

MENTAL HEALTH & ADDICTION

RECOVERY RESOURCES GUIDE

HANCOCK COUNTY, OHIO



COMPILED BY THE HANCOCK COUNTY COMMUNITY COALITION ON ADDICTION • UPDATED JULY 2024



hancock county
community coalition
on addiction

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

**A digital version of the
Recovery Resources Guide is available at
yourpathtohealth.org**

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.

**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**



Additional Resources:

SAMHSA National Helpline • 1-800-662-HELP (4357) • findtreatment.gov

Ohio Department of Mental Health & Addiction Services • mha.ohio.gov

Opioid Response Network • opioidresponsenetwork.org

Ohio Substance Use Disorder Center of Excellence •

case.edu/socialwork/centerforebp/ohio-sud-coe

Relink National Resources Website • relink.org

TABLE OF CONTENTS

TREATMENT

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

RECOVERY & SUPPORT

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

HARM REDUCTION

- 26 Project DAWN (Deaths Avoided with Naloxone)
- 27 SafeWorks Syringe Service of Hancock County

ADDITIONAL INFORMATION

- 28 What is Addiction? What is Recovery?
- 29 Language Matters
- 30 24/7 Medication Collection; Transportation Resources
- 31 Ohio Medicaid
- 32 National Maternal Mental Health
- 33 Gambling/Gaming Prevention Information

OHIO'S 911 GOOD SAMARITAN LAW

Seek Help and Save a Life

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

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

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

What are the responsibilities of qualified individuals to receive immunity?

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

Confidential help for opioid overdose survivors.

Quick Response Team (QRT)

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

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

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



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

CRISIS HOTLINE: 1-888-936-7116

CRISIS TEXT LINE: 4Hope to 741741

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



Family Resource Center

Mental Health and Substance Use Services for Adults and Youth

Call: 419-425-5050

Visit: www.frcoho.org

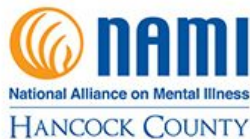


FOCUS Recovery and Wellness Community

Mental Health, Substance Use and Trauma Recovery Support Services

Call: 419-423-5071

Visit: www.focusrwc.org



NAMI Hancock County

Mental Health Support Services

Call: 567-301-2101

Visit: www.namihancockcounty.org



OhioGuidestone

Mental Health and Substance Use Services for Adults and Youth

Call: 419-422-7800

Visit: www.ohioguidestone.org

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



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

Call: 419-424-1985

Visit: www.yourpathtohealth.org

MENTAL HEALTH & ADDICTION TREATMENT PROVIDERS

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

This list is a reference tool, not an endorsement.

Please notify ADAMHS of any inaccuracies.

419-424-1985 adamhs@yourpathtohealth.org

*Signed shared treatment philosophy document

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

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

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

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

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

TREATMENT OPTIONS IN FINDLAY

MENTAL HEALTH & SUBSTANCE USE DISORDER SERVICES

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

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

LUTHERAN SOCIAL SERVICES OUTPATIENT • COMMUNITY SUPPORT

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

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

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

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

SUBSTANCE USE DISORDER SERVICES

FINDLAY RECOVERY CENTER • MEDICATION • ITHDRA • AL MANA • EMENT DETO) • INPATIENT
findlayrecoverycenter.com • 419-664-5237 • 1800 Manor Hill Rd., Findlay

FINDLAY TREATMENT SERVICES • OUTPATIENT • MAT • COMMUNITY SUPPORT
pinnacle-treatment.com • 419-434-1431 • 2121 Tiffin Ave., Findlay

SPERO HEALTH • OUTPATIENT • MAT • COMMUNITY SUPPORT
sperohealth.com • 419-745-9852 • 1645 Tiffin Ave., Ste. A, Findlay

