

SUBSTANCE ABUSE AND ADDICTION RESOURCE GUIDE

**Prepared By:
Columbiana County Mental Health
and Recovery Services Board**

**COLUMBIANA COUNTY MENTAL HEALTH
AND RECOVERY SERVICES BOARD**

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This resource was prepared by the **Columbiana County Mental Health and Recovery Services (MHRS) Board**. The MHRS Board supports alcohol and drug addiction treatment and recovery by purchasing treatment services and recovery supports for Columbiana County residents with limited income.

Columbiana County Mental Health and Recovery Services Board

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In this guide, the term “drug” is used as a catch-all term and refers to any substance that is potentially harmful or addictive. “Drugs” include, but are not limited to, alcohol, nicotine, prescription medicines that are abused, heroin, cocaine, methamphetamine, and marijuana. The term “therapist” is shorthand for any substance use treatment professional who is qualified to provide counseling.

SIGNS OF A SUBSTANCE USE PROBLEM

If some or all of the following apply, you or your loved one may have a substance use problem. In the most severe cases, it is an addiction. ***Any person who uses a drug can develop an addiction.***

- Taking drugs in larger amounts or for longer than intended
- Trying to cut down or stop but can't
- Spending a lot of time getting, using, or recuperating from the effects of drugs
- Having cravings or strong urges to use drugs
- Work, home, or school responsibilities suffer because of drug use.
- Continue to use the drug even when it causes problems in relationships
- Continue to use the drug in spite of physical or mental health conditions that are aggravated by drug use.
- Taking more drugs to get the desired effect.
- Experience withdrawal symptoms when the drug is not readily available

WHERE TO START

As is true for most health problems, treatment and recovery for addictions are individualized. There is no “one path to recovery;” different people benefit from different treatments and recovery supports. Unless a person is experiencing a medical emergency related to drug use, in which case he should seek medical treatment immediately, the best FIRST step to recovery is to obtain a comprehensive assessment.

The results of the assessment will include recommended treatments and recovery supports that best match the individual circumstances of the person.

Provider agencies that conduct assessments, located in Columbiana County and certified by the Ohio Department of Mental Health and Addiction Services (Ohio MHAS) are:

**Family Recovery Center
964 North Market Street
P.O. Box 464
Lisbon, Ohio 44432**

<http://www.familyrecovery.org>

Assessments are done in the Lisbon, East Liverpool, and Salem offices. Appointments are scheduled by calling the Lisbon office at **330-424-1468**.

Family Recovery Center also provides many other treatment and recovery support services. Please call or visit the website for additional information.

**The Counseling Center
40722 State Route 154
P.O. Box 429
Lisbon, Ohio 44432**
Website: www.colmhc.org

Assessments are done in the Lisbon and East Liverpool offices. Appointments are scheduled by calling the Lisbon office at **330-424-9573**.

The Counseling Center also provides many other treatment and recovery support services. Please call or visit the website for additional information.

For information on all drug and alcohol treatment programs certified by the Ohio MHAS in the State of Ohio, call 1-877-275-6364. Individuals can also search the Ohio MHAS website at www.mha.ohio.gov. In the middle of the home page, click on "Where to Get Help? - Addiction Service Providers by County."

Individuals can also contact their insurance plans for referral information for substance abuse assessment and treatment. Not all professionals and organizations that conduct assessments or provide treatment are certified by Ohio MHAS.

ENCOURAGING PEOPLE TO CHOOSE RECOVERY

There is no surefire "recipe" for influencing people to change. There is no guarantee that any "outside influence" will motivate people to change. People are impacted, however, by their friends, family, co-workers, substance use treatment professionals, and other people who are striving to recover.

The following are actions that are **Generally Helpful** and **Generally Not Helpful** in influencing people to get on, or stay on, the road to recovery.

