

MENTAL HEALTH & ADDICTION

# RECOVERY RESOURCES GUIDE

HANCOCK COUNTY, OHIO

COMPILED BY THE HANCOCK COUNTY OPIOID & ADDICTIONS TASK FORCE • UPDATED JANUARY 2021



hancock county  
opiod & addictions  
task force

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

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

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

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



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



**Additional Resources:**

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

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# OHIO'S 911 GOOD SAMARITAN LAW

## *Seek Help and Save a Life*

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

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

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

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

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

**Confidential help for opioid overdose survivors.**

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

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

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

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



**CRISIS HOTLINE**—1-888-936-7116

**CRISIS TEXT LINE** 4Hope to 741741

Narcan is available through Hancock Public Health by calling 567-250-5151



**Family Resource Center**

Mental Health and Substance Use Services for Adults and Youth

Call: 419-425-5050

Visit: [www.frcohio.com](http://www.frcohio.com)

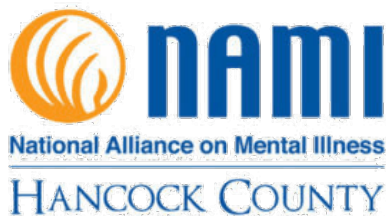


**FOCUS Recovery and Wellness Center**

Mental Health, Substance Use and Trauma Recovery Support Services

Call: 419-423-5071

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

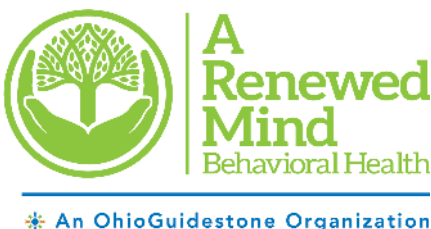


**NAMI Hancock County**

Mental Health Support Services

Call: 567-525-3435

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



**A Renewed Mind Behavioral Health**

Mental Health and Substance Use Services

Call: 419-422-7800

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

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



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

Call: 419-424-1985

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

# MENTAL HEALTH & ADDICTION TREATMENT PROVIDERS

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

This list is a reference tool, not an endorsement.

Please notify ADAMHS of any inaccuracies.

419-424-1985 adamhs@yourpathtohhealth.org

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

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

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

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

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

## TREATMENT OPTIONS IN FINDLAY, OHIO

### MENTAL HEALTH & SUBSTANCE USE DISORDER

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

frcohio.com • 419-425-5050 • North Campus (youth), South Campus (adults)

Hancock County Locations: FRC North Campus 2515 N. Main St., Findlay; FRC South Campus 1918 N. Main St.

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

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

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

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

#### A RENEWED MIND **OUTPATIENT • INPATIENT • MAT • RESIDENTIAL (MALES ONLY) • COMMUNITY SUPPORT**

arenewedmindservices.org • 877-515-5505 • 1624 Tiffin Ave., Suite D., Findlay

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

### MENTAL HEALTH TREATMENT SERVICES

#### BLANCHARD VALLEY HEALTH SYSTEM

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

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

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

bvhealthsystem.org • 419-429-6480 • 1610 Fostoria Ave., Findlay

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

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

Locations: Findlay, Fostoria, Fremont, Toledo, Defiance

# TREATMENT OPTIONS IN NORTHWEST, OHIO

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## MENTAL HEALTH & SUBSTANCE USE DISORDER TREATMENT SERVICES

### **ARROWHEAD BEHAVIORAL HEALTH** OUTPATIENT • INPATIENT • MAT • RESIDENTIAL

arrowheadbehavioral.com • 800-547-5695 • 1725 Timber Line Rd., Maumee (Lucas County)

### **COLEMAN PROFESSIONAL SERVICES** OUTPATIENT • RESIDENTIAL • COMMUNITY SUPPORT

colemanservices.org • 419.229.2222 • 799 Main St., Lima (Allen County)

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

### **HARBOR** OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT

*Note: Harbor & Behavioral Connections of Wood County merged July 2014*

harbor.org • 419-352-5387 • 1010 North Prospect, Bowling Green (Wood County)

Locations: Bowling Green, Perrysburg (both Wood County)