TREATMENT OPTIONS IN NORTHWEST OH MENTAL HEALTH & SUD TREATMENT SERVICES

ARROWHEAD BEHAVIORAL HEALTH

OUTPATIENT • INPATIENT • MAT • RESIDENTIAL
arrowheadbehavioral.com • 800-547-5695 • 1725 Timber Line Rd., Maumee

COLEMAN PROFESSIONAL SERVICES

OUTPATIENT • RESIDENTIAL • COMMUNITY SUPPORT
colemanservices.org • 419-229-2222 • 799 Main St., Lima (Allen County)
Locations: Allen, Auglaize, Hardin, Jefferson, Mahoning, Portage, Stark, Summit, Trumbull

HARBOR

OUTPATIENT/MENTAL HEALTH URGENT CARE • MAT • RESIDENTIAL
harbor.org • 419-352-5387 • 1010 North Prospect, Bowling Green
Locations: Bowling Green, Perrysburg • Uer Sandus y

HEALTH PARTNERS OF WESTERN OHIO

OUTPATIENT • MAT
hpwohio.org • 877-516-4149 • 329 N. West St., 2nd Floor, Lima
Locations: Allen, Hardin, Seneca, Clark, Defiance, Williams, Lucas

PATHWAYS COUNSELING CENTER

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

ST. RITA'S MEDICAL CENTER - MERCY HEALTH

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

ZEPF CENTER

OUTPATIENT/PSYCHIATRIC URGENT CARE • MAT • RESIDENTIAL • COMMUNITY SUPPORT
zefpcenter.org • 419-373-6560 • 219 S. Church St., Bowling Green
Locations: Bowling Green, Toledo

SUBSTANCE USE DISORDER TREATMENT SERVICES

DRIVER'S INTERVENTION PROGRAM
Addictions Resource Center • info@arc.com • 937-767-0178

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

***MIDWEST RECOVERY CENTER**
DETOX • OUTPATIENT • MAT • COMMUNITY SUPPORT midwestrecoverycenter.com • 833-654-1029 • 7540 New West Rd., Toledo

OHIO TREATMENT CENTER
OUTPATIENT • CASE MANAGEMENT
419-216-2888 • 115 W. State St., North Baltimore

STAGES BEHAVIORAL HEALTH
OUTPATIENT (Serving Individuals 60+) • aaa3.org
800-653-7723 • 2423 Allentown Rd., Lima

PRIVATE MENTAL HEALTH & SUBSTANCE USE COUNSELING SERVICES IN FINDLAY

STEPPING STONES COUNSELING CENTER

206 W. Lima St., Findlay
419-422-7970
steppingstonesfindlay.com

LIGHTHOUSE COUNSELING

301 E. Sandusky St., Findlay
419-423-9133
lighthousecounseling2000.com

SOPHOS WELLNESS CENTER

500 N. Main St., Findlay
419-889-7807

MIND BODY HEALTH ASSOCIATES

124 E. Front St., Findlay
567-525-3311
mindbodyhealthassociates.com

TRUE NORTH THERAPY

1100 E. Main Cross St., Suite 155,
Findlay
567-301-2037
truenorthfindlay.com

MOVING FORWARD COUNSELING

1655 Tiffin Ave., Suite D, Findlay
567-229-2053
movingforwardcounselingservices.com

MEDICAL WITHDRAWAL MANAGEMENT (DETOX) SERVICES

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

567-429-8416

All agencies listed below also provide alcohol withdrawal management.

NORTHWEST OHIO DETOX CENTERS		
FACILITY	LOCATION	PHONE
BLANCHARD VALLEY HOSPITAL (EMERGENCY MEDICAL STABILIZATION)	FINDLAY	567-429-8416
ARROWHEAD BEHAVIORIAL HEALTH	MAUMEE	419-891-9333
ST. RITA'S ALCOHOL DETOX	LIMA	855-438-5681
COLEMAN STABILIZATION CENTER	LIMA	567-242-6112
ERIE COUNTY COMMUNITY HEALTH CENTER	SANDUSKY	419-624-3353
NEW VISION DETOX	BOWLING GREEN	419-546-0484
JOSHUA TREATMENT CENTER	HOLLAND	567-703-9064
MIDWEST RECOVERY CENTER	MAUMEE	833-654-1029
UNISON HEALTH (Including Crisis Stabilization)	TOLEDO	419-936 7800
UNIVERSITY OF TOLEDO MEDICAL CENTER	TOLEDO	419-383-5695
ZEPP CENTER (Including Psychiatric Urgent Care)	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, 8am-6pm.

