may act out or engage in risky behavior

## CHILDREN 9-13 YEARS OLD

### WHAT THEY MAY SAY & DO



- Resentment
- Guilt
- Crying
- Anger & aggression
- School problems & acting out
- Fear
- Isolation
- Anxiety
- Repetitive thoughts
- Physical complaints

### WHAT THEY THINK & FEEL



### HOW TO HELP

- Let the child determine when to express feelings & process the event
- Let the child decide how to tell others (at school, activities, friends, etc.)
- Encourage activities
- Maintain contact with others

## CHILDREN 14-18 YEARS OLD

### WHAT THEY MAY SAY & DO



- Resentment
- Guilt
- Depression
- Anger & acting out
- Fear
- Possible self-harm
- Avoiding feelings
- Anxiety
- Withdrawal
- Physical complaint
- Possible substance use

### WHAT THEY THINK & FEEL



### HOW TO HELP

- Keep youth involved in family problem solving
- Be flexible but maintain consistent limits
- Be open & patient
- Be aware that youth may act out or engage in risky behavior



# PATHWAYS TO RECOVERY

"Recovery is a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential" (SAMHSA, 2023). One's recovery pathway is highly personal and unique and may include a variety of different pathways aligned with the four major dimensions of recovery: Health, Home, Purpose, and Community.

## Health

Overcoming or managing one's disease(s) or symptoms, and making informed, healthy choices that support physical and emotional well-being.

### Medication Assisted Treatment (MAT)

Many diseases and disorders have medicinal options for treatment. Substance use is no different. **MAT** is a valid pathway to recovery for some and should not be discounted as trading one addictive substance for another. MAT can help people manage addiction to help maintain recovery.

### Physical and Emotional Wellness

**Fitness and nutrition** are essential factors to restoring physical and mental health. Physical exercise can be a method to compensate for stressors, aid in relaxation, improve sleep quality, and increase ability to handle stress. Proper nutrients and hydration give the body energy to help build and repair organ tissue, strengthen the immune system, and reduce the risk of relapse.

**Stress management and meditation** involve recognizing signs of stress, thus minimizing long-term consequences of chronic stress on the body. Some options for dealing with stress include relaxation techniques such as exercising, proper nutrition, yoga, and spirituality.

## Home

Having a stable and safe place to live.

**Recovery Housing** in Hancock County are designed to help those seeking recovery from a substance use disorder with the goals of rebuilding their lives and rejoining the community.

## Purpose

Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors, and the independence, income, and resources to participate in society.

**Creative Expressions** can help connect people in all stages of life or during recovery to that inner healing voice. Common methods of artistic expression include drama, dance, music, creative writing, visual arts, and photography.

In a crisis situation, please call the crisis hotline at **(888) 936-7116**. For additional information on local services, visit **HancockHelps.org**. Additional online resources may be found at these sites: [hazelden.org](http://hazelden.org), [samhsa.gov](http://samhsa.gov), [samhsa.gov/gains-center](http://samhsa.gov/gains-center), [recoveryanswers.org411](http://recoveryanswers.org411)

## Community

Having relationships and social networks that provide support, friendship, love, and hope.

### Anonymous Groups

**Alcoholics Anonymous (A.A.), Heroin Anonymous (H.A.), Cocaine Anonymous (C.A.), and Narcotics Anonymous (N.A.)** are non-profit fellowships of individuals that struggle with substance consumption and use strength, hope, and comradery to assist one another in seeking and maintaining abstinence. The only requirement for participating in each group is to have a desire to stop use of that particular substance. There are no fees or dues for members. A.A., H.A., and N.A. are not allied with any sect, demomination, political party, organization, or institution. These groups provide a recovery process and peer support networks that work together to fit your needs. Learn more at: [area53aa.org](http://area53aa.org), [heroinanonymus.org](http://heroinanonymus.org), [www.ca.org](http://www.ca.org), and [www.na.org](http://www.na.org)

