

Treatment and Recovery Resource Packet

Recovery Helpline: Dial 211

- Listing of Substance Use Disorder Treatment Providers
- Naloxone Information
- Listing of Recovery Services and Support Groups
- Addiction and Recovery Information
- Ohio Medicaid Information
- Focus on Friends Information
- Recovery Guide Information
- You're Not Alone Support Group Information
- Low Tolerance – High Risk Information

CRISIS HOTLINE: 1-888-936-7116



419-424-1985

www.yourpathtohealth.org

No. 1: May 2016

This document will be reviewed on a periodic basis for accuracy.

**If any information provided in this document is incorrect or has changed,
please contact ADAMHS.**

419-424-1985

adamhs@yourpathtohealth.org

An electronic version of this document is available at

www.yourpathtohealth.org.

Hancock County Coroner
Dr. Mark Fox
200 W. Pearl St.
Findlay, OH 45840
419-424-0380

Dear Friend,

Please accept my best wishes and prayers as you enter this new phase of your life. I wish you success and happiness in your Recovery.

I am also writing to let you know about the alarming increase in opiate and heroin overdoses in Hancock County. We know of too many stories of a person who overdoses after a period of “clean” time away from opiates or heroin. This may happen after incarceration or following a short time at a treatment center. Under these circumstances, people lose their tolerance and cannot safely use the dosages they could prior to incarceration or treatment.

It would be best if heroin users never relapsed. Let’s make one thing very clear – there is no “safe dose” of opiates or heroin – and the only way to completely avoid an overdose is to not use at all. If a person does return to using, they may die if they try to resume using the same dose they last used. Some things shown to reduce deaths from opiate and heroin overdose when a person relapses include:

- Not using alone, but instead having other people around in case problems occur.
- Using smaller doses than the dose used before getting “clean.”

Furthermore, any use in combination with any other drug or alcohol greatly increases your risk of a fatal overdose.

If you have any questions about this packet, suggestions for additional information to include, please contact any of organizations at the bottom of the page. We are all hoping for the best for you!

Sincerely,

Dr. Mark Fox,
Hancock County Coroner



Hancock Public Health
1644 Tiffin Ave.
Findlay, OH 45840
419-424-7105
www.hancockpublichealth.com



Focus on Friends
Peer Recovery Center
509 W. Trenton Ave.
Findlay, OH 45840
419-423-5071
www.focusonfriends1.com



Hancock County Alcohol, Drug Addiction and Mental Health Services
Opiate Task Force
438 Carnahan Ave.
Findlay, OH 45840
419-424-1985
www.yourpahtohealth.org



Substance Use Disorder & Mental Health Treatment Providers

The following is a partial list of substance abuse and mental health treatment facilities in Northwest Ohio.

The list is not intended as a reference tool rather than an endorsement.

<p>Century Health, 419-425-5050 1918 N. Main St., Findlay, OH 45840 www.centuryhealth.net</p> <p><u>Services:</u> A, Y, F, SUD, MH, O, R, CS, MAT, ST, VT</p> <p><u>Payment Options:</u> Private insurance, Medicaid, Medicare, sliding scale, self-pay, flexible payment options</p>	<p>Family Resource Center, 419-422-8616 1941 Carlin St., Findlay, OH 45840 www.frcohio.com</p> <p><u>Locations in:</u> Allen, Auglaize, Hancock, Hardin & Shelby Counties</p> <p><u>Services:</u> Y, F, SUD, MH, O, CS</p> <p><u>Payment Options:</u> Private insurance, Medicaid, sliding scale, self-pay</p>
<p>Anhedonia, 419-422-7767 222 Center St., Findlay, OH</p> <p><u>Services:</u> A, SUD, MH, O, ST</p> <p><u>Payment Options:</u> Private insurance, Medicaid, self-pay</p>	<p>A Renewed Mind, (419) 422-7800 1624 Tiffin Ave., Suite D, Findlay, OH 45840 www.arenewedmindservices.org</p> <p><u>Locations in:</u> Findlay, Perrysburg, Toledo</p> <p><u>Services:</u> A, Y, F, SUD, MH, I, O, R (Y only), MAT, ST, VT</p> <p><u>Payment Options:</u> Aetna, FrontPath, HealthSCOPE, Medical Mutual of Ohio, Medicaid, Medicare, TRICARE®, self-pay</p>
<p>Arrowhead Behavioral Health, 419-891-9333 1725 Timber Line Rd., Maumee, OH 43537 www.arrowheadbehavioral.com</p> <p><u>Services:</u> A, F, SUD, MH, I, O, R, ST</p> <p><u>Payment Options:</u> Private insurance, Medicare, TRICARE®, HMO, PPO, managed care plans</p>	<p>Behavioral Connections, 419-352-5387 1010 N. Prospect, Bowling Green, OH 43402 www.behavioralconnections.org</p> <p><u>Services:</u> A, W, PW, SUD, MH, O, R, MAT, ST</p> <p><u>Payment Options:</u> Private insurance, Medicaid, self-pay</p>
<p>COMPASS, 419-241-8827 2465 Collingwood Blvd., Toledo, OH 43610 www.ccrscompass.org</p> <p><u>Services:</u> A, F, SUD, MH, O, R, CS, MAT, ST</p> <p><u>Payment Options:</u> Private insurance, Medicaid, sliding scale, self-pay</p>	<p>Coleman Professional Services, 419-229-2222 799 Main St., Lima, Ohio 45804 www.coleman-bh.com</p> <p><u>Locations in:</u> Allen, Auglaize, Hardin, Portage, Stark, Summit, Trumbull Counties</p> <p><u>Services:</u> A, Y, F, SUD, MH, O, R, CS</p> <p><u>Payment Options:</u> Private insurance, Medicaid</p>

Codes for services:

A – Adult; **Y** – Youth; **F** – Family; **FR** – Family Reunification; **W** – Women; **PW** – Pregnant Women; **SUD** – Substance Use Disorder; **MH** – Mental Health; **I** – Inpatient; **O** – Outpatient; **R** – Residential; **CS** – Community Support; **MAT** – Medication Assisted Treatment; **ST** – Suboxone Treatment; **MT** – Methadone Treatment; **VT** – Vivitrol Treatment