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

CRISIS INTERVENTION & STABILIZATION SERVICES

A SERVICE FOR ADULTS EXPERIENCING A CRISIS

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

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

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

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

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

YOUTH

ADULT



EMERGENCY SUPPORT AVAILABLE 24/7

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



WARNING SIGNS OF SUBSTANCE MISUSE

ALCOHOL ABUSE:

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

SUBSTANCE ABUSE:

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

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



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



<https://tinyurl.com/5az66r9z>

Saturdays 12-1pm

You Are Not Alone



Please join us!

We would love to see you and share our journey as families of those with loved ones who struggle with substance use.

This is *your* time for self-care. I think that you will feel relief if you have been feeling alone or overwhelmed. These meetings offer a safe space to share, listen or just sit with others who understand what you are going through.

Together we support, educate and share experiences and resources.

Day/time of meetings:

Saturdays 12-1pm

Meeting location:

Meetings will be held on
Zoom, scan the QR code or
use the link below to
attend.

Facilitator:

Kirsten

More information:

Hancock County ADAMHS
419-424-1985



<http://tinyurl.com/y3336fym>

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 to learn about current recovery groups & programming

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

Suicide Warning Signs for Adults

Be a Lifeline



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.

988
SUICIDE
& CRISIS
LIFELINE

PEP23-08-03-001
3/18/24

Suicide Warning Signs for Youth



It's time to take action if you notice these signs in family or friends:

- 1.** Talking about or making plans for suicide.
- 2.** Expressing hopelessness about the future.
- 3.** Displaying severe/overwhelming emotional pain or distress.
- 4.** Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Anger or hostility that seems out of character or out of context.
 - Changes in sleep (increased or decreased).
 - Recent increased agitation or irritability.

If you or someone you know is struggling or in crisis, help is available.

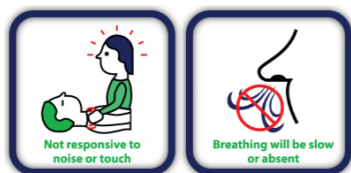
Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.



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.**



THE OHIO STATE UNIVERSITY
COLLEGE OF SOCIAL WORK

CHILDREN UNDER 3 YEARS OLD

WHAT THEY MAY SAY & DO



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

WHAT THEY THINK & FEEL



HOW TO HELP

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

CHILDREN 3-5 YEARS OLD

WHAT THEY MAY SAY & DO



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

WHAT THEY THINK & FEEL



HOW TO HELP

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

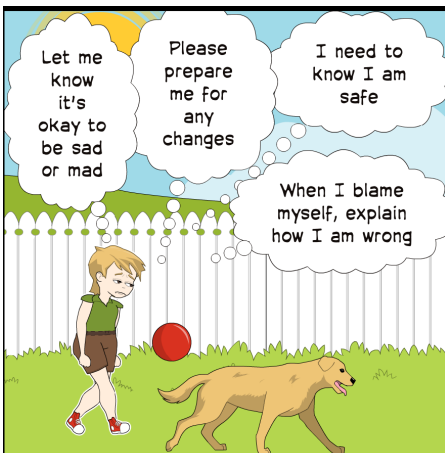
CHILDREN 6-9 YEARS OLD

WHAT THEY MAY SAY & DO



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

WHAT THEY THINK & FEEL



HOW TO HELP

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

CHILDREN 9-13 YEARS OLD

WHAT THEY MAY SAY & DO



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

WHAT THEY THINK & FEEL



HOW TO HELP

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

CHILDREN 14-18 YEARS OLD

WHAT THEY MAY SAY & DO



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

WHAT THEY THINK & FEEL



HOW TO HELP

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



PATHWAYS TO RECOVERY

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

Health

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

Medication Assisted Treatment (MAT)

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

Physical and Emotional Wellness

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

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

Home

Having a stable and safe place to live.