Generally Helpful	Generally Not Helpful
<p>Express concern about how you observe drug use is impacting the person</p> <p>Point out how the drug use is negatively impacting you and your relationship with the person.</p> <p>Provide accurate information about the health risks the person is taking.</p> <p>Offer hope and encouragement, always – even after a person has lapsed.</p> <p>Offer support if and when the person decides to take action. (For example, offer to attend an AA meeting with the person, or accompany him to a first appointment with a counselor.)</p> <p>What is important or meaningful to the person? Point out how he may be jeopardizing what is important to him by using drugs.</p> <p>Help the person to think through the “positives” and “negatives” of his drug use.</p> <p>If a person has reached the “decision” point, ask, “How can I support you?” Then do it if you can.</p> <p>Express pride in the person’s efforts and improvement.</p> <p>Participate in the person’s healthy changes (for example, if the person starts a walking regimen, offer to walk with him.)</p> <p>Treat people with kindness and respect even when they are making self-destructive decisions.</p> <p>Provide hope and encouragement, even when the person lapses.</p> <p>Encourage the person to connect with other people who are struggling with addiction and are <u>trying to recover</u>.</p> <p>Seek connections with friends or family members of other people who are struggling with addiction. Loved ones of people with addiction often benefit from support from others “walking in their shoes.”</p> <p>Help the person obtain food, shelter, and clothing, if needed. It is better to direct people to help, or provide it directly, than to provide the person money or gifts cards for these basic needs.</p>	<p>Shielding people from the consequences of their drug use (for example, giving them money to pay a bill that is unpaid because the money was spent on drugs).</p> <p>Threats of consequences that may not occur, or consequences that may be “far into the future.”</p> <p>Very specific advice, unless you are asked for it.</p> <p>Making arrangements FOR the person to get support or help. (Be WITH them, if they want it, while they make arrangements for themselves – or accompany them to services or supports.)</p> <p>Emotional abandonment.</p> <p>Accompanying a person in situations that offer temptation.</p> <p>Ignoring what you perceive as problem. It is difficult for friends and loved ones to “start the conversation” about self-destructive drug use, and the person using drugs isn’t often accepting of a loved one bringing it up. Bring it up anyway – you are planting a seed.</p> <p>Negative judgment of a person’s character.</p>

TYPES OF TREATMENT

The goal of treatment is to help people achieve and maintain abstinence from harmful substances. Treatment is focused on helping people understand and recognize the damage drug use has done to them and others, and how it has interfered with what is important to them. Effective treatment encourages the person to take responsibility for his addiction, regardless of the reasons it developed, and to help him map out and follow a plan for recovery. Treatment is focused on helping the person develop motivation for change, along with the skills to meet life's challenges and fulfill potential without using harmful substances.

Detoxification

Medically supervised detoxification, the process by which the body clears itself of drugs, is designed to manage the acute and potentially dangerous effects of discontinuing drug use. Because discontinuing drug use is often accompanied by unpleasant and potentially fatal side effects stemming from withdrawal, detoxification is often managed with medications administered by a physician in an inpatient or outpatient setting. Detoxification typically lasts between 3 – 10 days. Not all people need medically supervised detoxification, and for those who do need it, it is the first step. By itself, it does little to produce lasting changes necessary for recovery. Staff members of detoxification facilities refer people to “the next step” services and supports at the point of discharge.

Detoxification Facilities Certified by Ohio MHAS in Columbiana County And the Surrounding Areas are:

Neil Kennedy Recovery Clinic
2151 Rush Blvd.
Youngstown, Ohio 44507
330-744-1181
800-228-8287
www.nkrc.org

Trinity East Hospital
380 Summit Ave
Steubenville, OH 43952
740-283-7000
www.trinityhealth.com

Crisis Intervention and Recovery Center, Inc.
2421 13th Street NW
Canton, Ohio 44708
(330) 452-6000
<http://www.circstark.org>

Quest Recovery and Prevention Services-Regional Center for Opiate Recovery
(detox for opiates only – opiates include heroin and many prescription pain medicines.)
1660 Nave Rd. S.E.
Massillon, OH 44646
330-837-9411
<http://questrs.org/>

East Liverpool City Hospital
New Vision Program
425 W. Fifth Street
East Liverpool, Ohio 43920
1-800-939-2273 or 330-386-3193

First Step Recovery
2737 Youngstown Road, S.E.
Warren, OH 44484
(330) 369-8022
www.FirstStepRecovery.net

Outpatient Treatment

Outpatient treatment is provided to people who live on their own, with family or friends, or sometimes in a “recovery house.” It may include any of the following:

Individual Counseling: Meeting one on one with a therapist.