### Other Groups and Tools

**Celebrate Recovery** offers people the opportunity to participate in a group fellowship where love and hope combine with seeking God's purpose for our lives at no charge. Engage in identifying feelings of HURT, recognizing HABITS, and combatting HANG-UPS. Learn more at: [www.celebraterecovery.org](http://www.celebraterecovery.org)

**Self-Management and Recovery Training (SMART)** is a global community of mutual-support groups. Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by the science-based 4-Point Program®. Learn more at: [www.smartrecovery.org](http://www.smartrecovery.org)

**Spirituality** can help connect us to a community, gives us a sense of purpose and groundedness, or help us feel humble as part of something greater. When we feel challenged, overwhelmed, or even excited about an upcoming new direction we're about to take, having a spiritual foundation may help find meaning and achieve overall wellness.

**Technology** can be a helpful recovery tool from mental illnesses or substance use. Mobile apps are currently available to connect you with a community, create a plan, log recovery time, and save money. Other tools can help manage habits, nutrition, sleep, overall wellness, and create a daily mood journal.

**our mission:**

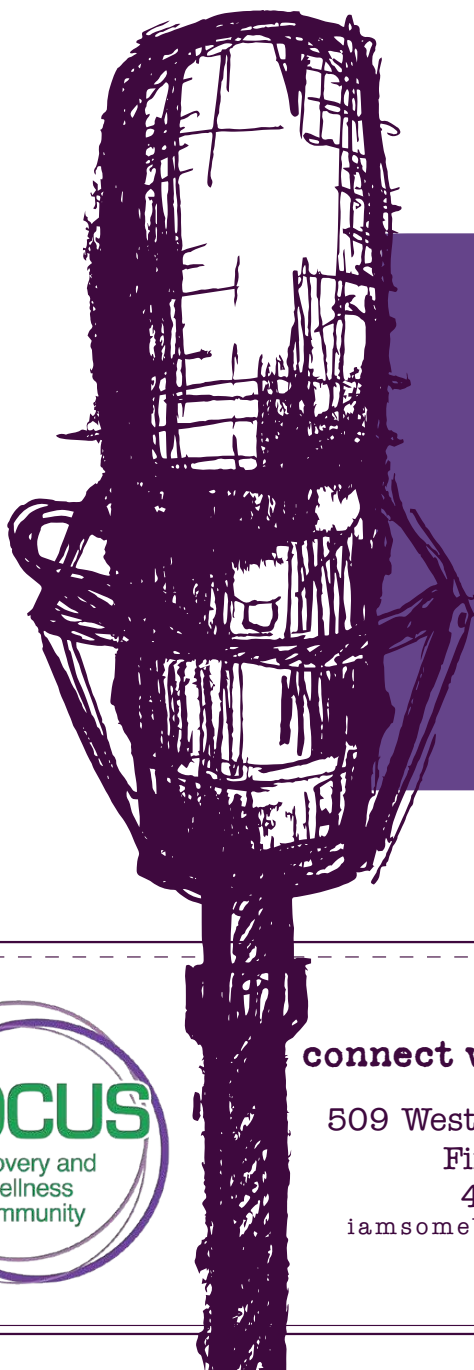
"i am somebody" is a podacast to aid in destigmatizing our communities societal standards & perception of prevention & recovery through the storytellers recovery journey.

zone:	judge free
location:	findlay, oh
podcast:	iamsomebody
the why:	you
USE YOUR VOICE	

# be a voice

in the "i am somebody" podcast

in partnership with:



topics of discussion:

mental health

substance use

trauma



connect with us today:

509 West Trenton Avenue  
Findlay, OH 45840  
419-423-5071  
iamsomebody@focusrwc.org







FOCUS supports individuals and families impacted by mental health, addiction and/or trauma related issues. We support people to find health, home, purpose, and community in their lives. FOCUS is here to provide support, resources, and connection as people discover and maintain their pathway to recovery and wellness.

## Mission

FOCUS provides a holistic community supporting purpose and wellness through recovery.