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

Purpose

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

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

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

Community

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

Anonymous Groups

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

Other Groups and Tools

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

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

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

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

our mission:

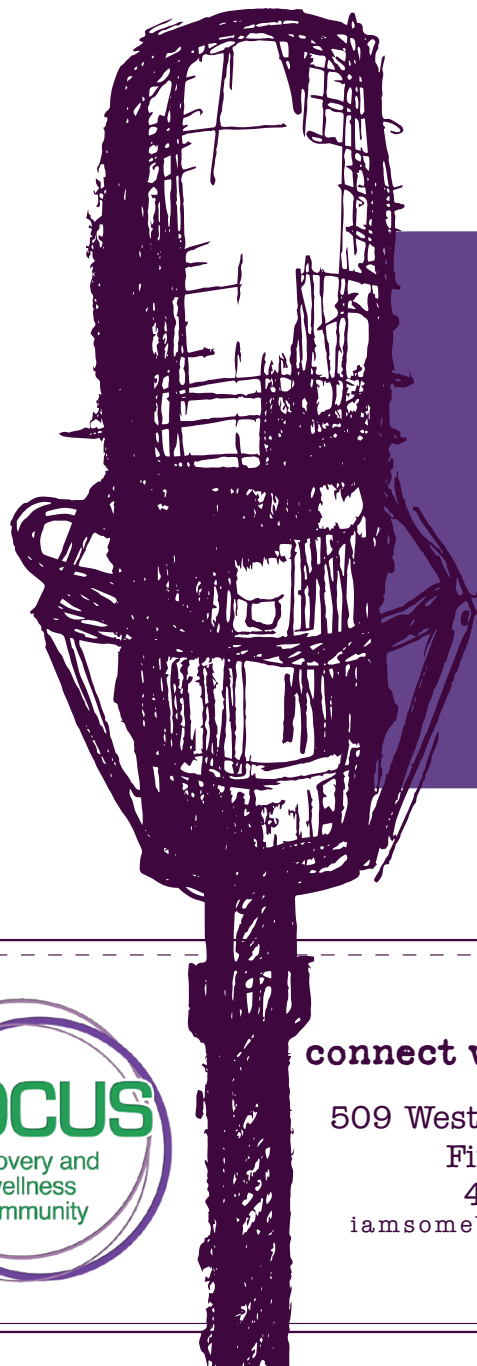
"i am somebody" is a podacast to aid in destigmatizing our communities societal standards & perception of prevention & recovery through the storytellers recovery journey.

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

be a voice

in the "i am somebody" podcast

in partnership with:



topics of discussion:

mental health

substance use

trauma

connect with us today:

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





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

Mission

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

Services

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

A Chance for Change

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

Community

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

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

The LOFT

A Program of FOCUS: Recovery and Wellness Community



CREATING A CULTURE OF BELONGING

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

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

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

Our Four Pillars:

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

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

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

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



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

Become a Recovery Guide!

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

What does a Recovery Guide do?

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

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

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

Who can be a Recovery Guide? Volunteers can be:

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

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

Why should I volunteer as a Recovery Guide?

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

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

How do I get involved?

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



Maternal Opiate Medical Support (MOMS)

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

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

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



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

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

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

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

419.429.0170



1900 South Main Street | Findlay | bvhealthsystem.org

(Form 3435)



NAMI

National Alliance on Mental Illness

HANCOCK COUNTY

Education & Support Programs

305 W. Hardin St., Findlay, Ohio 45840

(567) 301-2101 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 3rd grade – 8th grade whose lives have been impacted by a mental health diagnosis. The sessions will teach kids about mental health and coping skills, while helping them form friendships with other kids living with similar experiences in a safe and supportive atmosphere.