<p>Harbor, 419-475-4449 4334 Secor Rd., Toledo, OH 43623 www.harbor.org</p> <p><u>Services:</u> A, Y, F, SUD, MH, O, CS</p> <p><u>Payment Options:</u> Private insurance, Medicaid, self-pay</p>	<p>Health Partners of Western Ohio, 877-516-4149 329 N. West St., 2nd Floor, Lima, OH 45801 www.hpwohio.org</p> <p><u>Locations in:</u> Allen, Clark, Defiance, Hardin, and Williams Counties</p> <p><u>Services:</u> A, Y, SUD, MH, O, MAT (Hardin Co. only)</p> <p><u>Payment Options:</u> Private insurance, Medicaid, sliding scale, self-pay</p>
<p>Lutheran Social Services, 419-422-7917 1701 Tiffin Ave., Findlay, OH 45840 www.lssnwo.org</p> <p><u>Locations in:</u> 24 counties in Northwestern Ohio</p> <p><u>Services:</u> A, F, SUD, MH, O, CS</p> <p><u>Payment Options:</u> Private insurance, Medicaid, Medicare, TRICARE®, self-pay</p>	<p>Pathways Counseling Center, 419-523-4300 835 N. Locust St., Ottawa, OH 45875 www.pathwaysputnam.org</p> <p><u>Services:</u> A, Y, F, SUD, MH, O, CS</p> <p><u>Payment Options:</u> Private insurance, Medicaid, Medicare, and Medicaid, sliding scale</p>
<p>Phoenix Project, 419-222-4474 Lima UMADAOP 608 W. High St., Lima, OH www.limaumadaop.com</p> <p><u>Services:</u> A, F, FR, W, PW, SUD, R, CS</p>	<p>ProMedica Physicians Behavioral Health, 419.424.2011 (Formerly Center for Mental Health and Wellbeing) 1100 E. Main Cross, Suite 203, Findlay, OH 45840 www.memorialhcs.org/health-well-being-center</p> <p><u>Locations:</u> Findlay, Fremont</p> <p><u>Services:</u> A,Y, F, MH</p> <p><u>Payment Options:</u> Private insurance, Medicaid, Medicare, self-pay</p>
<p>Psychiatric Center of Northwest Ohio, 419-429-6480 300 W. Wallace St., Suite B4, Findlay, OH 45840 www.blanchardvalleymedicalpractices.org</p> <p><u>Services:</u> A, Y, F, MH, O</p>	<p>St. Rita's Medical Center, 419-996-5517, 800-232-7762 730 W. Market St., Lima, OH 45801 www.ehealthconnection.com</p> <p><u>Services:</u> A, SUD, MH, I, O</p> <p><u>Payment Options:</u> Private insurance, Medicaid, Medicare</p>

Codes for services:

A – Adult; **Y** – Youth; **F** – Family; **FR** – Family Reunification; **W** – Women; **PW** – Pregnant Women; **SUD** – Substance Use Disorder; **MH** – Mental Health; **I** – Inpatient; **O** – Outpatient; **R** – Residential; **CS** – Community Support; **MAT** – Medication Assisted Treatment; **ST** – Suboxone Treatment; **MT** – Methadone Treatment; **VT** – Vivitrol Treatment

Emergency first aid for a suspected opioid overdose:

If a person is exhibiting symptoms of an opioid overdose, these following life-saving measures should be taken immediately:

- 1) Check to see if they can respond.**
 - Give them a light shake, yell their name. Any response?
 - If you don't get a response, try a sternum rub (rub your knuckles in the middle of their chest where the ribs meet, for 10 seconds).
- 2) Call 9-1-1.**

You do not need to mention drug use when you call. Provide the following basic information:

 - Give address and location.
 - Say, "I have a person who has stopped breathing and is unresponsive."
- 3) Perform Rescue Breathing (or perform CPR if known)**
 - Make sure nothing is in their mouth.
 - Tilt head back, lift chin, and pinch nose.
 - Start by giving two breaths, making sure the chest rises.
 - If the chest does not rise, tilt the head back more and make sure you are plugging their nose.
- 4) Give Naloxone.**
 - Assemble the nasal spray Naloxone kit.
 - Spray half (1 ml) up one nostril, half (1ml) up the other nostril.
 - Continue rescue breathing, one breath every five seconds, while waiting for the Naloxone to take effect.
 - Give a second dose of Naloxone if there is no response in two-five minutes.
- 5) After Naloxone.**
 - Continue to monitor their respirations and perform rescue breathing if respirations are below ten breaths per minute.
 - Stay with them until help arrives. The Naloxone may wear off and the victim could start to overdose again.

Hancock Public Health
1644 Tiffin Avenue, Suite A
Findlay, Ohio 45840
419-424-7105



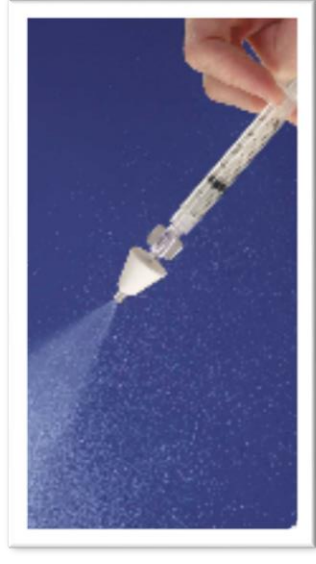
Hancock County
Alcohol Drug Addiction
and Mental Health Services
438 Carnahan Avenue
Findlay, Ohio 45840
419-424-1985
www.yourpathtohealth.org



Hancock County
Opiate Task Force
438 Carnahan Avenue
Findlay, Ohio 45840
419-424-1985
www.yourpathtohealth.org



What is Naloxone?



Where Can I Obtain Naloxone?

- **Hancock Public Health**
- **Kroger Pharmacies**
- **CVS Pharmacies**
- **Walgreens Pharmacies**

What is in a Naloxone Kit?

- **Two doses of Naloxone**
- **Nasal Atomizer**
- **Educational DVD**
- **Educational Brochure**

What is Naloxone?

Naloxone (also known as Narcan) is a medication that can reverse an overdose that is caused by an opioid drug. When administered during an overdose, Naloxone blocks the effects of opioids on the brain and restores breathing within two to eight minutes.

Naloxone has been used safely by emergency medical professionals for more than forty years and has only one function: to reverse the effects of opioids on the brain and respiratory system in order to prevent death. Naloxone has no potential for abuse.