## Services

- Recovery Housing
- Connection to Recovery Options
- Self-Help Strategies
- Peer-Driven Support Groups
- Peer & Family Resource Connection
- Educational Classes
- Community & Social Support
- Advocacy & Civic Engagement
- Adult & Youth Services

## A Chance for Change

At any given moment, anyone has the ability to say, “This is not how my story is going to end.” Recovery is a unique and personal process. The support, hope, and encouragement that people receive at FOCUS is tailored to each person’s unique experiences, interests, and needs. FOCUS helps support people as they build lives of recovery.

## Community

There are roles for family, friends, and advocates at FOCUS. In addition to the support that people may need, there are opportunities to volunteer.

- Leading support groups & classes
- Event planning & fundraising
- Recovery Guide Program
- Maintenance & improvement projects



# The LOFT

A Program of FOCUS: Recovery and Wellness Community



## CREATING A CULTURE OF BELONGING

We welcome you to the LOFT! The LOFT is a program of FOCUS: Recovery and Wellness Community. The LOFT offers support to youth age 13-18 who have been impacted by mental health, substance use or trauma related issues. We aim to be a support to youth who identify that they could benefit from an environment where they can interact with peers from diverse backgrounds and similar life experiences.

Young people today face new and ever-changing challenges and the LOFT provides a space where they can navigate these challenges with a trusted adult support person. The Loft Lead and Loft Assistant both have lived experience, which helps them relate to the youth and the struggles they are facing. At the Loft we offer groups everyday and provide opportunities to connect with outside agencies such as Family Resource Center, NAMI, and Findlay Art League.

We operate largely off of the Thrive Framework that emphasizes the need for youths voices to be heard. Our efforts are aimed at helping the youth heal while working with them to help identify, uncover, and build on their strengths, and ultimately thrive. Doing so requires our staff to have intentional attention toward building and maintaining the protective and promotive factors that research indicates are associated with healthy adolescent development and well-being.

## Our Four Pillars:

**Home:** providing youth with knowledge, skills or crafts they can take with them when they leave.

---

**Health:** providing activities that encourage movement or mental health tips.

---

**Community:** activities we do as a group to promote conversations and togetherness.

---

**Purpose:** activities providing youth with a sense of purpose, defining who they are and what they wish to achieve.

---



Are you a person or family member in recovery who wants to volunteer?

# Become a Recovery Guide!

A Recovery Guide is a volunteer who supports and promotes recovery by helping people remove barriers and build recovery capital. Basically, Recovery Guides are people who want to help others find and maintain recovery. Recovery Guides share their knowledge, strength, and hope to help people find their own strengths and pathway to recovery.

## What does a Recovery Guide do?

A Recovery Guide may be matched one-on-one with a participant in the program and commits to spending at least one hour a week with that participant.

The Recovery Guide and the participant work together to help the participant begin or maintain their recovery.

Recovery Guides also volunteer at FOCUS to interact with peers, lead classes, teach skills, or just listen. They are present throughout the community, providing peer-based support to those who need it.

## Who can be a Recovery Guide? Volunteers can be:

- Individuals with personal lived experience in recovery from a mental health/  
substance use/trauma
- a family member of someone impacted by a mental health/  
substance use/trauma.

Recovery Guides are individuals who have sustained recovery for themselves or their family. Recovery Guides are required to complete an application and training to gain the skills and knowledge needed to be a Recovery Guide.

## Why should I volunteer as a Recovery Guide?

Volunteering has many positive benefits! As a Recovery Guide, you would have the opportunity to:

- Learn new skills
- Share your knowledge and experiences with others
- Network within the community
- Develop personal and professional skills
- Give back to the community
- Have a positive impact in Hancock County!

## How do I get involved?

For more information, or to apply to become a Recovery Guide, call or stop by FOCUS. If you'd like to volunteer but don't think being a Recovery Guide is right for you, contact us. There are a hundred ways you can volunteer. We'd love to meet you! FOCUS provides peer-led support and resources to help people improve their health and wellness, live a self-directed life, and sustain their recovery.



## Maternal Opiate Medical Support (MOMS)

A collaborative community team for the Maternal Opiate Medical Support (MOMS) program has been developed to support the health, safety and well-being of infants and the recovery of pregnant women with opioid use disorders. A family of professionals at Blanchard Valley Hospital (BVH) will establish an individualized support plan for each patient to ensure a safe and stable environment for mother and infant.

