

Treatment and Recovery Resources

- Overdose and Naloxone Information
- Substance Use Disorder Treatment Providers
- Recovery Services and Support Groups
- No Wrong Door Resources
- Addiction and Recovery Information
- Low Tolerance – High Risk Information
- Focus on Friends Recovery Center Information
- Recovery Guide Information
- You're Not Alone Support Group Information
- Ohio Medicaid Information

NEED HELP? LET'S TALK.



Connect to Mental Health and Addiction Treatment

CRISIS HOTLINE: 1-888-936-7116



419-424-1985

www.yourpathtohealth.org

February 2017

An electronic version of this resource is available at
www.yourpathtohealth.org

This resource will be reviewed on a periodic basis for accuracy.
If any information provided in this resource is incorrect or has changed,
please contact ADAMHS.

419-424-1985
adamhs@yourpathtohealth.org

The Listing of Recovery Services and Support Groups is current as of this
publication. However, meeting dates and times are subject to change without
notice. To confirm current meeting dates and times, please contact:

Focus on Friends
419-423-5041
www.focusonfriends1.com

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Marathon Petroleum Corporation and Hancock Public Health.



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
7748 CR 140
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

NEED HELP? LET'S TALK.



Connect to Mental Health and Addiction Treatment



If you have an emergency, always

**CALL
9-1-1**

Ohio's 9-1-1 Good Samaritan Law

Seek Help and Save a Life

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

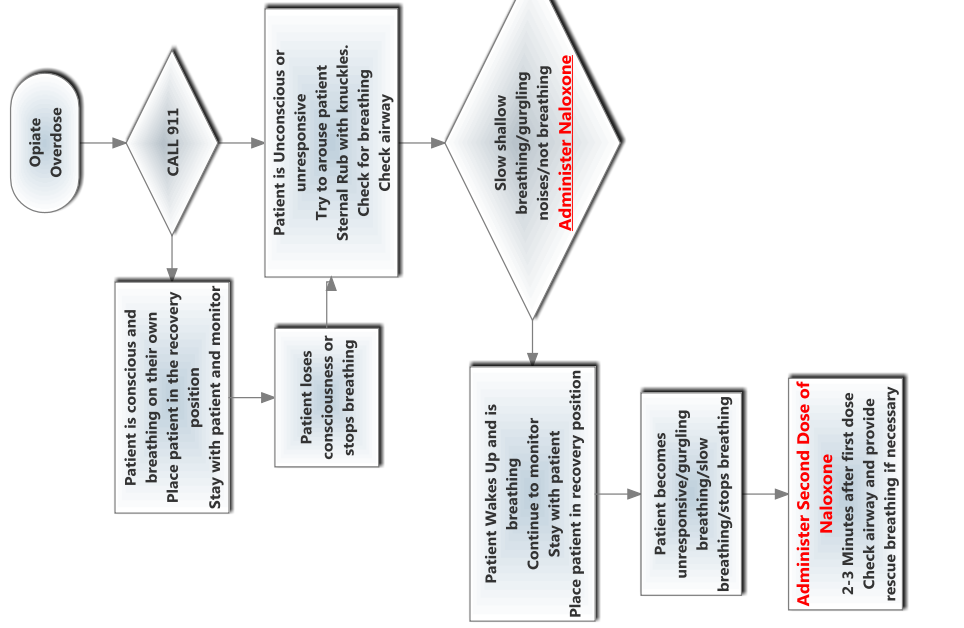
What are the responsibilities of qualified individuals to receive immunity?

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

Recovery Position



Call 911
Naloxone
Breaths
Recovery Position



THINGS TO REMEMBER

Stay calm
 Stay with the patient
 If you must leave the patient place the in 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.

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 drugs when you call - provide basic information:

- Give the address and location.
- Say "I have a person who has stopped breathing and is unresponsive".

3) Perform Rescue Breathing

- Make sure nothing is in their mouth.
- Tilt head back, lift chin & 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.
- Spray half (1 ml) up one nostril, half up the other.
- Continue rescue breathing, one breath every 5 seconds, while waiting for the Naloxone to take effect.
- Give a second dose of Naloxone if there is no response in 2-5 minutes.

5) After Naloxone

- Continue to monitor their respirations and perform rescue breathing if respirations are below 10 breaths a minute.
- Stay with them until help arrives. The Naloxone may wear off and the victim could start to overdose again.