### **HEALTH PARTNERS OF WESTERN OHIO** OUTPATIENT • MAT

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

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

### **PATHWAYS COUNSELING CENTER** OUTPATIENT • COMMUNITY SUPPORT

pathwaysputnam.org • 419-523-4300 • 835 N. Locust St., Ottawa (Putnam County)

### **ST. RITA'S MEDICAL CENTER - MERCY HEALTH** OUTPATIENT • INPATIENT

mercy.com • 419-227-3361 • 730 W. Market St., Lima (Allen County)

### **ZEPF CENTER** OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT

zepfcenter.org • 419-373-6560 • 219 S. Church St., Bowling Green (Wood County)

Locations: Bowling Green, Toledo (Lucas County)

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## SUBSTANCE USE DISORDER TREATMENT SERVICES

### **JOSHUA TREATMENT CENTER** OUTPATIENT • MAT • RESIDENTIAL • COMMUNITY SUPPORT

*Lima Urban Minority Alcoholism & Drug Abuse Outreach Program*

limaumadaop.com • 567-703-9064 • 350 N. Irwin Rd., Holland (Lucas County)

### **KENTON RECOVERY & TREATMENT SUPPORT CENTER** OUTPATIENT

*Lima Urban Minority Alcoholism & Drug Abuse Outreach Program*

limaumadaop.com • 419-679-1697 • 416 S. Main St. Kenton (Hardin County)

### **WAUSEON WELLNESS & RECOVERY CENTER** OUTPATIENT • MAT • COMMUNITY SUPPORT

*Lima Urban Minority Alcoholism & Drug Abuse Outreach Program*

limaumadaop.com • 419-355-5533 • 3491 St. Route 108, Wauseon (Fulton County)

### **DRIVER'S INTERVENTION PROGRAM**

*Addictions Resource Center*

<https://legacy.mha.ohio.gov/DIPDirectory/default.aspx> • 937-727-1040

# MEDICAL WITHDRAWAL MANAGEMENT (DETOX) SERVICES

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

# 567-429-8416

## NORTHWEST OHIO DETOX CENTERS

FACILITY	LOCATION	PHONE
<b>BLANCHARD VALLEY HOSPITAL</b> (EMERGENCY MEDICAL STABILIZATION)	<b>FINDLAY</b>	<b>567-429-8416</b>
<b>ARROWHEAD BEHAVIORIAL HEALTH</b>	<b>MAUMEE</b>	<b>419-891-9333</b>
<b>ST. RITA'S ALCOHOL DETOX</b>	<b>LIMA</b>	<b>855-438-5681</b>
<b>COLEMAN STABILIZATION CENTER</b>	<b>LIMA</b>	<b>419-229-2222</b>
<b>ERIE COUNTY COMMUNITY HEALTH CENTER</b>	<b>SANDUSKY</b>	<b>419-624-3353</b>
COMMUNITY LINKAGE (MEDICALLY MANAGED WITHDRAWAL PROGRAM)	LIMA	567-242-6047
JOSHUA TREATMENT CENTER	HOLLAND	567-703-9064
MIDWEST RECOVERY CENTER	MAUMEE	866-203-0308
UNISON HEALTH	TOLEDO	419-9367800
UNIVERSITY OF TOLEDO MEDICAL CENTER	TOLEDO	419-383-2337
ZEPF CENTER	TOLEDO	419-841-7701



# EMERGENCY RESPONSE SUPPORT SERVICES

PROVIDED BY FAMILY RESOURCE CENTER

## MRSS: MOBILE RESPONSE & STABILIZATION SERVICES

A PROGRAM FOR YOUTH & FAMILIES EXPERIENCING A CRISIS

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

1

DE-ESCALATE THE CRISIS

3

PROVIDE EDUCATION &  
CREATE AN ACTION PLAN

2

ASSESS SAFETY &  
PROCESS THE CRISIS

4

PROVIDE ONGOING SUPPORT  
FOR UP TO 4-6 WEEKS

MRSS services are available to all Hancock County families Monday-Friday, 9am-5pm.



Family Resource Center: North Campus 2515 N. Main St., Findlay, OH 45840

## CRISIS INTERVENTION & STABILIZATION SERVICES

A SERVICE FOR ADULTS EXPERIENCING A CRISIS

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

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

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

These services are available to all Hancock County adults Monday-Friday, 9am-5pm.