The coordination of care will take place between obstetric providers (OB), outpatient medication assisted treatment specialists, outpatient mental health providers, the BVH Labor and Delivery department and the BVH Special Care Nursery (SCN). Experienced OB and SCN staff deliver quality of care during and after pregnancy.

If not already established, staff members can link patients with an OB provider who has privileges to deliver at Blanchard Valley Hospital and a medication assisted treatment specialist.



Additionally, weekly MOMS meetings will provide education and resource information including:

- Learning how to have a healthy baby and pregnancy
- Enrolling in rewards programs
- Talking with healthcare professionals and tour maternity and special care nursery at BVH
- Smoking cessation
- Recognizing postpartum depression
- Getting ready for your baby's birth
- Learning how to provide the best care for your baby
- Accessing transportation assistance
- Finding the right resources in the community, such as baby supplies, food resources and more
- Obtaining education on Neonatal Abstinence Syndrome

*The MOMS program is a collaboration between Blanchard Valley Health System, United Way and The Community Foundation.*

**To refer a patient or have questions, please call the  
BVHS Clinical Navigator of the MOMS Program.**

**419.429.0170**



**1900 South Main Street | Findlay | [bvhealthsystem.org](http://bvhealthsystem.org)**

(Form 3435)



# NAMI Education & Support Programs


National Alliance on Mental Illness

HANCOCK COUNTY

306 N. Blanchard Street, Findlay, Ohio 45840

(567) 525-3435 [www.namihancockcounty.org](http://www.namihancockcounty.org)

Promoting mental health in Hancock County to build better lives through education, support, and advocacy.



**NAMI Peer-to-Peer** is a free, 8-session course designed to encourage growth, healing and recovery among participants. This education program focuses on learning about goals, building support, communicating with health professionals, identifying a personal vision, and so much more.

**NAMI Basics** is a free, 6-session education program for parents, guardians, and other family who provide care for youth who are experiencing symptoms of a mental health condition. You'll learn the facts about mental health conditions and how best to support your child at home, at school and when they're getting medical care, while learning the ropes of recovery.

**NAMI Connection Recovery Support Group** is a free and confidential support group for people living with a mental health condition. Connection Recovery Support Group is led by trained facilitators living in mental health recovery themselves. This group maintains a respectful, encouraging, and positive environment to promote support to those in attendance.

**NAMI In Our Own Voice** is a unique informational outreach program developed by NAMI that changes attitudes, assumptions, and ideas about people with mental health conditions. These free presentations provide a personal perspective of mental health conditions, as people with lived experience talk openly about what it's like to have a mental health condition.

**NAMI KidShop!** is a free, innovative, activity-based workshop for children in 3<sup>rd</sup> grade – 8<sup>th</sup> grade whose lives have been impacted by a mental health diagnosis. The sessions will teach kids about mental health and coping skills, while helping them form friendships with other kids living with similar experiences in a safe and supportive atmosphere.

**NAMI Family Support Group** is a free, confidential, and safe group of adult family members, partners, friends, and significant others of individuals living with mental health conditions. In this group families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom.

**YouthMOVE** is a monthly youth-led group devoted to improving services and systems to support youth inclusion, mental wellness, positive supports and healthy transition. YouthMOVE empowers youth to advocate for themselves and live healthy, meaningful lives. Provided in partnership with FOCUS and The Family Resource Center.

**NAMI Family-to-Family** is a free, 8-session education program for adult family members, partners, friends, and significant others of individuals living with a mental health condition. The course is designed to help all family members understand and support their loved one while maintaining their own well-being.

# Are you worried about a loved one's substance use?

Stressed out? Confused? Concerned?

Don't know how to help anymore or if you are helping at all?

Want to have conversations about recovery with your loved one, but don't know how to start them?

## Take a CRAFT Class.

Learn new techniques and solutions to help move your loved one towards recovery, build a healthier relationship, and improve your quality of life.