What is Project DAWN?

Project DAWN is a community-based drug overdose education and naloxone distribution program. Participants receive training on:

- Recognizing the signs and symptoms of overdose
- Distinguishing between different types of overdose
- Performing rescue breathing
- Calling emergency medical services
- Administering intranasal Naloxone

Project DAWN is named in memory of Leslie Dawn Cooper, who struggled with addiction for years before dying of a witnessed opioid overdose on October 3, 2009.

For more information on how to obtain and overdose prevention kit, please contact Hancock Public Health at 419-424-7870



Deaths Avoided With Naloxone



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

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 40 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.

What are some 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).

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 or 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.

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 10 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.

Substance Use Disorder & Mental Health Treatment Providers

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

This list is intended as a reference tool rather than an endorsement.

Please notify ADAMHS (419-424-1985) of any inaccuracies.

<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.frcoho.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 1710 Manor Hill Rd. Suite 2, 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>

<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 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

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 frcOhio.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: sassyspecs01@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, St. Andrew's UMC Annex
- 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

Celebrate Recovery

- 6:30 p.m., Gateway Church
- 6:30 p.m., City Mission

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, St. Andrew's UMC Annex
- 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, St. Andrew's UMC Annex
- 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

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

Celebrate Recovery

- 6:30 p.m., City Mission

***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.
- St. Andrew's UMC Annex: 120 W. Sandusky St.
- 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.
- Gateway Church: 620 North Main St.
- City Mission: 510 W. Main Cross St.

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.

Bowling Green:

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

FOR HELP:

AA National: www.aa.org/

NA National: www.na.org/

AA NW Ohio toledoaa.com/ or 419.308.9862

NAMI of Hancock County: www.namiofhancock.org/

Focus on Friends: www.focusonfriends1.com or 419.423.5071

NW Ohio Area (NA): www.nwoasc.org/ or 800.587.4232

Celebrate Recovery: www.celebraterecovery.com/

SMART Recovery: www.smartrecovery.org/

Crisis Hotline and 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

Thursday Calendar

Alcoholics Anonymous

- 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, St. Andrew's UMC Annex
- 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, St. Andrew's UMC Annex
- 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, St. Andrew's UMC Annex
- 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, St. Andrew's UMC Annex
- 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

NO WRONG DOOR SERVICE REFERRAL GUIDE 2015-2016
Hancock County Family First Council "Working together to strengthen families."
Funds for printing provided by HC Family First Council & Civitan International of Findlay, Ohio
INFORMATION AND REFERRAL PERSON CALL 211 I&R Web site <http://www.referweb.net/211toledo/>

ABUSE - CHILDREN / ELDERLY

Center for Safe and Healthy Children 419-425-1475
 HC Job and Family Services 1-800-228-2732 419-422-0182

ADOPTION SERVICES

Am. World Adoption Association awaa.org 800-429-3369
 Catholic Charities (place, keep, adopt) 800-926-8277
 HCJFS Children's Services 1-800-228-2732 419-424-7022
 Keeping Kids Safe 567-525-4640
 SAFY 419-427-3320
 Women's Resource Center 419-424-9948

ALCOHOL, TOBACCO / SUBSTANCE ABUSE SERVICES

A Renewed Mind 419-422-7800
 Al-Anon & Al-Ateen Mtgs./Information 800-344-2666
 Alcoholics Anonymous www.area55aa.org 419-423-6273
 Century Health 419-425-5050
 Choices 419-422-7767
 Clearview 419-420-9308
 Family Resource Center – youth & their families 419-422-8616
 Pioneer Club - Narcotics Anonymous, AA 419-424-9233
 Salvation Army - Referrals to Program 419-422-8238

BEFORE & AFTER SCHOOL PROGRAMS

Findlay Area Before/After School (FABSS) 419-420-7050
 Homework Central (Central Church of Christ) 419-422-3306

BENEFITS - (help getting them)

Benefit Bank (Community Action Committee) 419-423-3755

BUDGETING / MONEY MANAGEMENT

Advantage Credit Counseling Service 866-699-2227
 HHWP Community Action Commission (CAC) 419-423-3755
 Ohio State University Extension HC 419-422-3851