Family Resource Center: South Campus 1918 N. Main St., Findlay, OH 45840

YOUTH  
ADULT

## EMERGENCY SUPPORT AVAILABLE 24/7

Hancock County Crisis Hotline: 1-888-936-7116, Crisis Textline: 741-741

In an emergency situation, always call 911.



@FAMILYRESOURCECENTERNWO • WWW.FRCOHIO.COM • 419-425-5050

# WARNING SIGNS OF SUBSTANCE ABUSE

## ALCOHOL ABUSE:

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

## SUBSTANCE ABUSE:

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

## REACH OUT. CONNECT. BELONG.

**You're Not Alone** is a support group in Findlay for families who have been affected by addiction. Call FOCUS at 419-423-5071 to learn more.



**We all know someone.**  
[WeAllKnowSomeone.org](http://WeAllKnowSomeone.org)

# KNOW YOUR RISK FOR AN OPIOID OVERDOSE

Provided by the Medication-Assisted Treatment Collaborative of Hancock County

## WHO IS AT RISK FOR AN OPIOID OVERDOSE?

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

## OTHERS AT RISK INCLUDE THE FOLLOWING:

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

## LOW TOLERANCE = HIGH RISK TOLERANCE

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

## LOSS OF TOLERANCE

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

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

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

## WHAT IS M.A.T.? (MEDICATION-ASSISTED TREATMENT)

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

## EFFECTIVE MEDICATIONS INCLUDE:

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

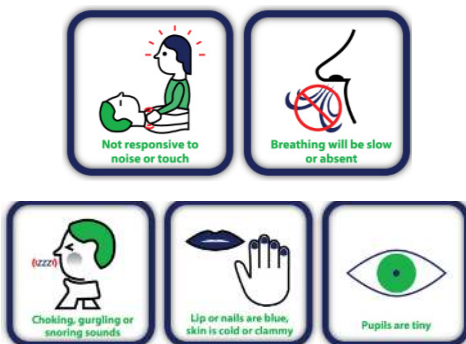
## HOW DO I GET HELP?

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

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

# The Trauma of Witnessing an Opioid Overdose: How to Help Children

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



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

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

## CHILDREN UNDER 3 YEARS OLD

### WHAT THEY MAY SAY & DO



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

### WHAT THEY THINK & FEEL



### HOW TO HELP

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

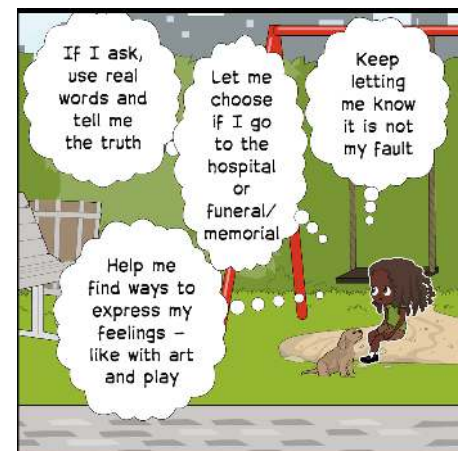
## CHILDREN 3-5 YEARS OLD

### WHAT THEY MAY SAY & DO



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

### WHAT THEY THINK & FEEL



### HOW TO HELP

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



## CHILDREN 6-9 YEARS OLD

### WHAT THEY MAY SAY & DO



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

### WHAT THEY THINK & FEEL



### HOW TO HELP

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

## CHILDREN 9-13 YEARS OLD

### WHAT THEY MAY SAY & DO



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

### WHAT THEY THINK & FEEL



### HOW TO HELP

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

## CHILDREN 14-18 YEARS OLD

### WHAT THEY MAY SAY & DO



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

### WHAT THEY THINK & FEEL



### HOW TO HELP

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

# PATHWAYS TO RECOVERY

## 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 struggle and assist others in recovering from alcoholism. The only requirement for membership is the desire to stop drinking. With no fees or dues required from A.A. members, Alcoholics Anonymous is a self-supporting through contributions program. They are not allied with any sect, domination, politics, organization or institution; they do not engage in any controversy and neither endorses nor opposes any particular cause. Their primary purpose is to stay sober and help others struggling with alcoholism to achieve sobriety and maintain recovery. Learn more: [area53aa.org](http://area53aa.org).