Family Counseling: The therapist meets with the person with addiction and one or more family members to help the client build more positive bridges to family support and to guide family members on how to support their loved one’s recovery efforts.

Group Counseling: Meeting with a therapist, along with others recovering with addiction, in a setting in which the therapist facilitates positive interaction, support, and skill building among all group members.

Intensive Outpatient Treatment: Combination of individual and group treatment and drug and alcohol education. Intensive outpatient services include at least 9 hours of treatment per week, on at least 3 days per week.

Aftercare Treatment: Individual or group, to reinforce gains made during treatment, and support people in working on relapse prevention.

Case Management

Case managers help people access supports outside of the drug and alcohol treatment system to meet basic needs and to support recovery. Depending on the person’s needs, this may include food, shelter, clothing, assistance with applying for health insurance, or assistance with obtaining employment. The case manager has knowledge of all the resources that may be potentially helpful, and helps people “cut through red tape” to get connected with resources that will support recovery.

Residential Treatment

Individuals live in a facility with others receiving treatment for addiction. People receive 30 hours or more per week of counseling and education related to addiction and recovery. Structure, along with 24 hour, 7 day a week on-site access to recovery supports, provides an environment of intensive support. Often 12 step meetings are held on site. Residential treatment usually lasts for at least 30 days. Many programs are organized around a 90 day model; some last up to a year or longer.

Medication Assisted Treatment

Medication assisted treatment can be provided to people in either residential or outpatient treatment. Medications reduce, and sometimes eliminate, physical cravings, and interfere with the brain's ability to experience pleasure from the harmful drug. Medication assisted treatment is used for both alcohol and opioid addiction. Medication assistance is just that – **assistance**. People with addiction still need to learn new coping skills and develop a recovery lifestyle. It is most effective when it is part of a comprehensive recovery plan that may include treatment, self-help, and other recovery supports.

RECOVERY SUPPORTS

Recovery Coaching

A Recovery Coach is a peer supporter in recovery from substance abuse who uses personal experience to provide support, hope and guidance. Recovery coaches have at least 2 years continuous abstinence and specialized training. Coaches are not therapists. They are mentors and supporters who assist people on the path from a life of addiction to a life in recovery. Coaches share their “insider” knowledge of treatment and recovery. They may accompany people to 12 step and other recovery support meetings.

Sober Living (“Recovery”) Housing

Recovery houses are group residences for people striving to maintain abstinence and advance their recovery. Residents make a commitment to abstinence and a commitment to support their fellow housemates in maintaining abstinence and advancing their recovery. Recovery housing provides an alcohol and drug-free living environment with various levels of supervision and recovery supports. Typically individuals residing in recovery housing receive services at local agencies, participate in peer support and self-help groups. Some individuals receive a temporary rent subsidy and are then required to obtain employment to assume the cost of room and board.

Self-Help/Support Groups

Peer support and self-education are important components of recovery and useful in preventing relapse. Many people who maintain abstinence and achieve recovery attend support meetings on a regular basis, indefinitely.

A current list of meeting times and locations can be obtained by calling 211, Help Hotline's Information and Referral line, by phoning Help Hotline at 330-424-7767, or 1-800-427 3606, or Family Recovery Center at 330-424-1468. This information is also available on the following websites:

Alcoholics Anonymous

To locate meetings in your area: Youngstown Area Intergroup Inc. 330-270-3000
<http://www.aayaig.org/meeting-finder.html>

Narcotics Anonymous

Information and local meeting locations are on their website:
<http://www.na.org/meetingsearch/>

Heroin Anonymous

Information and local meeting locations www.heroinanonymous.org

Celebrate Recovery

Is a Christ-centered recovery support group www.celebraterecovery.com to locate a meeting: <http://grouplocator.crgroups.info/>

Smart Recovery

This is a self-empowerment science based support group that does not follow the 12 step model. There are currently no meetings within a 30 mile radius of Columbiana County, however on-line groups and resources are available via their website.
<http://www.smartrecovery.org/>