CHILDREN'S SERVICES

Boy Scouts of Am. (Black Swamp Area) 419-422-4356
 Camp Fire USA 419-422-5415
 Children's Mentoring Connection 419-424-9752
 Children's Museum of Findlay 567-250-9616
 Family Resource Centers (TDD 419-423-9139) 419-422-8616
 4-H Clubs (OSU) 419-422-4356
 Girl Scouts - central office in Lima 419-225-4085
 HCJFS Children's Services 1-800-228-2732 419-424-7022
 Harmony House 419-420-9261
 Voices for Children: CASA of HC 419-424-3262
 Awakening Minds Art 419-302-3892

CHILD SUPPORT

HCJFS, Child Support Unit 419-424-1365

CLOTHING ASSISTANCE / SECOND HAND

CHOPIN Hall 419-422-6401
 Goodwill Shop 419-424-1361
 Nearly New 419-423-4335
 Once Upon a Child / Plato's Closet 419-422-0700
 Twice But Nice 419-957-2866
 Salvation Army 419-422-0311

CLUBS (See "Clubs" Yellow Pages also)

www.hancockcounty2-1-1.org Or dial 211

COMMUNITY MEALS

<http://www.liveunitedhancockcounty.org/food-calendar>

City Mission - dinner at 5 pm daily 419-423-9151
 Salvation Army - last full week of month 419-422-8238
 First Lutheran Church (1st Sunday) 419-422-2638
 First Presbyterian Church (2nd Sunday) 419-423-2112
 Findlay 1st Assembly of God (last Tuesday) 419-422-6862
 Saint Andrews UMC (3rd Sunday) 419-422-4845
 Saint Pauls UMC (4th Sunday) 419-422-4131
 Saint Pauls UMC (2nd Thur. take home dinner) 419-422-4131
 Howard UMC (5th Sunday) 419-422-8412
 Summer Food Service Prog (to 18 free, Glenwood) 419-423-8687

COUNSELING SERV. - CRISIS HOTLINE 888-936-7116

A Renewed Mind 419-422-7800
 Catholic Charities (place or keep baby) 800-926-8277
 Century Health 419-425-5050
 Family Resource Centers 419-422-8616
 Lutheran Social Services 419-422-7917

CRIME VICTIM ASSISTANCE

Prosecuting Attorney Victim Assistance 419-424-7089

DAYCARE / NURSERY SCHOOL / REFERRAL SOURCE

HC Job and Family Services 1-800-228-2732 419-422-0182
 Help Me Grow 419-423-8687
 Headstart HHWP Community Action Comm. 419-423-3147
 YMCA Childcare 419-422-3174
 YWCA Childcare Resource and Referral 419-225-5465

DAYCARE / RESPITE CARE SENIORS (See Yellow Pages also)

Agency on Aging 419-423-8496
 Julien Faisant Adult Day Care 419-425-3165

DENTAL

Dental Center of Northwest Ohio 419-422-7664
 Dr. Bruce Mutchler (takes Paramount) 419-423-0343

DEVELOPMENTALLY DISABLED

The Center for Autism and Dyslexia 567-525-4487
 Challenged Champions Equestrian Center 419-456-3449
 Gliding Stars of Findlay (Cindy Bregel) 419-423-4536
 HC Board of Developmental Disabilities 419-422-6387
 Help Me Grow (birth – 3) 419-423-8687
 Opportunities for Ohioans with Disabilities 419-228-1421
 Special Kids Therapy 419-422-5607
 Special Olympics 419-422-6387
 YMCA 419-422-4424

DISABILITY SERVICES

SSR1 (State Support Region 1) 800-346-8495
 Social Security SSI 800-772-1213

DISASTER RESPONSE

American Red Cross 419-422-9322
 Fire Relief Foundation 419-346-2776

DOMESTIC VIOLENCE / RAPE CRISIS

Open Arms 419-422-4766
 First Step (Fostoria) 419-435-7300

EARLY CHILDHOOD DEVELOPMENT / SERVICES

Blanchard Valley Center 419-425-8747
 Family Resource Centers (TDD 419-423-9139) 419-422-8616
 Findlay City Schools Parent Mentor 3+ years 419-427-5408
 Gliding Stars of Findlay (Cindy Bregel) 419-423-4536
 Hancock Co. ESC Parent Mentor ages 3+ yrs 419-422-7525
 Help Me Grow 419-423-8687
 Headstart HHWP Community Action Comm. 419-423-3147