If Naloxone is given to a person who is not experiencing an opioid overdose, it is harmless. If naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Withdrawal, although uncomfortable, is not life-threatening.

Naloxone *does not* reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol.

NALOXONE KITS ARE AVAILABLE AT:

HANCOCK PUBLIC HEALTH

1644 Tiffin Ave.

Suite A

Findlay, Ohio 45840

419-424-7105

There is **NO** charge to receive a Naloxone kit at Hancock Public Health

What are common opioids?

Opioids include both heroin and prescription pain medications. Some common opioid pain medications include: hydrocodone (**Lorcet** and **Vicodin**), oxycodone (**Percocet**), long acting opioids (**Oxycontin**, **MS Contin**, **Methadone**), and patches (**Fentanyl**). Other brand name opioid pain medications include **Opana ER**, **Avinza** and **Kadian**.

How do I know if someone is overdosing?

A person who is experiencing an overdose may have the following symptoms:

- Breathing is slow and shallow (less than ten breaths per minute) or has stopped.
- Vomiting.
- Face is pale and clammy.
- Blue or grayish lips and fingernails.
- Slow, erratic, or no pulse.
- Choking or loud snoring noises.
- Will not respond to shaking or sternum rub.
- Skin may turn gray, blue, or ashen.

An overdose is a medical emergency!
Call 9-1-1 immediately and begin first aid.

What are the risk factors for an opioid overdose?

Mixing Drugs

Many overdoses occur when people mix heroin or prescription opioids with alcohol, benzodiazepines, or anti-depressants. Alcohol and benzodiazepines (such as Xanax, Klonopin and Valium) are particularly dangerous because, like opioids, these substances impact an individual's ability to breathe.

Lowered Tolerance

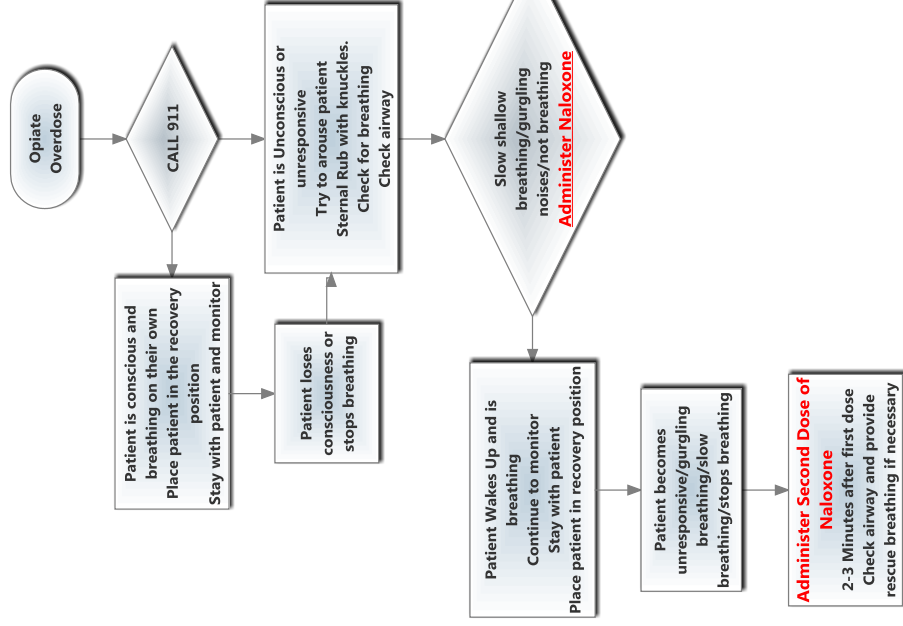
Tolerance is your body's ability to process a drug. Tolerance changes over time so that you may need more of a drug to feel its effects. However, tolerance can decrease rapidly when someone has taken a break from using a substance whether intentionally (in treatment) or unintentionally (in jail or the hospital). Taking opioids after a period of not using can increase the risk of a fatal overdose.

Health Problems

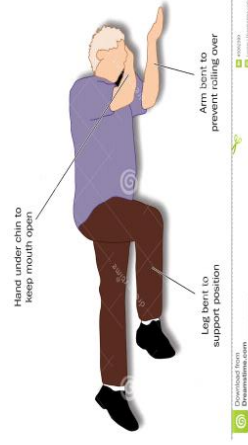
Your physical health impacts your body's ability to manage opioids. Since opioids can impair your ability to breathe, if you have asthma or other breathing problems you are at higher risk for an overdose. Individuals with liver or kidney disease or dysfunction, heart disease or HIV/AIDS are also at an increased risk of an overdose.

Previous Overdose

A person who has experienced a nonfatal overdose in the past, has an increased risk of a fatal overdose in the future.



Recovery Position



Call 911
Naloxone
Breaths
Recovery Position

THINGS TO REMEMBER

Stay calm

Stay with the patient

If you must leave the patient place them in the recovery position

Multiple Drugs May Be Involved

Overdoses may happen very quickly or over 1-3 hours

Wake patient up if you hear unfamiliar snoring or gurgling noises

Talk to the patient, if you know their name use it when talking to them, let the patient know what you are doing

Keep the patient warm

THINGS NOT TO DO

DON'T put the person into a cold bath or shower. This increases the risk of falling, drowning or going into shock.

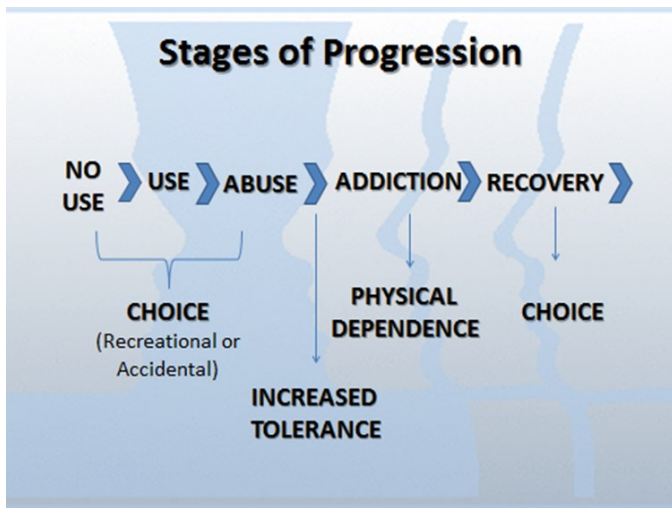
DON'T inject the person with any substance (saltwater, milk, "speed," heroin, etc.). The only safe and appropriate treatment is naloxone.