## Narcotics Anonymous

Narcotics Anonymous (N.A.) is a non-profit society of men and women who struggle with problem substance use. N.A. groups meet regularly to assist each other stay clean. What and how much you use is not relevant, only in what you want to do about your struggle and how N.A. can help. Membership is open to all those struggling with drug addiction regardless of the drugs being used. N.A. provides a recovery process and a peer support network that work together to fit your needs. The only requirement is the desire to stop using. There are no fees or dues for members. Learn more: [www.na.org](http://www.na.org)

## Creative Expressions

Creative Expressions can help connect people in all stages of life or during recovery to that inner healing voice. Creativity can be explored through a variety of artistic ways. Common methods include, but are not limited to: drama, dance, music, creative writing, the visual arts and 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. Creative Expressions can be used to express thoughts and feelings that perhaps are too big or too complicated to put into words. The benefits of Creative Expressions can last a lifetime.

## Technology-Based Recovery Support

Technology can be a helpful recovery tool. Whether seeking recovery from mental health issues or problem substance use, there are mobile apps currently available that can connect you with a community, create a plan, log the time you've maintained recovery and tell you the money you have saved. Other tools can help you stay on top of your habits, nutrition, sleep, overall wellness and even help you create a daily journal of your mood. If you are looking for additional support, online support groups and meetings can be a helpful option.

## Heroin Anonymous

Heroin Anonymous (H.A.) is a non-profit fellowship of men and women who have found a solution to heroin addiction. H.A. is a comradeship of complete abstinence from all drugs and alcohol. The only requirement for membership is a desire to stop heroin addiction. With no fees or dues required, H.A. is not allied with any sect, denomination, politics, organization or institution; they do not engage in any controversy and neither oppose nor endorse any particular cause. Their primary purpose is to stay sober and help others struggling with heroin addiction to achieve sobriety and maintain recovery. Learn more: [heroinanonymous.org](http://heroinanonymous.org)

## Celebrate Recovery

Celebrate Recovery offers people the opportunity to participate in a group fellowship where love and hope combine with seeking God's purpose for our lives without charge. The feeling of being HURT is an emotional reaction to another person's behavior or to a traumatic situation such as abuse, abandonment, codependency, divorce or other relationship issue. A HABIT is an addiction to someone or something. Examples include, but aren't limited to, alcohol, drugs, food, gambling, shopping and smoking. HANG-UPS are negative mental attitudes that are used to cope with people of adversity. For example, things like anger, depression, fear and unforgiveness. Learn more: [www.celebraterecovery.com](http://www.celebraterecovery.com)

## SMART Recovery

Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program®. Learn more: [www.smartrecovery.org](http://www.smartrecovery.org)

## Emotional Recovery/Wellness

Emotional Wellness implies the ability to be aware of and accept our feelings rather than denying them, having an optimistic approach to life and enjoying life despite its occasional disappointments and frustrations. When people change their lifestyle, like giving up substances, it may still be difficult to obtain and feel happiness in sobriety. It can be tough to handle their emotions without substances. Working towards emotional wellness, while this may take years to accomplish, it can lead to a greater happiness in life.

## Fitness

Exercise can be a method to compensate for stressors. Physical exercise not only promotes overall fitness, but also helps to manage emotional stress and tensions as well. Exercise can also aid in relaxation and improve sleep quality. It can remove you temporarily from a stressful situation or environment. Being fit and healthy also increases your ability to deal with stress as it arises and creates a sense of physical wellbeing.

## Medication Assisted Treatment

Many diseases and disorders have medicinal options for treatment, whether you have problems with how your kidneys function or if you are a person who experiences problem substance use. Medication Assisted Treatment (MAT) is a valid pathway to recovery for some and should not be discounted as trading one addictive drug for another. MAT can help people manage their addiction to help maintain recovery.

## Spirituality

It can be difficult to understand what has happened to us in our lives and find some sort of meaning behind the circumstances. Even though we may be in recovery from problem substance use and/or mental health problems, we may need something more to help us achieve overall wellness. 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 many ways. Spirituality can help connect us to a community, gives us a sense of purpose and groundedness, or help us feel humble as part of something greater.