EDUCATIONAL SERVICES

Blanchard Valley Center 419-425-8747
 Brown-Mackie 419-423-2211
 Findlay City Schools 419-425-8212
 Findlay City Schools Parent Mentor ages 3+ 419-427-5408
 Findlay City Schools Special Education 419-425-8231
 HC ESC Parent Mentor ages 3+ Ex 105 419-422-7525
 Hancock Co. Educational Service Center 419-422-7525
 Macklin Institute for Intergenerational Studies 419-425-3049
 Millstream Adult Education 419-427-5422
 Ohio State University Extension HC 419-422-3851
 Owens Community College, Findlay Campus 419-429-3500
 Read for Life (HF Library) Extension 232 419-422-1712
 University of Findlay 419-434-4732

EMPLOYMENT / JOB SERVICES

Blanchard Valley Industries 419-422-6386
 Ohio Means Jobs Hancock 419-422-3679
 Opportunities for Ohioans with Disabilities 419-228-1421

EYEGLASSES

Lion's Club - Steve Lehtomaa 419-424-0777

FINANCIAL ASSISTANCE

Associated Charities 419-423-2021
 Advantage Credit Counseling Service 866-699-2227
 Cancer Patient Services 419-423-0286
 Christian Clearing House 419-422-2222
 HC Job & Family Services 1-844-640-6446 419-425-6375
 HHWP Community Action Commission (CAC) 419-423-3755
 Salvation Army 419-422-8238
 Social Security 877-628-6548

FOOD <http://www.liveunitedhancockcounty.org/food-calendar>

CHOPIN Hall 419-422-6401
 Christian Clearing House (Food Vouchers) 419-422-2222
 The Catalyst (bread Thurs. 5:30-7:00 or gone) 419-953-2363
 City Mission 419-423-9151
 HC Job & Family Services 1-844-640-6446 419-425-6375
 Lutheran Social Services 419-422-7917
 Salvation Army 419-422-8238
 Women Infants Children (WIC) 419-424-0720
 YMCA Feed-A-Child Program 419-422-4424

GRIEF / BEREAVEMENT

Bridge Home Health & Hospice (Living Thru Loss) 419-423-5351

HOMELESS SHELTER - Emergency

City Mission 419-423-9151
 Samaritan House (Lima) Women & Children 419-222-4663

HOUSING SERVICES

Habitat for Humanity of Findlay/Hancock Co. 419-429-1400
 Hancock Metro Housing Authority 419-424-7848
 HHWP Community Action Commission (CAC) 419-423-3755
 Hope House 419-425-4673
 Hope House Housing Office 419-427-2848
 Judson Palmer Home (Women 50+) 419-422-9656

IMMUNIZATIONS

Caughman Clinic 419-427-0809
 Hancock Public Health 419-424-7105

INFORMATION AND REFERRAL

I & R Specialist 1-800-650-HELP (4357) Or dial 211
www.hancockcounty2-1-1.org
 HC Family First Council 419-423-8687
www.fchelpmegrow.org
 HC Job and Family Services 1-800-228-2732 419-422-0182
 HHWP Community Action Commission 419-423-3755
 United Way of Hancock Co. 419-423-1432
<http://www.liveunitedhancockcounty.org>

Center for Non-Profit Resources 419-241-9513**LATINO RESOURCES**

Adelante - Latino Resource Center (Toledo) 419-244-8440

LEGAL SERVICES

HC Common Pleas Domestic Relations Court 419-424-7818
 Legal Services of NW Ohio 419-425-5745 888-534-1432
 Hancock County Public Defender 419-424-7276
 Voices for Children: CASA of HC 419-424-3262

LIBRARIES

Black Heritage Library and Cultural Center 419-423-4954
 Findlay Hancock County Public Library (FHPL) 419-422-1712
 Arlington Branch of FHPL 419-365-5755
 McComb Public Library 419-293-2425

LIFE SKILLS

Family Resource Center - Various Programs 419-422-8616
 Ohio State University Extension HC 419-422-3851
 Youth for Christ, Youth Guidance 419-422-7452

LITERACY / GED

ABLE (Adult Basic Literacy & Education) 419-422-3679
 Owens Community College - Findlay Campus 419-429-3500
 Read for Life (HF Library) Extension 232 419-422-1712

