MENTAL HEALTH & ADDICTION

RECOVERY RESOURCE GUIDE

HANCOCK COUNTY, OHIO

988 SUICIDE & CRISIS LIFELINE Ohio

Compiled by the Coalition for Mental Wellbeing, edited August 2026

adamhs
your path to health

We All Can Help Someone

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.

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For the most up-to-date list of local resources and support groups, visit hancockhelps.org.

HANCOCKHELPS
A Project Sponsored by the Findlay-Hancock County Community Foundation

Additional Resources:

SAMHSA National Helpline ▪ 1-800-662-HELP (4357) findtreatment.gov
Ohio Dept. of Behavioral Health ▪ dbh.ohio.gov
Opiod Response Network ▪ opioidresponsenetwork.org
Ohio Substance Use Disorder Center of Excellence ▪ case.edu/socialwork/centerforebp/ohio-sud-coe
Relink National Resources Website ▪ relink.org

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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 419-273-6050.

FAMILY
RESOURCE CENTER

MENTAL HEALTH AND SUBSTANCE USE SERVICES ARE AVAILABLE IN OUR COMMUNITY.

Narcan is available through Hancock Public Health by calling

567-250-5151

Suicide and Crisis Lifeline of Ohio

988

We All Can Help Someone

Family Resource Center

Mental health and substance use services for adults and youth.
Call: 419-425-5050
Visit: www.frcohio.com

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, Education, and Advocacy for Adults and Youth
Call: 567-301-2101
Visit: www.namihancockcounty.org

Ohio Guidestone

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

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 orders. In general, inpatient care typically involves a short hospital stay, but it can be long-term depending on your needs.

MEDICATION ASSISTED TREATMENT (MAT) is the use of FDA-approved medications, usually in combination with therapeutic and recovery supports, for the treatment of opioid addiction or substance use. Doctors prescribe a medication based on the patient's specific medical needs and other factors.

RESIDENTIAL treatment (sometimes called rehabilitation) is a healthcare facility that provides therapy for mental health and/or substance use.

COMMUNITY SUPPORT includes services that provide education, outreach, and individualized care to you, your family, and other important supports in your life so you can learn to manage your symptoms and live as independently as possible. Services include life skills development tools, education about mental illness and medications, development of community supports, and coordination of individualized treatment and other services.

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

Treatment Options in Findlay, Ohio

MENTAL HEALTH AND SUBSTANCE USE DISORDERS

***Family Resource Center**

Outpatient/Medication Assisted Treatment/Residential/Community Support

frcohio.com 419-425-5050 1941 Carlin St, Findlay (services for youth and adults)

***OhioGuidestone**

Outpatient/Medication Assisted Treatment/Residential (men only)/Community Support

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

**Agencies that have signed and participate in "A shared philosophy to address opioid use and overdose in Hancock County."*

Treatment Options in Findlay, Ohio

MENTAL HEALTH TREATMENT SERVICES

***BLANCHARD VALLEY HEALTH SYSTEM**

Orchard Hall **Hospital**
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** **Detox Hospital**
findlayrecoverycenter.com 855-605-2135 1800 Manor Hill Rd, Findlay

Findlay Treatment Services Medication Clinic
Outpatient/Medication Assisted Treatment/Community Support
pinnacletreatment.com 419-434-1431 2121 Tiffin Ave, Findlay

Spero Health **Outpatient/Medication Assisted Treatment/Community Support**
sperohealth.com 419-745-9852 15061 Flag City Dr, Findlay

PRIVATE MENTAL HEALTH AND 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

Treatment Options in Northwest Ohio

MENTAL HEALTH AND SUBSTANCE USE DISORDER TREATMENT SERVICES

Arrowhead Behavioral Health **Outpatient/Hospital/Residential/Community Support**
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/Nursing Home/Residential/Community Support**
harbor.org 419-352-5387 1010 North Prospect, Bowling Green
Ubicaciones: Bowling Green, Perrysburg

Health Partners of Western Ohio **Ambulatory/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/Hospital**
mercy.com 419-227-3361 730 W. Market St., Lima