DON'T try to make the person vomit drugs that he or she may have swallowed. Choking or inhaling vomit into the lungs can cause a fatal injury.

Addiction and Recovery

What is Addiction?

Addiction reflects the highest level of progression of a substance use disorder.



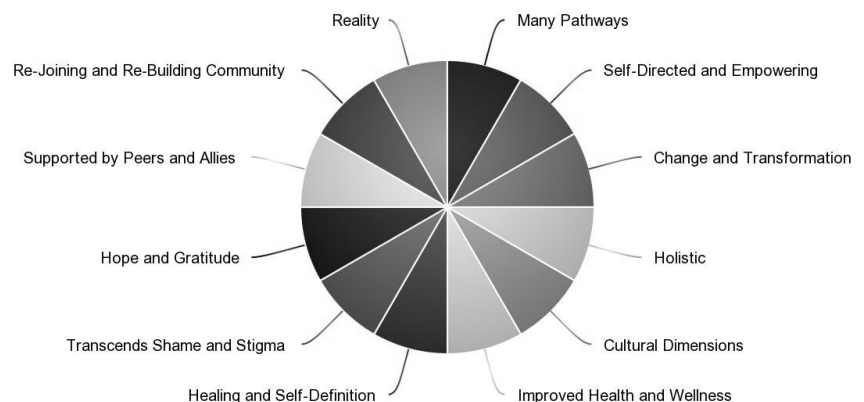
- ◇ Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.
- ◇ It is considered a brain disease because substances change the brain's structure and how it works.
- ◇ Brain changes caused by substance use can be long lasting and can lead to many harmful, often self-destructive, behaviors.
- ◇ Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response.
- ◇ Like other chronic diseases, addiction involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature

What is Recovery?

Recovery is a process of change that permits an individual to make healthy choices and improve the quality of his or her 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.

Twelve Principles of Recovery



For additional resources, please visit
www.yourpathtohealth.org
or call 419-424-1985.

PATHWAYS TO RECOVERY

Alcoholics Anonymous

Alcoholics Anonymous is an international fellowship of men and women who share their experience, strength and hope with each other in order to solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; they are self-supporting through their own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety and maintain recovery.

Resources: For more information and scheduled meetings in Findlay, Ohio contact Area 55 Alcoholics Anonymous at (419) 423-6273, or visit the local website at area55aa.org

Narcotics Anonymous

Narcotics Anonymous (N.A.) is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. N.A. groups meet regularly to help each other stay clean. N.A. is not interested in what or how much you used, but only in what you want to do about your problem and how N.A. can help. Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used. N.A. provides a recovery process and peer support network that are linked together. No fees or dues required, only the desire to stop using.

Resources: For more information and where you can attend meetings call the Ohio Regional Help Line: **800-587-4232**. You can also visit the local area website: naohio.org or the national website na.org

Creative Expressions

Creative expressions can help connect people, at all stages of life or their recovery, to that inner healing voice. Creativity can be explored through a variety of artistic disciplines. Commonly identified methods include drama, dance, music, creative writing and the visual arts, including photography. All these activities engage the participant/artist in a process that uses a holistic health framework to access physical, mental, spiritual and social well-being. The benefits of creative expression do not end at any particular age, opportunity to be artistic as they move into adulthood. It can be utilized to express thoughts and feelings that are too big or too difficult to put into words.

Resources: To learn more about different classes offered contact Focus on Friends Recovery Center (Free of charge): (419) 423-5071. Or stop in at **509 Trenton Avenue** Findlay, Ohio. You can also contact the Arts Partnership (Charges may apply): (419) 422-4624 or visit their website: artspartnership.com

Heroin Anonymous

Heroin Anonymous (H.A.) is a non-profit fellowship of men and women who have found a solution to heroin addiction. HA is a fellowship of complete abstinence from all drugs and alcohol. The only requirement for membership is a desire to stop suffering from heroin addiction no fees or dues required. H.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy and neither endorses nor opposes any causes. The primary purpose of H.A. is to stay sober and help other heroin addicts to achieve sobriety and maintain recovery.

Resources: For more information and scheduled meetings contact the Ohio help-line: **1-888-699-7556**, or visit the website: heroinanonymous.org

Celebrate Recovery

Celebrate Recovery offers people the opportunity to participate in a group fellowship where love and hope are combined with seeking God's purpose for our lives without charge. The feeling of being HURT is an emotional reaction to another person's behavior or to a disturbing situation such as abuse, abandonment, codependency, divorce or other relationship issue. A HABIT is an addiction to someone or something. Examples include alcohol, drugs, food, gambling, shopping, and smoking to name a few. HANG-UPS are negative mental attitudes that are used to cope with people of adversity. Some examples include anger, depression, fear and unforgiveness.

Resources: To learn more about celebrate recovery contact your local CedarCreek.tv located at 1800 Tiffin Ave. in the back of the Findlay village mall you can also email celebraterecovery@cedarcreek.tv or visit the website: CelebrateRecovery.com

SMART Recovery

SMART Recovery is a self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups. SMART Recovery's 4-Point Program® helps people recovery from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, gambling addiction, and addiction to other substances and activities. SMART Recovery believes that each individual finds his own path to recovery. For some participants, that path may include 12-step programs, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), or other self-empowering groups. Although the SMART Recovery approach differs from each of these approaches in various ways, it does not necessarily exclude them.

Resources: To learn more about SMART Recovery and meeting information contact Focus on Friends 509 Trenton Ave or call (419) 423-5071. You can also visit yourpathtohealth.org or smartrecovery.org

In a crisis situation please call the crisis hotline at (888) 936-7116

For additional information on services, dial 211. Additional online resources may be found at the following websites:

hazelden.org, samhsa.gov, samhsa.gov/gains-center, recoveryanswers.org

Focus on Friends

509 Trenton Ave. Findlay, Ohio 45840 • (419) 423-5071 • <http://www.focusonfriends1.com>

Emotional Recovery/Wellness

One of the most common motives for turning to alcohol or drugs is an inability to deal with emotions. **Emotional Wellness** implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations. When people give up alcohol or drugs they will become physically sober. This ending of the addiction is always positive step, but it may not be enough to ensure happiness in sobriety. This is because the individual will still be expected to deal with their emotions and now they will not have a chemical crutch. By making a determined effort to develop in recovery the individual is able to become emotionally sober. This can take years to accomplish but it will lead to greater happiness in life.