MEDICAL

Aids Resource Center, Lima www.arcohiio.org 419-422-0827
 Alzheimer's Association 419-425-5409
 American Cancer Society 888-227-6446
 Blanchard Valley Hospital 419-423-4500
 Brain Injury Information 800-444-6443
 Cancer Patient Services 419-423-0286
 Caughman Clinic 419-427-0809
 Epilepsy Center of NW OH 419-867-5954 fax 800-589-5958
 Findlay City Health Department 419-424-7105
 Findlay City Health Dept - Nursing Division 419-424-7441
 Hancock County Health Department 419-424-7869
 Juv. Diabetes Research Found <http://jdrf.org/> 419-873-1377
 Lupus Foundation of Am. Greater OH Chap. 440-717-0183
 Physician's Plus - Urgent Care 419-423-3888
 Planned Parenthood - Toledo 419-255-1123
 NW Ohio Helath Partners (Promedica) 419-427-3030

VETERANS SERVICE

Veterans Service Office & Commission 419-424-7036

MIGRANT SERVICES

PathStone <http://www.pathstone.org> 800-899-6770
 TMC Teaching & Mentoring Communityl 800-422-2805
 includes Headstart tmccentral.org

POISON CONTROL**800-222-1222****PREGNANCY**

Caughman Clinic 419-427-0809
 Help Me Grow 419-423-8687
 Women Infants and Children (WIC) 419-424-0720
 Women's Resource Ctr of H C (diapers too) 419-424-9948

PRESCRIPTION

Associated Charities 419-423-2021
 Cancer Patient Service 419-423-0286
 Caughman Clinic 419-427-0809
 Christian Clearing House 419-422-2222
 HHWP Community Action Commission (CAC) 419-423-3755
 Salvation Army 419-422-8238

REENTRY SERVICES

Besor Ravine Ministries 419-348-6226

SENIOR CITIZEN SERVICES (also see "daycare seniors")

Blanchard Valley Industries 419-422-6386
 Hancock County Agency on Aging 419-423-8496
 HC JFS Housecleaning 800-228-2732 419-422-0182
 Social Security 419-423-9373

SUPPORT GROUPS (partial list)

Autism (BVC phone) 419-422-6387
 DBSA (Depression, Bipolar, Ivy Billings) 419-619-3938
 Focus on Friends Drop In Center 419-423-5071
 Moms (Caughman Clinic phone) 419-427-0809
 NAMI (Mental Illness, Michelle Huff) 419-957-9423
 PALS (Suicide Loss, Nancy Stephani) 419-422-3711
www.hancockcounty2-1-1.org Or dial 211
 See "Calendar" in Courier Newspaper 419-422-5151

TAXES

Benefit Bank (Community Action Commission) 419-423-3755
 United Way 419-423-1432

TRANSPORTATION

HATS (HHWP CAC) 419-423-7261

UTILITY ASSISTANCE

Associated Charities 419-423-2021
 Hancock Christian Clearing House 419-422-2222
 HHWP Community Action Commission (CAC) 419-423-3755
 Ohio Consumer's Council (Advocacy, Education) 877-742-5622
 Salvation Army 419-422-8238

THE FAMILY CENTER AGENCIES

Alzheimer's Association 419-425-5409
 Associated Charities 419-423-2021
 Cancer Patient Services 419-423-0286
 Caughman Clinic 419-427-0809
 C.H.O.P.I.N. Hall 419-422-6401
 Christian Clearing House 419-422-2222
 Dental Center of NW Ohio 419-422-7664
 Hancock Metropolitan Housing Authority 419-424-7848
 Hope House Housing Office 419-427-2848
 Legal Aid of Western Ohio 419-425-5745
 Women Infants Children (WIC) 419-424-0720

FAMILY FIRST COUNCIL AGENCIES

City of Findlay, Mayor's Office 419-424-7137
 Family Resource Centers (TDD 419-423-9139) 419-422-8616
 Findlay City Health Department 419-424-7105
 Findlay City Schools 419-422-8212
 Findlay HC Community Foundation 419-425-1100
 HC Alcohol, Drug Add & Mental Hlth Serv Brd 419-424-1985
 HC Board of Developmental Disabilities 419-422-6387
 Hancock County Commissioners 419-424-7044
 Hancock County Educational Service Center 419-422-7525
 HC Family First Council 419-423-8687
 Hancock County Health Department 419-424-7869
 HC Job and Family Services 1-800-228-2732 419-422-0182
 HHWP Community Action Commission 419-423-3755
 Help Me Grow 419-423-8687
 Ohio Department of Youth Services 419-245-3040
 Ohio State University Extension HC 419-422-3851
 United Way of Hancock County 419-423-1432
 Youth for Christ 419-422-7452

A Community Position on the Value of Life in Hancock County
Messaging Support Document

If you know someone who needs help, please call 2-1-1 for information about local treatment and support services.