This class will focus on the Community Reinforcement Approach and Family Training (CRAFT) method created by Dr. Robert J. Meyers and outlined in the book *Getting Your Loved One Sober*. The class sessions are facilitated by local community members who were trained by Dr. Meyers.

There are six class sessions, held once a week, with a maximum of ten participants. Participants are encouraged to attend all six sessions, but it is not a requirement. The class is free of charge. Participants are encouraged to purchase the book *Getting Your Loved One Sober*.

There are also books that can be borrowed during the class.

To learn more about CRAFT, register for an upcoming class, or if you have interest in becoming a facilitator, contact FOCUS at 419-423-5071.







WELCOME  
TO A  
NEW LIFE

OFFERING A ROAD  
TO HOPE

**Our mission** is to provide mentorship and resources for adults who are involved in the Hancock County criminal justice system, helping them to achieve crime-free, drug-free, productive lives.

### We Provide:

Extra **support**, help and connection to **resources** in your new life journey.

**Assistance** and accountability with your development plan to re-enter society.

**Positive examples** and **guidance** on how to live a productive life.

**Encouragement** and **Hope** to stay focused on the right path.

LEARN MORE:

(419) 455-6082  
director@welcometoanewlife.org  
www.welcometoanewlife.org



**Our mission is to empower our diverse community to lead healthy, successful lives through focused resources, inclusive activities, and a vibrant supportive network serving Findlay and the surrounding communities.**

### **Findlay Pride**

Pride weekend is the first weekend in June and kicks off Pride Month in Findlay and Hancock County. This event aims to provide opportunities for visibility and inclusivity as well as celebrate our community's diversity, progress and history of activism.



### **Social and Support Programming**

Monthly support groups for Youth, Adults, and Allies allow inclusive spaces for peer guidance and support. All groups run on Wednesday evenings starting at 7pm. We also run a monthly book club and various socials, we are always looking for new social programming ideas. The aim of our programming is to provide high-quality services that are responsive to the needs of the LGBTQ+ community.

### **Education and Advocacy**

We focus on building allyship through diversity and inclusion education offerings. Opening up spaces for challenging conversations around discrimination and advocacy allows opportunities for growth. The aim of our education and advocacy work is to improve tolerance and respect in the community.



Web: [www.spectrumoffindlaylgbt.org](http://www.spectrumoffindlaylgbt.org)  
Email: [contact@spectrumoffindlaylgbt.org](mailto:contact@spectrumoffindlaylgbt.org)

Find us on <https://www.facebook.com/lgbtqSpectrumofFindlay>



## **DAWN: Deaths Avoided With Naloxone**

A community-based drug overdose education and naloxone distribution program.

Naloxone (also known as Narcan) is a medication that can reverse an overdose caused by an opioid drug (heroin or prescription pain medications). When administered during an overdose, Naloxone blocks the effects of opioids on the brain and quickly restores breathing temporarily until medical help arrives.

## **How do I get a Project DAWN Kit?**

**Step 1: Watch the “Naloxone Project DAWN training video” on YouTube. Scan the QR code at right to watch.**



**Step 2: Contact Hancock Public Health to answer a few simple questions and arrange a safe pick up or delivery of your kit.**

- Call Hancock Public Health • 419-424-7420
- Email Gary Bright • [gbright@hancockph.com](mailto:gbright@hancockph.com)
- Email Jamie Decker • [jdecker@hancockph.com](mailto:jdecker@hancockph.com)
- Email Sharona Bishop • [sbishop@hancockph.com](mailto:sbishop@hancockph.com)
- Email Brittney Nye • [bnye@hancockph.com](mailto:bnye@hancockph.com)

**The Project DAWN Kit includes:**

- 2 - 4mg doses of Narcan Nasal Spray

**Project DAWN kits are free.**

**To receive a free kit by mail, visit Harm Reduction Ohio’s web-page: [naloxoneforall.org/hro](http://naloxoneforall.org/hro)**





#### HARM REDUCTION INFORMATION:

*The purpose of harm reduction is to save lives, improve the quality of life of people who use drugs, and improve the overall health and safety of the community.*