Resources: To get help with emotions contact Century Health at: **(419) 425-5050**. (Charges based on income) You can also go to Emotions Anonymous meetings for free at eachat.webs.com or Stepchat.com

Exercise

Exercise can be one method to compensate for stressors. Physical exercise not only promotes overall fitness, but it helps you to manage emotional stress and tension as well. Exercise can also aid in relaxation and improve sleep. For one thing, exercise can emotionally remove one temporarily from a stressful environment or situation. Being fit and healthy also increases your ability to deal with stress as it arises.

Resources: The YMCA which also offers financial assistance for memberships to those who qualify to learn more call: **(419) 422-4424** or visit findlayymca.org. Local gyms: Anytime fitness open 24hrs **(419) 425-4269** or visit anytimefitness.com Planet Fitness open 24hrs and low membership fees **(419) 422-3000** or visit planetfitness.com/gyms/findlay. Balanced Body Fitness located at 124 West Front St. **(419) 306-1739** or visit balancedbodyfindlay.com

Spirituality

It can be difficult to understand what has happened to us in our lives and to find some sort of meaning behind our current circumstances. Even though we may be in recovery from substance abuse and mental health disorder, we need something more to help us during the dark hours. When we feel challenged, overwhelmed, or even excited about an upcoming new direction we're about to take, having a spiritual foundation may help in ways that we can only begin to imagine. We may consider spirituality something that only applies to a few, but not to us. We would be mistaken. Whether we believe in a Higher Power or God as we know Him, or believe in the spirit of nature or mankind in general, we know instinctively that there is something beyond ourselves at work in the universe.

Resources: For a list of local churches go to churchfinder.com/churches/oh/findlay

Yoga

There are many forms of yoga, an ancient Indian form of exercise based upon the premise that the body and breathing are connected with the mind. One goal of yoga is to restore balance and harmony to the body and emotions through numerous postural and breathing exercises. Yoga, which means "joining" or "union" in Sanskrit, has been called the "search for the soul" and the "union between the individual and the divine." Among the benefits of yoga are increased flexibility and capability for relaxation. No special level of conditioning is required; yoga can be learned by nearly anyone.

Resources: Core Fitness Ltd. Offers yoga and Pilates to learn more call **(419) 425-0269** or visit corefitnesspilates.com; The YMCA **(419) 422-4424** or visit findlayymca.org; Open Circle Yoga Therapy with two locations; Ohio Orthopedics and Sports Medicine and 200 W. Lima St. - contact Melinda to learn more and schedule an appointment: **(419) 427-9642** or email opencircleyoga@gmail.com; Harmony Yoga located at 1100 Suite C, Croy Dr. **(419) 306-6136** or visit findlayharmonyyoga.com (Charges may vary depending on option)

Nutrition

Proper nutrition and hydration are vital to the substance abuse healing process because they help restore physical and mental health and improve the chance of recovery. Proper nutrition helps recovering addicts feel better because nutrients give the body energy, help build and repair organ tissue, and strengthen the immune system. Because recovering addicts have usually damaged vital organs during the course of their drug or alcohol abuse, good nutrition provides them with the nutritional building blocks they need to begin restoring these damaged tissues. Recovering addicts can use food to feel better physically and mentally. In many cases, feeling better will reduce the risk of relapse.

Resources: Apple-A-Day Nutritional Center, charges may vary, at 2021 Broad Ave., or call **(419) 422-7853**. You can also visit nutrition.gov to learn more about nutrition and use interactive tools for free.

Stress Management

Some people experience stress so frequently that they are unable to even recognize it. This is troubling because it means that the individual could be suffering the consequences of chronic stress without them realizing it. Once the individual recognizes that they are suffering from stress they need to deal with it. There are many options for doing this. Some people find that relaxation techniques are useful, but talking to other people, exercising, proper nutrition, Yoga, meditation, spirituality, and a supportive living environment can also be great for coping with stress.

Resources: (Charges depend on income level): To learn more about stress management contact Century Health at: **(419) 425-5050**; The Family Resource Center: **(419) 422-8616** or frcoho.com; You can also find helpful articles at Findlay Ohio's website Network of Care: findlay.oh.networkofcare.org

Meditation

Ranging from practices associated with specific religions or beliefs to methods focusing purely on physical relaxation, meditation is one of the most popular techniques to achieve physical and mental relaxation. There are thousands of different types of meditation, and many can be learned on your own. The meditative state is one in which there is a deep centering and focusing upon the core of one's being; there is a quieting of the mind, emotions, and body. The meditative state can be achieved through structured or unstructured activities. While teachers of meditative arts are readily available, some techniques can be learned through books or online tutorials.

Resources: Reiki offered by Kathy Brooks **(419) 722-9227** or email kbrooks@lrbcg.com; Mindfulness Meditation Group Multicultural Religious Center 2415 North Main Street Findlay, Call: **419-424-8831** or email: sassyspecc01@att.net

Monday Calendar

Alcoholics Anonymous

- 6:30 a.m. closed discussion, Pioneer Club
- 9 a.m. open discussion, St. John's Episcopal Church
- 10 a.m. Fresh Start, book study, Seventh-Day Adventist Church
- Noon, open discussion, Pioneer Club
- Noon, open discussion, Dry Haven
- 5:30 p.m. closed discussion, Seventh-Day Adventist Church
- 7 p.m. women's Serenity open discussion, Pioneer Club
- 7 p.m. closed discussion, Catalyst Community Church
- 7:30 p.m. open discussion, English Lutheran Church basement
- 7:30 p.m. open discussion, First Lutheran Church
- 8 p.m. closed discussion, Trinity Episcopal Church annex

Narcotics Anonymous

- Noon – 1:30 p.m. Nooners' meeting, Focus on Friends
- 7-8:30 p.m. LifeBoat meeting, St. Marks United Methodist Church

Tuesday Calendar

Alcoholics Anonymous

- 6:30 a.m. closed discussion, Pioneer Club
- 9 a.m. open discussion, St. John's Episcopal Church
- Noon, open discussion, Pioneer Club
- Noon, 12x12 open discussion, Dry Haven
- 5:30 p.m. closed discussion, Seventh-Day Adventist Church
- 7 p.m. women's open discussion, Dry Haven
- 7:30 p.m. closed discussion, Christ Lutheran Church
- 8 p.m. closed discussion, Trinity Episcopal Church annex
- 8:30 p.m. open discussion/Big Book split, Holy Family Catholic Church

Narcotics Anonymous

- 7-8:30 p.m. New Hope meeting, Pioneer Club

Celebrate Recovery

- 6 p.m. pizza & fellowship, lesson & open share at 7 p.m., New Life Assembly of God

NAMI Support Group – open to anyone in Hancock County with a mental illness as well as impacted family members

- 7-8 p.m. ADAMHS Board

Family Al-Anon

- 7:30 p.m. Trinity Episcopal Church, use west entrance.