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...	...INSTEAD OF THIS
Person with a substance use disorder	Addict, junkie, druggie
Person living in recovery	Ex-addict
Person living with an addiction	Battling/suffering from an addiction
Person arrested for drug violation	Drug offender
Chooses not to at this point	Non-compliant/bombed out
Medication is a treatment tool	Medication is a crutch
Had a setback	Relapsed
Maintained recovery	Stayed clean
Positive drug screen	Dirty drug screen

How to Support Someone in Recovery from Addiction

- **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 setbacks. 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 Substance Use

- **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 or immoral.
- **Do not label or accuse** the person of being an “addict.”
- **Treat the person with respect and dignity.**
- **Have realistic expectations for the person** – learning to manage a brain disease takes time.

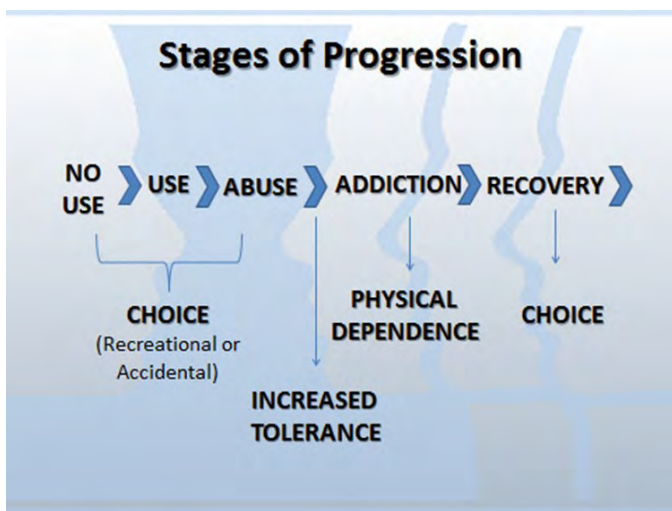
Messaging Support Document content provided by:



Addiction and Recovery

What is Addiction?

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



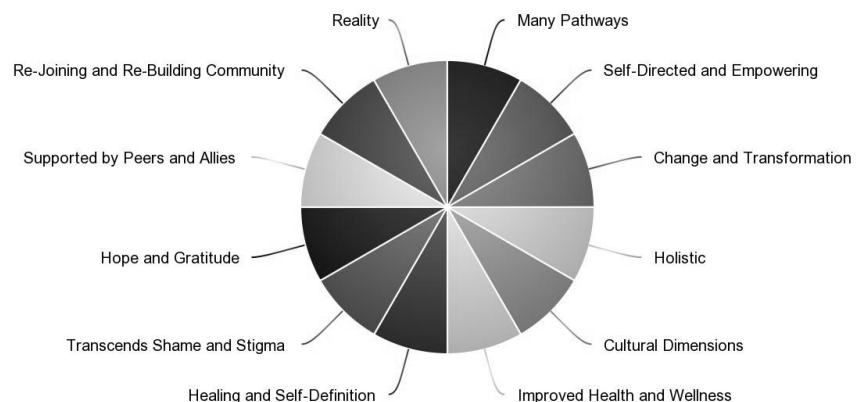
What is Recovery?

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

- ◇ 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

Twelve Principles of Recovery



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

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

Low Tolerance = High Risk

Know Your Risk for Opiate Overdose

Provided by the

Medication Assisted Treatment Collaborative of Hancock County



NEED HELP? LET'S TALK.

RECOVERY HELPLINE

2-1-1

Connect to Mental Health and Addiction Treatment

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.



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.

Vision

Creating an inclusive culture of recovery through Hope, Understanding & Acceptance.