Promoting public health and safety through **FREE, non-judgmental and anonymous** syringe services

## SERVICES

- New syringes & clean works
- Referral to Services
- HEP C & HIV Testing
- Vaccinations
- 8mg Narcan Nasal Spray
- Fentanyl test strips
- Free sharps containers
- Safer Sex supplies

## SAFER USE TIPS

- Always Carry Narcan
- Don't Use Alone
- Test your supplies if possible/if not, start with a lower dose
- Don't Mix Drugs
- Use Clean Supplies

#### To learn more, text, call, or email:

Jamie Decker 567-250-1109, [jdecker@hancockph.com](mailto:jdecker@hancockph.com)

Sharona Bishop 440-753-8540, [sbishop@hancockph.com](mailto:sbishop@hancockph.com)

Brittney Nye 567-250-5199, [bnye@hancockph.com](mailto:bnye@hancockph.com)

Gary Bright 419-581-9055, [gbright@hancockph.com](mailto:gbright@hancockph.com)

#### Hancock Public Health

2225 Keith Parkway, Findlay, OH 45840 • Wednesdays 3-5pm & by appointment



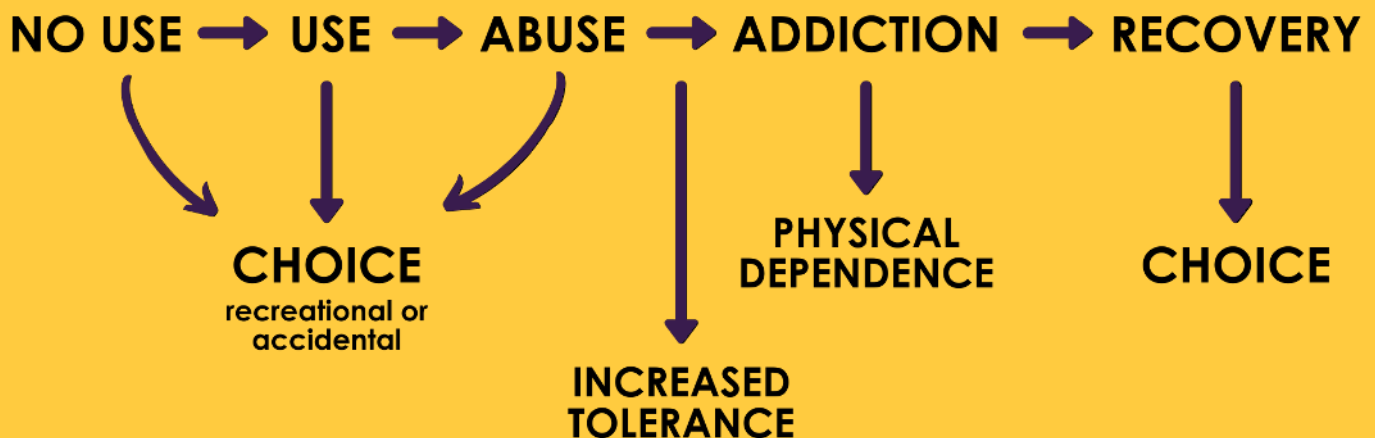
# ADDICTION & RECOVERY

## WHAT IS ADDICTION?

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases. - ASAM, 2019

**ADDICTION REFLECTS THE HIGHEST LEVEL OF PROGRESSION OF A SUBSTANCE USE DISORDER.**



## WHAT IS RECOVERY?

Recovery is a process of change that permits an individual to make healthy choices and improve the quality of their life.

- There are many pathways to recovery. Individuals are unique with specific needs, strengths, goals, health attitudes, behaviors and expectations for recovery.
- Pathways to recovery are highly personal, and generally involve a redefinition of identity in the face of crisis or a process of progressive change.
- Furthermore, pathways are often social, grounded in cultural beliefs or traditions, and involve informal community resources, which provide support for sobriety.

# LANGUAGE MATTERS

**Language is powerful** – especially when talking about addictions. Stigmatizing language perpetuates negative perceptions. Person-first language focuses on the person, not the disorder. When discussing addictions...