Wednesday Calendar

Alcoholics Anonymous

- 6:30 a.m. closed discussion, Pioneer Club
- 9 a.m. open discussion, St. John's Episcopal Church
- 10 a.m. Fresh Start, book study, Seventh-Day Adventist Church
- Noon, open discussion, Pioneer Club
- 5:30 p.m. closed discussion, Seventh-Day Adventist Church
- 7 p.m. open discussion, St. Wendelin Catholic Church
- 7 p.m. closed discussion, Catalyst Community Church
- 7 p.m. open discussion, Dry Haven
- 8 p.m. closed discussion, Trinity Episcopal Church

Celebrate Recovery

- 2nd & 4th Wednesday's, 7 p.m., Good Shepherd United Methodist

Narcotics Anonymous

- 7-8:30 p.m. LifeBoat meeting, St. Marks United Methodist Church

Al-Anon - 10 a.m. First Presbyterian Church, room 206

You're Not Alone – support group for families and friends of those with an addiction

- 2nd and 4th Wednesdays, 7-8 p.m., ADAMHS office

Thursday Calendar

Alcoholics Anonymous

***CLOSED meetings are for alcoholics or those who have a desire to stop drinking.**

***OPEN meetings welcome everyone including family, friends, etc.**

Meeting Locations:

Findlay:

- Pioneer Club: 221. E. Pine Ave.
- Seventh-Day Adventist Church: 622 W. Melrose Ave.
- Focus on Friends: 509 W. Trenton Ave.
- Catalyst Community Church: 620 Lynn St.
- Trinity Episcopal Church: 128 W. Hardin St.
- Trinity Episcopal Church Annex: 519 S. Cory St.
- St. Mark's United Methodist Church: 800 S. Main St.
- New Life Assembly of God: 3120 Norcrest St.
- ADAMHS Board: 438 Carnahan Ave.
- First Presbyterian Church: 2330 S. Main St.
- Howard United Methodist Church: 220 Cherry St.
- Cedar Creek Church: 1800 Tiffin Ave.

Fostoria:

- Dry Haven: 217 W. Center St.
- St. Wendelin Catholic Church: 323 N Wood St.

Bluffton:

- English Lutheran Church: 111 Grove St.

Upper Sandusky:

- First Lutheran Church: N. Sandusky Ave/Church St.

Carey:

- Christ Lutheran Church: 116 W. Findlay St.

North Baltimore:

- Holy Family Catholic Church: 115 E. Cherry St.

Benton Ridge:

- Good Shepherd United Methodist: 105 W. Main St.

Bowling Green:

- St. John's Episcopal Church: 1505 E. Wooster St.

FOR HELP:

AA National: <http://www.aa.org/>

NA National: <http://www.na.org/>

AA Northwestern Ohio <http://toledoaa.com/> or 419.308.9862

NAMI of Hancock County: <http://www.namiofhancock.org/>

Focus on Friends: www.focusonfriends1.com or 419.423.5071

Northwest Ohio Area Service Committee of NA:

<http://www.nwoasc.org/> or 800.587.4232

Celebrate Recovery: <http://www.celebraterecovery.com/>

SMART Recovery: <http://www.smartrecovery.org/>

Crisis Hotline: (888)936.7116

United Way: 2-1-1

Child Abuse Hotline: 1.800.422.4453

National Suicide Prevention Lifeline: 1.800.273.8255, press 1 for veterans

Rape, Abuse, Incest, National Network: 1.800.656.4373

Domestic Violence Hotline: 1.800.799.7233

Open Arms 24-hour Crisis Hotline: 419.422.4766

Gamblers Anonymous Hotline for Ohio: 855.222.5542

- 6:30 a.m. closed discussion, Pioneer Club
- 9 a.m. open discussion, St. John's Episcopal Church
- Noon, closed discussion, Pioneer Club
- 12:30 p.m. Grapevine open discussion, Dry Haven
- 5:30 p.m. open book, Seventh-Day Adventist Church
- 7 p.m. open discussion, English Lutheran Church basement
- 8 p.m. open lead, Howard United Methodist Church
- 8 p.m. closed discussion, Trinity Episcopal Church annex.

Narcotics Anonymous

- 7-8:30 p.m. LifeBoat meeting, St. Marks United Methodist Church

6 p.m. Open Arms Women's and Children's Support Group, call 419-422-4766 for more information

Friday Calendar

Alcoholics Anonymous

- 6:30 p.m. closed discussion, Pioneer Club
- 9 a.m. open discussion, St. John's Episcopal Church
- 10 a.m. Fresh Start, book study, Seventh-Day Adventist Church
- Noon, open discussion, Pioneer Club
- 12:30 p.m. open discussion, Dry Haven
- 5:30 p.m. closed discussion, Seventh-Day Adventist Church
- 7:30 p.m. 12x12 open discussion, Dry Haven
- 8 p.m. closed discussion, Trinity Episcopal Church annex
- 8 p.m. open discussion, Christ Lutheran Church

Narcotics Anonymous

- 12-1:30 p.m. Nooners' meeting, Focus on Friends
- 7-8:30 p.m. New Hope meeting, Pioneer Club

Celebrate Recovery

- 6-9p.m. Cedar Creek Church, Findlay Village Mall

Heroin Anonymous

- 5:30 p.m. Strength in Numbers, Focus on Friends

Al-Anon - 6:30 p.m., Trinity Episcopal Church

Saturday calendar

Alcoholics Anonymous

- 7:30 a.m. closed book, Pioneer Club
- 10 a.m. open discussion, St. John's Episcopal Church
- 10 a.m. women's New Beginnings open discussion, Pioneer Club
- 10:30 a.m. Big Book open discussion, Dry Haven
- Noon, open discussion, Pioneer Club
- 5:30 p.m. open discussion, Seventh-Day Adventist Church
- 8 p.m. closed discussion, Trinity Episcopal Church annex