Zepf Center **Outpatient/Nursing Home/Residential/Community Support**
zepfcenter.org 419-841-7701 Toledo, *multiple locations*

SUBSTANCE USE DISORDER TREATMENT SERVICES

Driver's Intervention Program
Addiction Resource Center info@arc.com 937-767-0178

Joshua Treatment Center **Outpatient/Nursing Home/Residential/Community Support**
Program to Awareness of Alcoholism and Drug Abuse in Urban Minorities of Lima
1-866-712-4401

***Midwest Recovery Center** **Detox/Outpatient/Mat/Community Support**
midwestrecoverycenter.com 833-654-1029 7540 New West Rd., Toledo

Ohio Treatment Center **Outpatient/Individualized Care**
419-216-2888 115 W. State St., North Baltimore (Wood County)

Stages Behavioral Health **Hospital** ***(for individuals 60+ years old)***
aaa3.org 800-653-7723 2423 Allentown Rd. Lima

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. If you have any questions about detox services, call 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 Behavioral 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
Community Linkage *(medically managed withdrawal syndrome program)*	Lima	567-242-6047
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

PROVIDED BY FAMILY RESOURCE CENTER

MRSS: MOBILE RESPONSE & STABILIZATION SERVICES

A PROGRAM FOR YOUTH & FAMILIES EXPERIENCING A CRISIS

988

DE-ESCALATE THE CRISIS

ASSESS SAFETY & PROCESS THE CRISIS

PROVIDE EDUCATION & CREATE AN ACTION PLAN

PROVIDE ONGOING SUPPORT FOR UP TO 4-6 WEEKS

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

A SERVICE FOR ALL AGES EXPERIENCING A CRISIS

ALL AGES

These services are available to all Hancock County residents 7 days a week, 8am-10pm.

FAMILY RESOURCE CENTER

WARNING SIGNS OF SUBSTANCE USE

Alcohol Use

- 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 Use

- 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

THE COALITION FOR MENTAL WELLBEING

The Coalition for Mental Wellbeing offers Hancock County residents and agencies a way to participate in advancing the ADAMHS Board's strategic initiatives.

The Coalition maintains a structure and operating procedures designed to ensure broad community input and engagement, all in accordance with Board policy.

The Coalition is guided by research, best practices, lived experience, and a commitment to prevention, treatment, and recovery.

Goals Include:

- Provide state-of-the-art guidance
- Regularly assess the needs of the community
- Foster collaborative partnerships
- Promote public education and awareness
- Uphold prevention and early intervention
- Support, sustain and strengthen the local health and human resources workforce
- Maintain accountability and respond with flexibility to changing needs of the community

For more information or to join the coalition, contact
Zachary Thomas, Executive Director,
Hancock County Alcohol, Drug Addiction & Mental Health Services
438 Carnahan Ave. ▪ Findlay, OH 45840
419-424-1985 ▪ zthomas@yourpathtohealth.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 longterm pain management and individuals using heroin.

Others at Risk Include the Following:

- Opiate-dependent
- Stopping MAT treatment (suboxone, vivitrol, methadone)
- Discharged to emergency medical care after opiate poisoning
- Experiencing reduced tolerance due to:
    - trying to stop using on their own
    - withdrawal management (detox)
    - release from jail or prison
    - relapse of recovery
- Injecting opiates
- Using prescription opiates in higher doses than prescribed
- Using opiates in combination with other sedatives such as
    - Alcohol
    - Benzodiazepines (“benzos”)
- Using opiates with conditions such as:
    - Hepatitis C, HIV
    - Liver disease
    - Lung disease, COPD
    - Depression

Low Tolerance = High Risk

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.? (Medicated 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

WARNING SIGNS FOR ADULTS

Save a life

The risk is higher if a behavior is new or has increased and if it appears to be related to a painful event, loss, or change.

- Talking about or planning suicide.
- Showing anxiety or agitation. Behaving irresponsibly.
- Talking about being a burden to others.
- Talking about not seeing a way out or feeling unbearable suffering.
- Increasing alcohol or drug use.
- Saying they've lost hope or have no reason to live.
- Sleeping too much or too little.
- Being isolated or feeling lonely.
- Showing anger or talking about revenge.
- Having extreme mood swings.