## SAY THIS . . .

**person with a substance use disorder** . . . . .  
**person living in recovery** . . . . .  
**person living with an addiction** . . . . .  
**person arrested for drug violations** . . . . .  
**chooses not to at this point** . . . . .  
**medication is a treatment tool** . . . . .  
**had a set back** . . . . .  
**maintained recovery** . . . . .  
**positive drug screen** . . . . .

## . . . INSTEAD OF THIS

addict, junkie, druggie  
ex-addict  
battling/suffering from an addiction  
drug offender  
non-compliant/bombed out  
medication is a crutch  
relapsed  
stayed clean  
dirty drug screen

## HOW TO SUPPORT SOMEONE IN RECOVERY

- **Don't judge.** Many people in recovery feel judged by their family and friends. Accept them for who they are and refrain from criticism and negativity.
- **Be patient.** Recovery can be a long, complicated process. People often have set-backs. It's important for them to know that you support them when things get tough.
- **Reinforce that recovery is possible.** Like other chronic diseases, people can manage addictions successfully.
- **Actively listen.** Take notice of your loved one's victories and struggles.
- **Encourage healthy habits.** Cooking, exercising and playing games are all positive, substance-free activities you can do with a person in recovery.
- **Suggest a support group.** Support groups allow people in recovery to interact with and receive encouragement from others who struggle with addiction.
- **Continue to offer encouragement and support.** Emphasize that it takes a lot of courage to get help for an addiction.
- **Take care of yourself.** Take time to participate in activities you enjoy. Spend time with others, or consider joining a support group for friends and families of people with addictions.

## TIPS FOR TALKING WITH A LOVED ONE ABOUT THEIR SUBSTANCE USE

- Treat the person with respect and dignity.
- Talk with them in a quiet, private place when both of you are sober and calm.
- Try to understand the person's own perception of their substance use. Ask if they believe their substance use is a problem.
- Consider the person's readiness to talk about their substance use.
- Do not force the person to admit they have a problem.
- Express your point of view by using "I" statements, like *"I have noticed..."* or *"I am concerned..."*
- Identify and discuss their behavior rather than criticize their character.
- Let the person know that you are concerned and willing to help.
- Listen without judging the person as bad/immoral.
- Do not label or accuse the person of being an "addict."
- Have realistic expectations for the person – learning to manage a brain disease takes time.