Narcotics Anonymous

- 7-8:30 p.m. New Hope meeting, Pioneer Club

Sunday Calendar

Alcoholics Anonymous

- 10:30 a.m. open lead, Pioneer Club
- Noon, open discussion, Pioneer Club
- 5:30 p.m. open discussion, Seventh-Day Adventist Church
- 7 p.m. closed discussion, Catalyst Community Church
- 7 p.m. open discussion, Pioneer Club

Narcotics Anonymous

- 2-3:30 p.m., New Hope meeting, Pioneer Club

Cocaine Anonymous

- 5:30-6:30 p.m., Open Minds, Focus on Friends

Heroin Anonymous

- 7p.m. Strength in Numbers, Focus on Friends

Local Resources:

-Associated Charities: 419.423.2021: Financial Assistance, Prescription Medication Assistance

-Cancer Patient Services: 419.423.0286: Financial Assistance, Medical Supplies, Prescription Medication Assistance

-Caughman Health Center: 419.427.0809: Immunizations, Medical Services, Pregnancy Services, Prescription Medication Assistance

-Chopin Hall: 419.422.6401: Food, Clothing

-City Mission: 419.423.9151: Free Dinner Every Evening & Food Giveaway (must be there by 4:45pm), Food Box Distribution Tuesday and Thursdays evenings

-Dental Center of Northwest Ohio: 419.422.7664: Dental Services

-Emergency Utility Assistance and Home Energy Assistance Program: 1.800.423.4304 or 419.423.3755

-Hancock Christian Clearing House: 419.422.2222: Food, Dental Services, Financial Assistance, Housing, Medical Assistance, Ohio Benefits Bank, Prescription Medication Assistance, Transportation Assistance

-Hancock Metropolitan Housing Authority: 419.424.7848: Housing

-Hope House: 419.427.2848: Housing, Ohio Benefits Bank

-Legal Aid of Western Ohio: 419.425.5745: Legal Services

-Ohio Means Jobs Hancock County: 419-429-8083, Employment

-Women, Infants, and Children: 419.424.0720: Food, Pregnancy Care



Ohio Medicaid

Ohio Medicaid provides health care coverage for eligible families, pregnant women of any age, infants, children, and young adults.

Get Started:

- » Apply online for coverage at: benefits.ohio.gov
- » For help with completing an application, call the Medicaid Consumer Hotline: (800) 324-8680
- » Call or visit your local department of job and family services.

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Ohio Medicaid

↑ Coverage for the entire family:

Ohio Medicaid covers families and parents or caretaker realtives who qualify.

There are no premium payments, but there may be co-pays of \$1 to \$3.

↑ Coverage for pregnant women of any age:

Pregnancy-related services are available to promote healthy mothers and healthy babies.

Services are available as soon as you tell us that you are pregnant. The services continue through pregnancy and for a period of time beyond birth.

↑ Coverage for infants, children, and young adults:

Infants and toddlers get regularly scheduled medical checkups. Children and young adults to age 21 receive annual exams.

Services include:

- » doctor's office and clinic visits;
- » prescriptions, and
- » hearing, vision, and dental checks.

↑ Need Coverage? Apply for Medicaid online:

<http://www.benefits.ohio.gov>

Ohio
Department of Medicaid
John R. Kasich, Governor
John B. McCarthy, Director

Get Better. Stay Well.



Ohio Benefits

Connect with more services. Get the help you need.

- ➔ Health Care Coverage
- ➔ Employment Opportunities
- ➔ Unemployment Services
- ➔ Food and Cash Assistance
- ➔ Child Care
- ➔ Energy Assistance
- ➔ Aid for Infants & Pregnant Women

Looking for more information? Give us a call!

Ohio Medicaid Consumer Hotline: (800) 324-8680

6/14

Ohio Benefits

Your link to health care coverage.



“Am I eligible?”

Learn more about your Medicaid eligibility and apply for benefits through Ohio’s new online portal: Benefits.Ohio.gov



A few clicks and a few questions:

Answer a few questions about your household and income - and you’ll be on your way to completing an application through Ohio Medicaid.



After you apply:

Once you apply for coverage through **Ohio Benefits**, a county case worker will be assigned to your case. They will be able to help with questions that may come up later.

Ohio Benefits:

Start your path to a healthier life.



Serenity, Hope, Understanding, Peace, and Acceptance

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their potential. - SAMHSA

Support Groups Offered:

- Smart Recovery
- Narcotics Anonymous
- Heroin Anonymous
- Creative Expressions in Recovery
- Music Nights to Cultivate Healing
- Lunch Social
- Peer Planning Group

Vision: Creating an inclusive culture of recovery through Hope, Understanding and Acceptance.

Values:

Respect
Person-Centered
Cultural-Sensitivity
Trauma-Informed
Inclusiveness

Hours of Operation

Monday – Friday: 8 a.m. to 5p.m.

Every 3rd Wednesday: 8 a.m. to 7 p.m.

Every 4th Friday: 8 a.m. to 9 p.m.

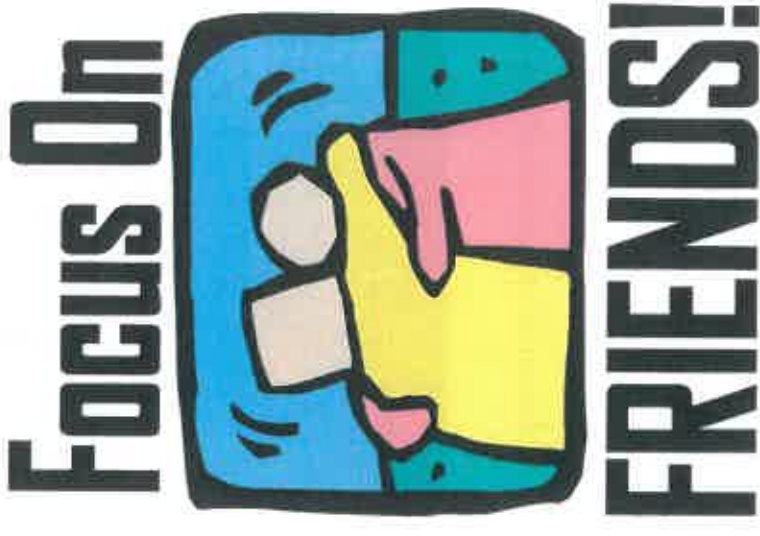
Contact Us

Address: 509 Trenton Avenue

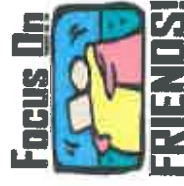
Findlay, OH 45840

Phone: 419-423-5071

www.yourpathtohealth.org/focus-on-friends/



Mission: Focus on Friends provides peer-led support and resources to help people improve their health and wellness, live a self-directed life, and sustain their recovery.