## Nutrition

Proper nutrition and hydration are vital to the substance use healing process because they help restore physical and mental health. Proper nutrition helps people feel better because nutrients give the body energy, help build and repair organ tissue, and strengthen the immune system. Healthy and nutritional food can be used to feel better physically and mentally which can reduce the risk of relapse.

## Stress Management

Some people experience stress so frequently, they are unable to recognize it. This is troubling because it means the individual could be suffering the consequences of chronic stress without them knowing. Once the individual recognizes that they are suffering from stress it is helpful to try to deal with it. There are many options for doing this with relaxation techniques such as exercising, proper nutrition, yoga, meditation, spirituality, and a supportive living environment which can be great for coping with stress.

## Meditation

Ranging from practices associated with specific religions or beliefs to methods focusing on physical relaxation, meditation is one of the most popular techniques to achieve physical and mental relaxation. There are many different methods of meditation which can be learned on your own. Meditation involves centering and focusing your innermost self, quieting your mind, emotions and body. This meditative state can be achieved through structured or unstructured activities. Meditation can be learned from meditation teachers, books, and even online tutorials.

In a crisis situation, please call the crisis hotline at (888) 936-7116. For additional information on local services, visit [HancockHelps.org](http://HancockHelps.org).

Additional online resources may be found at these sites: [hazelden.org](http://hazelden.org), [samhsa.gov](http://samhsa.gov), [samhsa.gov/gains-center](http://samhsa.gov/gains-center), [recoveryanswers.org411](http://recoveryanswers.org411)





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

## Mission

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

## Services

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

## A Chance for Change

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

## Community

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

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



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

# Become a Recovery Guide!

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

## What does a Recovery Guide do?

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

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

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

## Who can be a Recovery Guide?

### Volunteers can be:

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

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

## Why should I volunteer as a Recovery Guide?

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

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

## How do I get involved?

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



# NAMI

National Alliance on Mental Illness

HANCOCK COUNTY

# Education & Support Programs

306 N. Blanchard Street, Findlay, Ohio 45840

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

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

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

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

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

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

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

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

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

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

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

Stressed out? Confused? Concerned?

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

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

## Take a CRAFT Class.

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

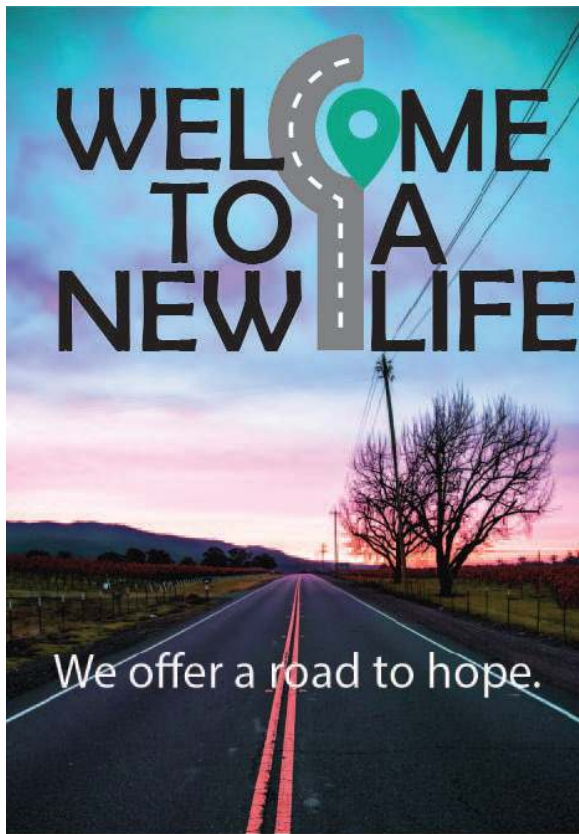
This class will focus on the Community Reinforcement Approach and Family Training (CRAFT) method created by Dr. Robert J. Meyers and outlined in the book *Getting Your Loved One Sober*. The class sessions are facilitated by local community members who were trained by Dr. Meyers.

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

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

To learn more about CRAFT or to register for an upcoming class, contact FOCUS at 419-423-5071.