**NATIONAL COUNCIL**  
**FOR BEHAVIORAL HEALTH**  
STATE ASSOCIATIONS OF ADDICTION SERVICES  
*Stronger Together.*

# MEDICATION COLLECTION LOCATIONS

**Hancock County Sheriff's Office**  
200 West Crawford St. - Findlay





**Findlay Police Department**  
Findlay Municipal Building - Dorney Plaza Findlay

**ProMedica Fostoria Community Hospital**  
501 Van Buren St. - Fostoria Main Entrance

**Check with your local pharmacy for additional disposal sites.**

**HANCOCK COUNTY COMMUNITY COALITION ON ADDICTION**  
For more information call 419-424-1985

## Hancock County Transportation Services

<i>Provider</i>	<i>Services</i>	<i>Contact</i>	<i>Hours</i>
	Scheduled and on demand public transportation service. Fares are \$2 in city, \$4-6 within the county, depending on zone. Elderly and disabled discounts available.	<a href="tel:419-423-7261">419-423-7261</a> <a href="https://facebook.com/HHWPRides">facebook.com/HHWPRides</a>	Mon-Fri 7:15 a.m.-9:45 p.m.
<b>U.S.A Cab</b>	Local taxi service for all individuals. \$12 fare one way	<a href="tel:419-615-8879">419-615-8879</a> <a href="http://usacabco.com">usacabco.com</a>	24/7
<b>T&amp;H - Lift</b>	Local taxi service for all individuals. \$12 fare one way in city; destinations in county based on mileage.	<a href="tel:419-314-1550">419-314-1550</a> <a href="http://t-h-lift-llc.business.site">t-h-lift-llc.business.site</a>	Daily 6 a.m.-midnight
<b>FIND-A-RIDE</b>	Transportation solutions for clients age 60-plus or those with disabilities	<a href="tel:1-800-653-7723">1-800-653-7723</a> <a href="http://aaa3.org/transportation">aaa3.org/transportation</a>	Mon-Fri. 8 a.m.-4:30 p.m.
	Free transportation services provided to county veterans for medical appointments	<a href="tel:419-424-7408">419-424-7408</a> <a href="http://hancockveterans.com">hancockveterans.com</a>	Mon-Fri 8:30 a.m.-4:30 p.m.
	Client-based transportation to appointments for those who qualify	<a href="tel:419-429-8032">419-429-8032</a> <a href="http://hancockjfs.org">hancockjfs.org</a>	Mon-Fri 8 a.m.-4:30 p.m.
	Client-based transportation for adult day support, vocational habilitation and workplace transportation.	<a href="tel:567-208-3323">567-208-3323</a> <a href="http://kandugroup.org/transportation/">kandugroup.org/transportation/</a>	Mon-Fri 8 a.m.-4:30 p.m.

# Ohio Medicaid

---

Ohio Medicaid improves the health of Ohioans and strengthens families through quality care.

## Ohio Medicaid covers:

- low-income individuals
- pregnant women, infants, and children
- older adults
- individuals with disabilities

## Ohio Medicaid benefits include:

- preventive care
- medically necessary services
- behavioral health services
- alcohol & drug addiction treatment
- prescription medications and more

# Ohio Benefits

---

Applying for healthcare online at [Benefits.Ohio.Gov](https://Benefits.Ohio.Gov) saves you time and starts you on the path to a better life. The Ohio Benefits portal will also connect you to other services you might need:

- employment opportunities
- unemployment services
- food and cash assistance
- support for pregnant women and infants
- child care
- energy assistance

---

## Apply for healthcare:

- online at [Benefits.Ohio.Gov](https://Benefits.Ohio.Gov),
- by phone at (800) 324-8680, or
- in-person at your County Department of Job and Family Services.  
Find your local office at [JFS.Ohio.Gov/County](https://JFS.Ohio.Gov/County).

Call the Medicaid Consumer Hotline at (800) 324-8680 for help completing an application or other questions. Additional information is available at [Medicaid.Ohio.Gov](https://Medicaid.Ohio.Gov).



Department of  
Medicaid

NOTES

Lined writing area consisting of 20 horizontal lines.

# HANCOCK COUNTY COMMUNITY COALITION ON ADDICTION

## **Mission:**

**A coalition dedicated to addressing the impact of substance use on our community.**

## **Vision:**

**Health, prevention, recovery, and support for all.**

## **Values:**

- **Every life is valued.**
- **Every member of the community is vital to the work of the coalition.**

## **Guiding Principles**

- **Support people with substance use disorder and their loved ones.**
- **Support accessibility and reduce barriers to services.**
- **Implement the best prevention strategies that impact people with the highest risk.**
- **Reduce stigma.**



hancock county  
community coalition  
on addiction

# IN CASE OF EMERGENCY, DIAL 911

Suicide & Crisis Lifeline .....	988
Blanchard Valley Hospital .....	419-423-4500
Family Resource Center .....	419-425-5050
Findlay Fire Dept .....	419-424-7129
Findlay Police Dept .....	419-424-7150
Hancock County Sheriff's Dept .....	419-424-7097
NAMI Hancock County .....	567-525-3435
NAMI Hotline .....	800-950-6264
National Suicide Prevention Hotline .....	800-273-8255
Open Arms Domestic Violence & Rape Crisis Services	419-422-4766
Substance Abuse & Mental Health (SAMHSA) .....	800-662-4357

For the most current listing of local resources and support groups, visit [hancockhelps.org](http://hancockhelps.org)



**If you're in recovery from substance use, including alcohol, it is important to stay connected to those who support you.**

*One way to ensure 24/7 peer support is with the Connections app through CHES Health.*

*The app is free through a partnership with Hancock ADAMHS.*

*Sign on to the app by scanning the QR code. It's free!*