We believe in Recovery.

We are a Peer-Led Recovery Center that offers support and resources to people impacted by mental illness and addiction.

We offer social interaction, informational programming, support groups and special events. We share our experience, strength and hope through tears, laughter and fun!

Recovery is:

- Self-directed
- Empowering
- Holistic – involving mind, body, relationships and spirit
- Transcends shame and stigma
- A process of healing and self-definition
- Emerges from hope and gratitude
- Is supported by peers and allies
- (Re) joining and (re) building a life in the community
- A reality

Every person has the ability to heal and recover.

Donations are Welcome

have lots
of fun.

What does recovery look like?

We know there are many pathways of recovery. We support people as they define and travel their own recovery pathway – whatever this may look like for them. Recovery is a unique process. We are here to help people explore what works to help them be healthy and well.

Want to get involved?

Get involved as a volunteer! We have many opportunities including:

- Leading classes and support groups
- Recovery Guide Program
- Board of Directors membership
- Assisting with regularly scheduled programs
- Event planning and fundraising
- Small maintenance and repair projects

YOU'RE NOT ALONE SUPPORT GROUP

A support group for families who have been affected by addiction. We offer a safe place for you to share your story. By sharing with others who understand you will begin to find serenity amongst the chaos.

You don't have to go through this alone!

YOU'RE NOT ALONE

Contact Us

419.306.8485- Mark Stockard
419.722.4506- Becky Stockard

Website- www.hancock-yna.org

Facebook- You're Not Alone (Hancock County Ohio)

Meetings are held:

2nd & 4th Wednesday of the
month
7:00 pm to 8:00 pm

ADAMHS OFFICE
438 CARNAHAN AVE.
FINDLAY, OH 45840

STRUGGLING BECAUSE OF A LOVED ONE'S DRUG ADDICTION?



YOU'RE NOT ALONE

A SUPPORT GROUP FOR FAMILIES
AFFECTED BY A LOVED ONE'S
ADDICTION

GOD

GRANT ME THE SERENITY TO ACCEPT THE
THINGS I CANNOT CHANGE.

THE COURAGE TO CHANGE THE THINGS I
CAN.

AND THE WISDOM TO KNOW THE
DIFFERENCE.

SHARING IS HEALING

Addiction is a disease that affects the whole family.

Have you ever lied to cover up for their mistakes?

Made up excuses for their behavior?

How many “this is the last time”s have you helped your addicted loved one?

Shut yourself out from the rest of the world?

You’re not alone.

Our meetings are anonymous which means you can safely share your story. The important things is that you reach out for help so that ***you*** can begin to heal. Peace ***can*** be found in the chaos of a loved one’s addiction.

By taking care of yourself first, you will have more energy and strength to help your loved one in their battle with addiction. You can’t make someone enter recovery but, you can find a place of understanding and peace for yourself while you wait for that day to come.

Like our loved ones, we need to find recovery for ourselves. It does take work but, the results are worth it.

Check out our
website at

www.hancock-yna.org

For news, updates and
special events such as
speakers

What is MAT?

(Medication-Assisted Treatment)

MAT is the use of FDA approved medication, in combination with behavioral therapy and recovery supports, for the treatment of opioid addiction and substance abuse.

Physicians prescribe a medication based on a patient's specific medical needs and other factors.

Effective medications include:

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

How Do I Get Help?

- Contact a substance use disorder treatment agency listed on the back of this pamphlet.
- Call the 2-1-1 Recovery Helpline to learn about local services and providers.
- Visit Focus on Friends (located at 509 Trenton Avenue) to learn about current recovery groups and programming.

Substance Use Disorder Treatment in Hancock County

A Renewed Mind

1624 Tiffin Avenue; Suite #D, Findlay

419-422-4800

www.arenewedmindservices.org

Anhedonia

222 Center Street, Findlay

419-422-7767

www.facebook.com/anhedoniamat

Century Health

1918 North Main Street, Findlay

419-425-5050

www.centuryhealth.net

NEED HELP? LET'S TALK.



Connect to Mental Health and Addiction Treatment

Low Tolerance = High Risk

Know Your Risk for Opiate Overdose

Provided by the

Medication Assisted Treatment
Collaborative of Hancock County



Who is at Risk?

Anyone who uses opioids for long-term management of pain or persons who use heroin are at risk for opioid overdose. Others at risk include persons who are:

- Opioid dependent
- Stopping MAT (suboxone, vivitrol)
- 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 like:
 - * alcohol
 - * benzodiazepines (“benzos”)
- Using opioids and have medical conditions such as:
 - * Hep C/HIV
 - * liver disease
 - * lung disease or COPD
 - * suffer from depression

What are the signs of Overdose?

- Breathing is slow and shallow or has stopped
- Vomiting
- Face is pale and clammy
- Blue or grayish lips and fingernails
- Slow, erratic or no pulse
- Choking or loud snoring noises
- Will not respond to shaking or chest rub
- Skin may turn gray, blue or ashen

**An overdose is a medical emergency~
Call 9-1-1 immediately
and begin first aid**

What is Naloxone?

Naloxone (also known as Narcan) is a medication that can reverse an overdose that is caused by an opioid drug by blocking the effects of opioids on the brain and restores breathing.

Naloxone is available without a prescription. There is no charge to receive a Naloxone kit at Hancock Public Health. The pharmacies at Kroger, CVS and Walgreens also carry Naloxone locally.

Tolerance

Tolerance develops when someone uses an opioid drug regularly, so that 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 to the drug, those who have just gone through withdrawal can overdose on a much smaller dose than they used to take.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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