If you or someone you know is suffering or going through a crisis, we can help.

Call or text

988

Chat at 988lifeline.org or contact a mental health professional.

WARNING SIGNS FOR YOUTH

Save a life

Take action if you see any of these signs in your family or friends:

- Talking about or planning suicide.
- Having no hope for the future.
- Showing intense or overwhelming emotional distress or pain.
- Showing concerning and significant changes in behavior, especially if accompanied by the warning signs above, including:
  - Withdrawal or changes in relationships or social situations.
  - Changes in sleep (increased or decreased).
  - Anger or aggression that is uncharacteristic of the person or out of context.
  - Recent increase in agitation or irritability.

If you or someone you know is suffering or going through a crisis, we can help.

Call or text

988

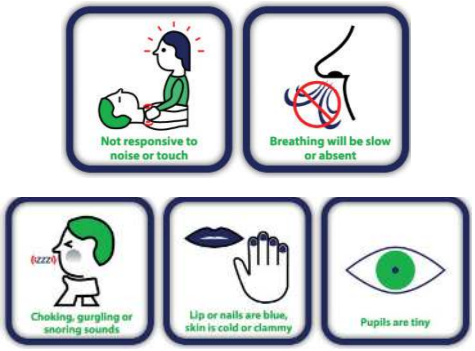
Chat at 988lifeline.org or contact a mental health professional.

988 SUICIDE & CRISIS LIFELINE Ohio

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

FAMILY RESOURCE CENTER

The Steady Path Stabilization Center is a safe place for people who are struggling with mental health challenges to receive professional support in a home-like setting. This 11-bed facility offers around-the-clock care for people who may be having a hard time at home or who are moving in or out of the hospital or jail.

"THE STEADY PATH IS NOW THE HIGHEST LEVEL OF CARE AVAILABLE FROM THE COMMUNITY MENTAL HEALTH SYSTEM. IT OFFERS SOMETHING BETWEEN THE EMERGENCY ROOM AND HOME, BETWEEN JAIL AND HOME, AND BETWEEN INPATIENT CARE AND HOME."— COMMUNITY STAKEHOLDER

ADMISSION CRITERIA

TO QUALIFY FOR ADMISSION, CLIENTS MUST BE:

- Diagnosed with a serious and persistent mental illness and co-occurring disorder
- Agreeable to voluntary admission and to become an FRC client
- Age 18 and over
- Willing to participate in treatment recommendations and programming
- Able to complete Activities of Daily Living and self-administer medication

*TSP does not accept self referrals. Clients must be referred from a partner organization.

To see referral information and more about The Steady Path Stabilization Center, please visit www.frcohio.com/the-steady-path-stabilization-center

"Recovery is a process of change through which people improve their health and well-being, live self-directed lives, and strive to reach their full potential" (SAMHSA, 2023). One's recovery journey is highly personal and unique and can include a variety of different paths aligned with the four core dimensions of recovery: Health, Home, Purpose, and Community.

Health

Overcome or control disease(s) or symptoms, and make informed, healthy choices that support physical and emotional well-being.

Medication Treatment

Many illnesses and disorders have medicinal treatment options. Substance use is no different. MAT is a valid path to recovery for some and should not be dismissed as simply swapping one addictive substance for another. MAT can help people manage addiction to help maintain recovery.

Physical and Emotional Well-being

Fitness and nutrition are essential factors for restoring physical and mental health. Exercise can be a method to offset stressors, aid in relaxation, improve sleep quality, and increase the ability to manage stress. Adequate 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 the signs of stress, thereby minimizing the long-term consequences of chronic stress on the body. Some options for dealing with stress include relaxation techniques such as exercise, proper nutrition, yoga, and spirituality.

Home

Have a stable and safe place to live. Recovery housing in Hancock County is designed to help those seeking recovery from a substance use disorder rebuild their lives and rejoin the community.

Purpose

Performing meaningful daily activities, such as work, school volunteering, family care, or creative endeavors, and having the independence, income, and resources to participate in society.