SUPPORTS FOR FAMILY AND LOVED ONES

Al-Anon Family Groups: provide support and education for persons who have a family member with an alcohol problem or other drug addiction.

al-anon.org: To find a local meeting: www.-al-anonohiodist4-9.org 330-270-9441

NarAnon Family Groups: provides support and education for persons who have a family member with a drug problem or addiction.

nar-anon.org To find a local meeting: <http://www.nar-anon.org/find-a-meeting/>

The Parents Toll-Free Helpline, 1-855-DRUGFREE (1-855-378-4373), is staffed by clinical social workers with practical experience in substance abuse prevention and treatment. It is sponsored by the Partnership for Drug Free Kids and can be used to obtain advice regarding youth or adults.

OD OH No More: A Columbiana County group of concerned citizens that provides information and advocacy for persons dealing with addiction.

www.facebook.com/groups/ODOHNoMore Inc.

Ohio Can Change Addiction Now (CAN). State Chapter of a non-profit national organization whose vision is to bring the family a voice to addiction and recovery. Its mission is to embrace, educate, and empower families living with substance use disorders. **www.facebook.com/groups/OhioCan.**

“Why Can’t You Just Quit?” Family Recovery Center provides this support and education group for family or loved ones of people who abuse substances. Meetings are held the first Wednesday of the month, 5:30 – 7:30 p.m., at the Lisbon office located at 964 N. Market Street. Any family member or loved one is welcome to attend.

OPIATE OVERDOSE REVERSAL

Naloxone (also known as Narcan) is a medication that can reverse an overdose caused by an opioid drug. Opiates include heroin and many prescription pain medications. Narcan works by reversing the effects of opioids on the brain and respiratory system in order to prevent death. If it is given to a person who is not experiencing an opioid overdose, it is harmless. If it is given to a person who is dependent on opioids, it will produce withdrawal symptoms, which are uncomfortable but not life-threatening. Narcan does not reverse overdoses caused by cocaine, benzodiazepines such as Xanax, Klonopin, or valium, methamphetamines, or alcohol.

Narcan is stocked at Hometown Pharmacies in Ohio, including the Hometown Pharmacy located at 1108 Village Plaza, Columbiana, Ohio, 44408. (330-482-9080.) Most insurances are accepted, including Medicaid, and a doctor’s prescription is not needed. The out of pocket cost for people who do not have insurance coverage is \$60. The person obtaining the drug uses his or her insurance, and that could be a person who is abuses opiates, or a friend or family member of a person who abuses opiates.

An overdose is a medical emergency. Even if Narcan is available at the location of the overdose, call 911 before administering aid.

PAYMENT FOR SERVICES

Columbiana County residents who receive assessment or outpatient services at either the Counseling Center or Family Recovery Center are served based on ability to pay. If individuals are eligible for Medicaid, or subsidized health insurance through the Affordable Care Act, and have not applied, they must apply. Individuals can apply for Medicaid or subsidized health insurance on line at <http://www.Benefits.Ohio.gov>, or by completing an application at the Columbiana County Department of Job and Family Services, located at 7989 Dickey Drive, Lisbon, OH 44432. Staff of the Counseling Center and Family Recovery Center can assist with the application process. Individuals may have out of pocket costs, depending on their income and insurance coverage.

Nearly all provider organizations certified by Ohio MHAS, and many treatment professionals in private practice, accept clients with Medicaid and Medicare coverage. Most accept clients with private insurance coverage.

ADDITIONAL RESOURCES

Help Hotline Crisis Center: provides telephone crisis intervention, and information and referral service, 24 hours a day, 7 days a week. Call the information and referral line, 211, or phone 330-424-7767, or 1-800-427 3606. For more information visit Help Hotline's website at www.helphotline.org

Alcohol and Drug Abuse Prevention Team (ADAPT) Coalition of Columbiana County: www.adaptcoalition.org

National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov

National Institute on Drug Abuse: www.drugabuse.gov

Ohio Citizens Advocates for Addiction Recovery: www.oca-ohio.org

Ohio Recovery Housing: www.ohiorecoveryhousing.org

Partnership for Drug Free Kids: www.drugfree.org

Substance Abuse and Mental Health Services Administration:
www.samhsa.gov