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

*"I'm a recovering addict for a little over a year, dealt with a lot of struggles, tried to live life on my own terms. Couldn't do it. I learned about Welcome to a New Life and what interested me the most was having somebody in my life that cared. The two mentors I got are a godsend."*

*~Russell Monroe, Mentee*



## VOLUNTEER MENTORS NEEDED

Welcome to a New Life, a local nonprofit organization, is seeking strong, caring volunteers who have a desire to help individuals turn their lives around.

Mentors work with individuals in the Hancock County criminal justice system. You and your mentee make goals, set plans and build positive relationships. We assign two mentors to each mentee.

Your involvement positively impacts lives.

Must meet regularly with mentees via various platforms (in-person, video conference, phone call, text.)

Extensive training provided. Background check and drug test required.

For more information:  
[welcometoanewlife.org/be-a-mentor](http://welcometoanewlife.org/be-a-mentor)  
[director@welcometoanewlife.org](mailto:director@welcometoanewlife.org)  
419-455-6082





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

### **Findlay Pride**

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



### **Social and Support Programming**

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

### **Education and Advocacy**



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

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

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



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

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

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

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

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



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

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

**The Project DAWN Kit includes:**

- 2 - 4mg doses of Narcan Nasal Spray
- 1 educational DVD
- 1 educational booklet

**Project DAWN kits are free. Donations are accepted but not required.**

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

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

# BIDPP

Bloodborne Infectious Disease Prevention Program



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

## SERVICES

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

## SAFER USE TIPS

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

**To learn more, text or call:**

Gary Bright 419-581-9055 • Jamie Decker 567-250-1109

**Hancock Public Health**

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

# ADDICTION & RECOVERY

## WHAT IS ADDICTION?

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

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

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



## WHAT IS RECOVERY?

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

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



# LANGUAGE MATTERS

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

## SAY THIS . . .

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

## . . . INSTEAD OF THIS

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

## HOW TO SUPPORT SOMEONE IN RECOVERY

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

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

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

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

# 24/7 MEDICATION COLLECTION LOCATIONS



## Hancock County Sheriff's Office

200 West Crawford Street · Findlay

## Findlay Police Department

Findlay Municipal Building · Dorney Plaza Findlay

**HANCOCK COUNTY OPIOID & ADDICTIONS TASK FORCE**  
For more information call 419-424-1985

## Hancock County Transportation

	Scheduled / On Demand service \$1.50/\$2.50 one way Discounts Available	419-423-7261	M-F 7:15 am-9:45 pm Sat. 7:15 am- 4:45 pm
Trinity Express Cab	Cab transportation for all individuals \$10 fare one way	419-615-8879	24/7
U.S.A. Cab	Cab transportation for all individuals \$10 fare one way	419-788-6206	24/7
	On Demand App / Online order service	Download the 'Lyft' app or <a href="https://www.facebook.com/FindlayLyft/">https://www.facebook.com/FindlayLyft/</a>	24/7
	On Demand App / Online order service	Download the 'Uber' app <a href="https://uber.com/us/en/ride">uber.com/us/en/ride</a>	24/7

August 2020

\*Sponsored by: The Community Foundation

# Ohio Medicaid

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

## Ohio Medicaid covers:

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

## Ohio Medicaid benefits include:

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

# Ohio Benefits

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

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

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## Apply for healthcare:

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

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



Department of  
Medicaid

## IN CASE OF EMERGENCY, DIAL 911

Blanchard Valley Hospital . . . . .	419-423-4500
Family Resource Center . . . . .	419-425-5050
Findlay Fire Dept . . . . .	419-422-4242
Findlay Police Dept . . . . .	419-424-7150
Hancock County Sheriff's Dept . . . . .	419-424-7097
NAMI Hancock County . . . . .	567-525-3435
NAMI Hotline . . . . .	800-950-6264
National Suicide Prevention Hotline . . . . .	800-273-8255
Open Arms Domestic Violence & Rape Crisis Services	419-422-4766
Substance Abuse & Mental Health (SAMHSA) . . . . .	800-662-4357

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



**HANCOCKHELPS**

A Project Sponsored by the Findlay-Hancock County Community Foundation