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

Community

Have 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 nonprofit fellowships of people struggling with substance use who use strength, hope, and fellowship to help one another seek and maintain abstinence. The only requirement for participation in each group is a desire to stop using that particular substance. There are no membership fees or dues. A.A., H.A., and N.A. are not affiliated with any sect, denomination, political party, organization, or institution. These groups provide a recovery process and peer support networks that work together to meet your needs. Learn more at area53aa.org, heroinanoynmous.org, www.ca.org, and www.na.org

Other groups and tools

Celebrate Recovery offers people the opportunity to participate in group fellowship where love and hope combine with the pursuit of God's purpose for our lives at no cost. Participate in identifying feelings of pain, recognizing habits, and addressing blocks. Learn more at: www.celebraterecovery.org

Smart 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®. More information at: www.smartrecovery.org

Spirituality can help us connect with a community, give us a sense of purpose and grounding, or help us feel humbled as part of something larger. When we feel challenged, overwhelmed, or even excited about a new direction we are about to take, having a spiritual foundation can help us find meaning and achieve overall well-being.

Technology can be a useful recovery tool for mental illness or substance use. Mobile apps are currently available to connect you with a community, create a plan, track recovery time, and save money. Other tools can help monitor habits, nutrition, sleep, and overall well-being, and create a daily mood diary.

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

Monday-Friday 9 AM - 5 PM/Saturday 11 AM - 3 PM • focusrwc.org • 419-423-5071 • 509 W. Trenton Ave., Findlay OH

YOUTH CENTER

THE LOFT

A Program of Focus Recovery and Wellness Community

The Loft is a welcoming space for youth ages 10 to 17 navigating challenges related to oppression, adversity, and trauma. Built on lived experience, peer connection, and trust, the Loft offers daily groups, creative outlets, and access to community resources.

This is not just a youth center, it's a space where young people are seen, supported, and encouraged to shine.

SCAN ME!

What to Expect

- Engaging activities that foster creativity and resilience
- A safe, affirming space that celebrates all backgrounds
- Opportunities to connect with outside resources
- Utilization of the Youth Thrive framework to uplift youth voices

OUR PILLARS

Home	Health	Purpose	Community
Establish the feeling of belonging	Improve all aspects of wellness	Find and engage in your purpose.	Find and feel a part of your community.

Monday-Friday 12 PM - 8 PM • 419-405-0587 • 1908 N. Main St.., Findlay OH

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?

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.

Monday-Friday 9 AM - 5 PM ▪ focusrwc.org ▪ 419-423-5071 ▪ 509 W. Trenton Ave., Findlay OH

MATERNAL OPIATE MEDICAL SUPPORT (MOMS)

Blanchard Valley Hospital
BLANCHARD VALLEY HEALTH SYSTEM

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 BVHS
- 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

To refer a patient or have questions, please call the BVHS Clinical Navigator of the MOMS Program. **419.429.0170**

OHIO MEDICAID

Ohio Department of 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

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.

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 JPS.Ohio.Gov/County.

NAMI Hancock County
Education & Support Programs

PEERS

Peer-to-Peer
A free, 8-session recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges. Must be 18+ to attend.

Connection Support Group
A free, peer-led support group for individuals living with mental health conditions. Must be 18+ to attend.

Men's Connection Support Group
A free, peer-led support group created as an outlet for individuals experiencing the stigma of being a male with mental health struggles. Must be 18+ to attend.

FAMILY & FRIENDS

Family-to-Family
A free, 8-session educational program for family, partners, friends, & significant others of adults living with a mental health condition. Must be 18+ to attend.

Family Support Group
A free, peer-led support group open to individuals with a loved one living with mental health conditions. Must be 18+ to attend.

Basics
A free, 6-session education program for caregivers of youth experiencing symptoms of a mental health condition. Contact us about this online program.

YOUTH

Me In Mind
A free, innovative, activity-based workshop to help children develop skills for improving mental health. Serves K-8th grade. Contact us for a parent interview.

Next Gen
A free, youth-led program devoted to improving services and systems to support youth inclusion, mental wellness, positive supports, and healthy transition. Serves youth and young adults ages 14-21.