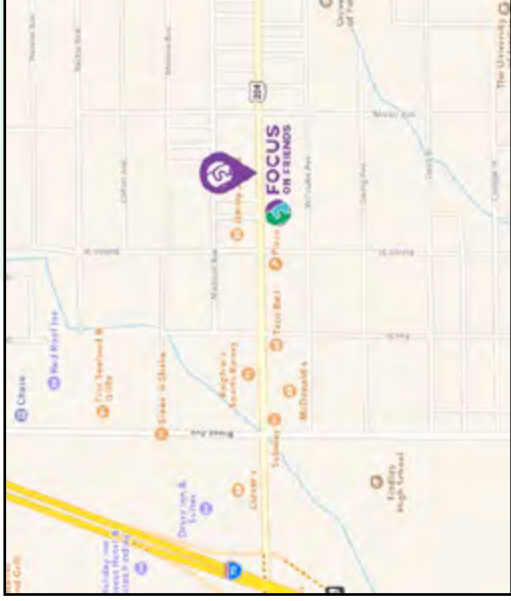
Values

Respect
Person-Centered
Culturally-Sensitive
Trauma-Informed
Inclusive

Together, We Do Recover.



RECOVERY CENTER



509 Trenton Avenue Findlay, OH 45840
Phone: 419-423-5071 | Fax: 567-250-8700

Office Hours

Monday thru Friday
8am – 5pm

For Evening & Weekend
Visit Website For Details

 [Facebook.com/FocusOnFriends1](https://www.facebook.com/FocusOnFriends1)

Connection | Recovery | Wellness

PEOPLE HELPING PEOPLE

Connection | Recovery | Wellness



FocusOnFriends1.com

Peer-Led Recovery Center
offering support & resources
to people impacted by mental
health, addiction, and trauma

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

– Substance Abuse Mental Health Services Administration

This working definition is applicable to mental health, addiction, and/or trauma-related issues. There are four major dimensions that are supportive of a life in recovery: health, home, purpose, and community.

Focus on Friends helps to support people as they build lives of recovery.

At any given moment you have the power 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 on Friends is tailored to each person’s unique experiences, interests, and needs. We are here to provide support, resources and connections as people find, maintain and sustain their pathways to recovery and wellness.

Want to get involved?
VOLUNTEER!

Opportunities Include

- Leading classes & Support groups
- Recovery Guide Program: Volunteer to help individuals & Families seeking recovery
- Event planning & fundraising
- Small maintenance & repair projects

To find our latest volunteering needs, give us a call at **419-423-5071**.

Support groups are subject to change. Visit our website to see current Calendar of Events

FocusOnFriends1.com

FocusOnFriends1.com

Thank You For Your Support

Focus on Friends Would Appreciate Your Donations

We Do Recover

Recovery Is:

- Self-directed & Empowering
- Emerging from hope & gratitude
- Holistic – Involve Mind, Body, Relationships & Spirit
- Supported by addressing Trauma
- Transcending shame & stigma
- A process of healing & Self-definition
- Culturally-Based & Influenced
- Supported by peers & friends
- Re-joining & Re-building a life in the community
- Happening via Multiple pathways

Support Services We Offer:

Recovery Housing

Linkage to Multiple Pathways of Recovery

Self-Help Strategies

Peer-Driven Support Groups

Peer & Family Resource Connection

Educational Classes

Job Readiness Support

Community and Social Support

Advocacy and Civic Engagement

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!



**FOCUS
ON FRIENDS**

How do I get involved?

For more information, or to apply to become a Recovery Guide, call or stop by Focus on Friends.

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 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.

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



Focus on Friends

509 West Trenton Avenue
Findlay, Ohio 45840

419-423-5071



Become a Recovery Guide!

What is 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.

Want More Information?

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.

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 on Friends to interact with peers, lead classes, teach skills, or just listen.

Recovery Guides are present throughout the community, providing peer-based support to those who need it.



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
Grandpatonysock@yahoo.com- Tony Grotrian

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

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.

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.

Check out our
website at

www.hancock-yna.org

For news, updates and
special events such as
speakers



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.

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 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

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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.

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

Get Better. Stay Well.

NEED HELP? LET'S TALK.



Connect to Mental Health and Addiction Treatment



If you have an emergency, always

**CALL
9-1-1**

Ohio's 9-1-1 Good Samaritan Law

Seek Help and Save a Life

The 9-1-1 Good Samaritan law will provide immunity from minor drug possession offenses for qualified individuals that make a good faith effort to obtain emergency medical assistance during a drug 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 thirty days of the overdose.