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

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

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

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

Stressed out? Confused? Concerned?

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

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

Take a CRAFT Class.

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

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

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

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

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





WELCOME TO A NEW LIFE

OFFERING A ROAD TO HOPE

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

We Provide:

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

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

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

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

LEARN MORE:

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



211 E. Front St
Findlay, Ohio 45840
567-525-4003
contact@spectrumoffindlaylgbt.org

WWW.SPECTRUMOFFINDLAYLGBT.ORG



Support

Youth Group

1st and 3rd Wednesdays at 7pm
The Youth Group Facilitator is
Arielle Patty, LPC.

Holdin' Space

Every other Friday at 7 pm
The Holdin' Space Adult Group
Facilitator is Eve Hanna.



Services

HIV Testing

Free HIV testing walk-in clinic
every 2nd and 4th Wednesday
from 10 am to 2pm.

SafeWorks

SafeWorks Syringe Service has
walk-in hours every Tuesday from
noon to 3 pm.



Programs

UNROLED

UNROLED: Gender Affirming
Clothing Closet is a free clothing
resource by appointment.

Free Binder Program

In partnership with GC2B to
provide binder safety training
and free chest binders.



Community



ALLY DIRECTORY





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
- Jamie Decker • jdecker@hancockph.com • 567-250-1109

The Project DAWN Kit includes:

- 2 - 4mg doses of Narcan Nasal Spray

Project DAWN kits are free.

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



HARM REDUCTION INFORMATION:

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

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

SERVICES

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

SAFER USE TIPS

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

To learn more, text, call, or email:

Jamie Decker 567-250-1109, jdecker@hancockph.com



Hancock Public Health

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

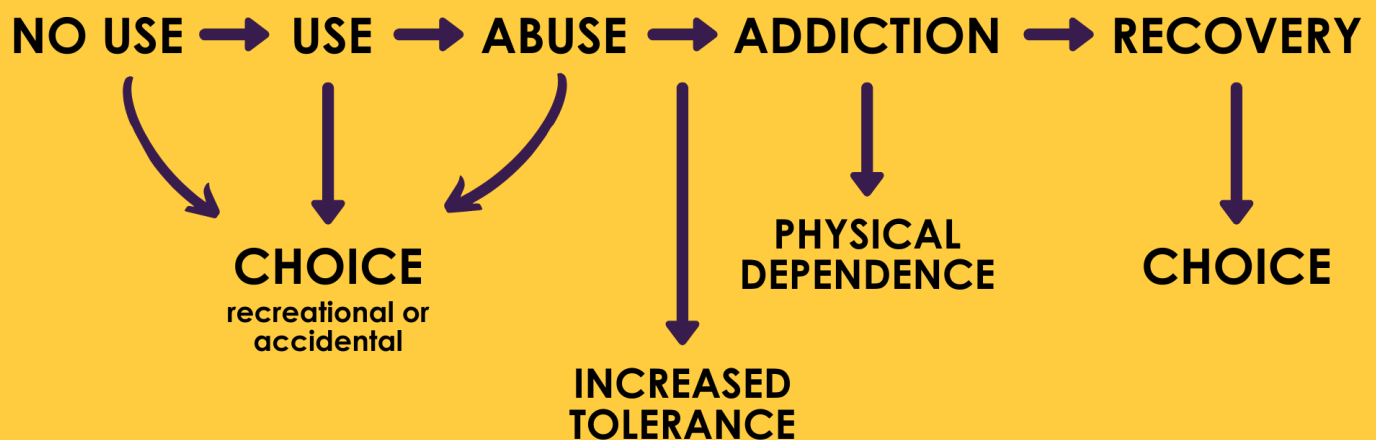
ADDICTION & RECOVERY

WHAT IS ADDICTION?