Youth Support Group
A free and confidential support group for young people aged 14-21. Accessible in-person and virtually. Contact us for the zoom link.

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

305 West Hardin Street
Findlay, Ohio 45840
www.namihancockcounty.org
567-301-2101

NAMI
National Alliance on Mental Illness
Hancock County

Partially funded by:
adamhs
your path to health

TRAININGS

Adult Mental Health First Aid

This course teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, offer & provide initial help, and guide a person toward appropriate care if necessary. This course introduces mental health challenges and teaches a 5-step action plan for how to help adults in both crisis and non-crisis situations.

Youth Mental Health First Aid

This course teaches parents, family members, caregivers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan to help young people in both crisis and non-crisis situations.

In Our Own Voice

A free outreach program consisting of informational presentations about mental health conditions from people with lived experiences-providing personal testimonials, short videos, and time for audience questions and discussion.

ACTIVITIES

Craft Night

An opportunity for peers & family to connect with one another. We believe that mental health can be improved through nontraditional outlets. Materials are included. Registration required. Must be 18+ to attend.

Daily Self-Care Activities

Come join us at NAMI Hancock County every weekday to practice self-care. Activities, include: Cards & Board Games, Walking Club, Art Studio, Journaling and Meditation, and Reader's Retreat! Open for all ages.

The Mindfulness Path

Find eleven meditation signs along the 1.2 mile 'Loop Trail' at Riverbend Park. Practice meditations, breathing exercises, and discover the benefits of nature.

SERVICES

Navigation

If you or a loved one are experiencing challenges related to a mental health condition, our team can provide navigation services to help you find answers and support. Give us a call or stop by the office during our business hours.

Volunteer

Passionate about mental health? Looking for community service opportunities? Get involved with NAMI today!

ADULTS

The Grief Recovery Method

An 8 week program for adults to move beyond the pain caused by death, divorce, loss of trust, loss of career, loss of safety, and other losses. Contact us to register.

Narcissistic Abuse Support Group

A free, confidential support group for adults experiencing emotional abuse and manipulation in relationships with narcissists, or other toxic individuals.

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NAMI
National Alliance on Mental Illness
Hancock County

Partially funded by:
adamhs
your path to health

Are you concerned about a loved one's substance abuse?
Stressed? Confused? Worried?
Not sure how to continue helping or if you're really helping?
Do you want to have a conversation about recovery with your loved one but don't know how to start?

Take a CRAFT Class.

Learn new techniques and solutions to help guide your loved one toward recovery, build a healthy relationship, and improve their quality of life. This class will focus on the Community Reinforcement Approach and Family Training (CRAFT) method, created by Dr. Robert J. Meyers and highlighted in the book "How to Keep Your Loved One Sober." Classes are facilitated by local community members trained by Dr. Meyers.

There are six classes, one per week, with a maximum of ten participants. We encourage those interested to attend all six sessions, but it is not a requirement. Classes are free of charge. Participants are encouraged to purchase the book Getting Your Loved One Sober, or there are books available to borrow during classes.

For more information about upcoming CRAFT classes or if you are interested in becoming a facilitator, contact FOCUS at 419-423-5071.

FOCUS
recovery and wellness community

adamhs
your path to health

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

PROJECT DAWN

HANCOCK PUBLIC HEALTH
PREVENT • PROMOTE • PROTECT

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**
- **Kalynn Sommers - 513-818-3309 ksommers@hancockph.com**
- **Josh St Louis - 567-208-0182 joshuastlouis@equitashealth.com**

The Project DAWN Kit includes:

- **2 - 4mg doses of Narcan Nasal Spray**

Project DAWN kits are free.

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

Safe Works
REDUCE HARM
SYRINGE SERVICE
SAVE LIVES

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
- Free sharps containers
- Safer Sex supplies

SAFER USE TIPS

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

Monday-Friday, 8:00 am - 3:30 pm - (please call ahead)
Safe Works Syringe Service, 211 E. Front St., Findlay
Hancock Public Health, 2225 Keith Parkway, Findlay

To learn more, text, call, or email:

Kalynn Sommers - 513-818-3309 ksommers@hancockph.com

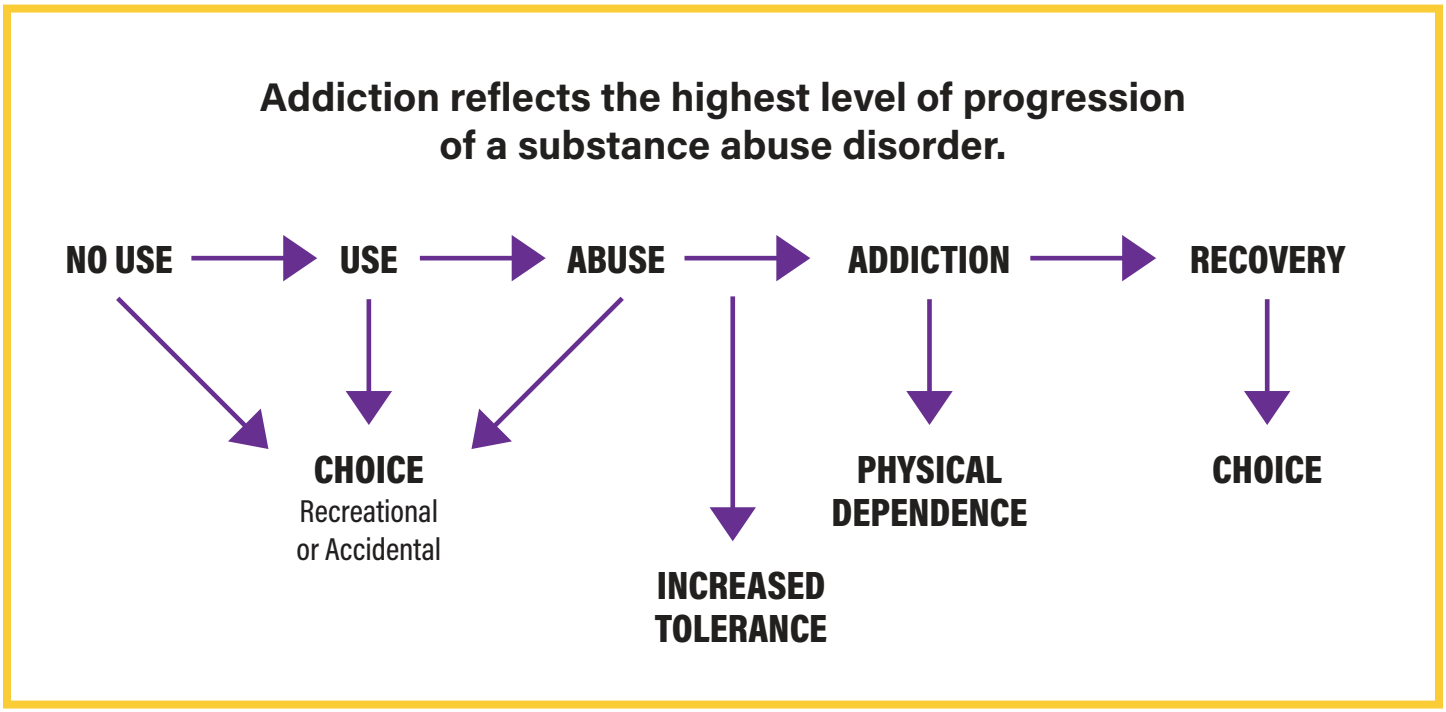
Josh St Louis - 567-208-0182 joshuastlouis@equitashealth.com

HANCOCK PUBLIC HEALTH
PREVENT • PROMOTE • PROTECT

What is addiction?