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

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

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



WHAT IS RECOVERY?

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

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

LANGUAGE MATTERS

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

SAY THIS . . .

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

. . . INSTEAD OF THIS

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

HOW TO SUPPORT SOMEONE IN RECOVERY

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

TIPS FOR TALKING WITH A LOVED ONE ABOUT THEIR SUBSTANCE USE

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

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

MEDICATION COLLECTION LOCATIONS





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

Findlay Police Department
Findlay Municipal Building - Dorney Plaza Findlay

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

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

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

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

Ohio Medicaid

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

Ohio Medicaid covers:

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

Ohio Medicaid benefits include:

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

Ohio Benefits

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

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

Apply for healthcare:

- online at Benefits.Ohio.Gov,
- 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.

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.



Department of
Medicaid

Not Feeling Like Yourself?

Let's Talk About It.



**Always
Free — 24/7**



**Support &
Resources**



**Confidential
Call & Text**



**60+
Languages**



**Don't wait. Reach out today.
1-833-TLC-MAMA (1-833-852-6262)**

NMHH-001



MAKE YOUR GAME PLAN

WHY SHOULD YOU PAUSE BEFORE YOU PLAY?

With more forms of gambling accessible throughout Ohio, bets can be placed easier and quicker than ever before. But betting too fast can lead to making bets without thinking about the risk, which can lead to developing a problem with gambling. That's why it's so important to take a moment before placing a bet to pause, consider the risks, and set limits.

WHAT IS PROBLEM GAMBLING?

Gambling disorder or gambling addiction is considered a diagnosable and treatable disorder. While problem gambling has its own set of criteria for diagnosis and treatment, many still don't seek help for this potentially life-threatening condition.

WHAT ARE THE DANGERS OF PROBLEM GAMBLING?

Similar to other forms of addiction, problem gambling can have long-lasting effects, such as:

- Suicidal thoughts
- Anxiety
- Depression
- Stress

A SERIOUS ISSUE

Approximately 1 in 5 individuals who struggle with problem gambling contemplate suicide, the highest rate amongst all known addictive disorders.

KNOW THE SIGNS

The signs of a person struggling with gambling are not always easy to see. A few signs to look for include:

- Betting more often or with more money
- Withdrawing from relationships
- Hiding gambling behavior from friends and family
- Borrowing money to relieve financial distress
- Betting more to make up for previous losses

TIPS FOR RESPONSIBLE GAMBLING

There are ways to ensure gambling stays responsible. Here are a few tips to keep gambling safer:

- Set limits on how much and how quickly you bet
- Pay your bills before gambling
- Keep gambling a social activity
- Have other hobbies outside of gambling
- Slow down, press pause, and recognize the risk before betting

ARE YOU AT RISK?

Are you or someone you care about at risk of problem gambling? Visit PauseBeforeYouPlay.org.



TAKE THE QUIZ

to see if you are at risk of problem gambling



FIND FREE RESOURCES

for responsible gambling



GET HELP

from free and accessible locations



HANCOCK COUNTY COMMUNITY COALITION ON ADDICTION

Mission:

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

Vision:

Heath, prevention, recovery, and support for all.

Values:

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

Guiding Principles

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



hancock county
community coalition
on addiction

NOTES

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

IN CASE OF EMERGENCY, DIAL 911

Suicide & Crisis Lifeline	988
Blanchard Valley Hospital	419-423-4500
Family Resource Center	419-425-5050
Findlay Fire Dept	419-424-7129
Findlay Police Dept	419-424-7150
Hancock County Sheriff's Dept	419-424-7097
NAMI Hancock County	567-301-210
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



HANCOCKHELPS

A Project Sponsored by the Findlay-Hancock County Community Foundation

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

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

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

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

<https://tinyurl.com/sjnw5va>