Addiction is a treatable chronic medical condition that involves complex interactions between brain circuitry, 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 conditions. -ASAM, 2019



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 substance abuse disorder
- Person in recovery
- Person living with addiction
- Person arrested for a drug law violation
- Decides not to use now
- Medication is a treatment tool
- Has had a setback/setback
- Maintains recovery
- Positive drug test

...INSTEAD OF THIS
- Addict, junkie, drug addict, cocaine user, drug addict
- Ex-addict
- Fighting/suffering from addiction
- Drug offender
- Not compliant
- Medication is a crutch
- Relapse
- Stay clean
- Dirty drug test

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 setbacks. It's important for them to know that you support them when things get tough.
- **Reinforce that recovery is possible.** Like other chronic diseases, people can manage addictions successfully.
- **Actively listen.** Take notice of your loved one's victories and struggles.
- **Encourage healthy habits**. Cooking, exercising and playing games are all positive. substance-free activities you can do with a person in recovery.
- **Suggest a support group.** Support groups allow people in recovery to interact with and receive encouragement from others who struggle with addiction.
- **Continue to offer encouragement and support.** Emphasize that it takes a lot of courage to get help for an addiction.
- **Take care of yourself.** Take time to participate in activities you enjoy. Spend time with others, or consider joining a support group for friends and families of people with addictions.

TIPS FOR TALKING WITH A LOVED ONE ABOUT THEIR SUBSTANCE USE
- Treat the person with respect and dignity.
- Talk to the person in a quiet, private place when both of you are sober and calm.
- Try to understand the person's perception of their substance use. Ask if they consider their substance use a problem.
- Consider the person's willingness/readiness to talk about substance use.
- Don't force the person to admit they have a problem.
- Express your point of view using the word "I," such as "I've noticed..." or "I'm worried..."
- Identify and discuss their behavior instead of criticizing their character.
- Let the person know you are concerned and willing to help.
- Listen without judging the person as bad or immoral.
- Don't label or accuse the person as an "addict."
- Have realistic expectations – learning to manage mental illness takes time.

NATIONAL COUNCIL for Mental Wellbeing

HEALTHY MINDS ▪ STRONG COMMUNITIES

MEDICATION COLLECTION LOCATIONS

Hancock County Sheriff's Office ▪ 200 West Crawford Street 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 MENTAL WELLBEING
For more information call 419-424-1985

Hancock County Transportation Services

Provider	Services	Contact	Hours
HATS	Scheduled and on-demand public transportation service. Fares are $2 in city, $4-$6 within the county, depending on the zone. Elderly and disabled discounts available.	419-423-7261 hhwpac.org/programs/hats	Mon-Fri 7:15am-9:45PM
USA 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 facebook.com/p/T-H-Lift-LLC-100065246930621	Daily 6am-midnight
Find-a-Ride	Transportation solutions for clients age 60-plus or those with disabilities	1-800-653-7723 aaa3.org/transportation	Mon-Fri 8am-4:30pm
Hancock County Veterans Service Office	Free transportation services provided to county veterans for medical appointments	419-424-7408 hancockveterans.com	Mon-Fri 8:30am-4:30pm
Hancock County Job & Family Services	Client-based transportation to appointments for those who qualify	419-429-8032 hancockjfs.org	Mon-Fri 8am-4:30pm
KanDu Group	Client-based transportation for adult day support, vocational habilitation, and workplace transportation	567-208-3323 kandugroup.org/transportation	Mon-Fri 8am-4:30pm

PAUSE BEFORE YOU PLAY

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

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

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

GAMBLING PROBLEM? 1-800-589-9966 | **PauseBeforeYouPlay.org** | org ohio for responsible gambling

OUTREACH DEPARTMENT SERVICES

Helping individuals and caregivers Access care, plan ahead, and stay safe

Licensed Social Workers Provide:

- Case Management & Advocacy
- Assistance with Medicare, Medicaid, Social Security, SNAP, housing & paperwork
- Mental health referrals & behavioral health connections
- Transportation assistance (HATS, Find-a-Ride)
- Information and referrals to community resources

Additional Services:

- Emergency Response Systems (24/7 monitoring; financial assistance available)
- Medical Equipment Loan Program (walkers, wheelchairs, shower benches, etc.)
- Dementia-specific referrals, planning & navigation
- Medicare education (OSHIIP – Ohio Senior Health Insurance Information Program)

Support Groups:

- Caregivers Support Group
- Alzheimer's Support Group
- Parkinson's Support Group

CONTACT 50 NORTH

Call: 419-423-8496

Speak with a social worker or learn more about available services

YOU ARE NOT ALONE!

50 North is here to support your journey — mind, body, and home.

339 E. Melrose Ave., Findlay, Ohio

www.50north.org

50 NORTH

ENRICHING LIVES.
SUPPORTING INDEPENDENCE.

Dementia Support at 50 North

50 North is here to support individuals living with dementia and their caregivers through compassionate services, education, and community connection. From meals and wellness programs to in-home support and social work guidance, we help ensure every individual can live with dignity, comfort, and independence.

NUTRITION DEPARTMENT SERVICES

Promoting brain and body health through accessible meals

- Marathon Café: $7 hot meals (Mon–Fri, 11:00 am – 1:00 pm), dine-in or to-go
- Curbside Pickup: Pre-order at 567-429-9249
- Mobile Meals: Delivered weekdays; weekend options available
- Frozen Meals To-Go: $5 balanced meals (soup, entrée, sides)
- Dine & Learn Series: Nutrition-focused education
- Healthy Living Guidance: With certified nutrition coach Annie Hayes
- Financial assistance available

WELLNESS DEPARTMENT SERVICES

Maintaining strength, balance, and cognitive health

- Fitness & Wellness Center (age-friendly equipment and environment)
- Group exercise classes: strength, yoga, cardio, balance
- Targeted programs: Parkinson's & movement-based classes (e.g., Delay the Disease)
- SMARTfit™ technology (cognitive-physical interactive training)
- Free wellness consultations (personalized fitness plans)
- Membership required; financial assistance available

ACTIVITIES DEPARTMENT SERVICES

Fostering connection, creativity, and mental stimulation

- Alzheimer's Education Series
- Wits Workout & Brain Health Programs
- Boost Your Brain & Memory Loss programs
- Bingocize® (falls prevention & nutrition)
- Creative arts: crafts, scrapbooking, drawing, and more
- Educational programs: Bible study, workshops, presentations
- Social events: movies, music, themed gatherings
- Performing arts: theatre and choir (all skill levels welcome)

OUTREACH DEPARTMENT SERVICES

Helping individuals and caregivers Access care, plan ahead, and stay safe

Licensed Social Workers Provide:

- Case Management & Advocacy
- Assistance with Medicare, Medicaid, Social Security, SNAP, housing & paperwork
- Mental health referrals & behavioral health connections
- Transportation assistance (HATS, Find-a-Ride)
- Information and referrals to community resources

Additional Services:

- Emergency Response Systems (24/7 monitoring; financial assistance available)
- Medical Equipment Loan Program (walkers, wheelchairs, shower benches, etc.)
- Dementia-specific referrals, planning & navigation
- Medicare education (OSHIP – Ohio Senior Health Insurance Information Program)

Support Groups:

- Caregiver Support Group
- Alzheimer's Support Group
- Parkinson's Support Group

CHORE DEPARTMENT SERVICES

Supporting safe and comfortable living at home

- Yardwork, snow removal, window washing, power washing
- Basic plumbing, electrical, and carpentry
- Home safety modifications (grab bars, handrails, lighting)
- Ramp construction and rental

CONTACT 50 NORTH

Call: 419-423-8496

Speak with a social worker or learn more about available services

YOU ARE NOT ALONE!

50 North is here to support your journey—mind, body, and home.

50 NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

IN CASE OF EMERGENCY, DIAL 911

Suicide and Crisis Hotline	988
Ayuda En Español	1-888-628-9454
Blanchard Valley Hospital	419-423-4500
Family Resource Center	419-425-5050
Findlay Fire Department	419-424-7129
Findlay Police Department	419-424-7150
Hancock County Sheriff's Office	419-424-7097
NAMI Hancock County	567-301-2101
NAMI Hotline	800-950-6264
National Suicide Prevention Hotline	1-800-273-8255
Open Arms Domestic Violence and Crisis Services Rape	419-422-4766
SAMHSA: Substance Abuse & Mental Health	1-800-662-4357

For the most recent list of local resources and support groups, visit www.hancockhelps.org

HANCOCKHELPS

A Project Sponsored by the Findlay-Hancock County Community Foundation