

ADDICTION RESOURCE GUIDE

PORTAGE COUNTY

Prevention, Treatment, & Recovery Resources



Addiction Helpline: 330.678.3006

Mental Health Emergency: 330.296.3555

Walk in Services: Coleman Access.

3922 Lovers Ln, Ravenna, OH (behind UH Portage)



Treatment Providers

Each agency serves adults beginning with an intake process where the individual receives a clinical evaluation and is prescribed a level of services based on assessment. All listed below offer intake assessment and individual and group counseling.

Portage County Providers

Coleman Professional Services • 330.673.1347

5982 Rhodes Rd, Kent

**Medication Assisted Treatment (Vivitrol)*

Family & Community Services • 330.677.4124

143 Gougler Ave, Kent

**Residential treatment for men, Recovery housing*

Townhall II • 330.678.3006

155 N. Water St, Kent

**Resident treatment for women*

Hope Village • 330.850.5141

3975 Kenneth Dr, Rootstown

Compass Recovery • 330.298.9391

246 S Chestnut St, Ravenna

Summit Psychological • 330.296.3700

6693 N Chestnut St # 235, Ravenna

**Vivitrol Medicaid clients only*

Northeast Ohio Area

CommQuest • 330.453.8252

1341 Market Ave. North Canton

**Residential, Medication Assisted Treatment*

Community Health Center • 330.434.4141

725 E Market Street, Akron

**Medication Assisted Treatment*

Edwin Shaw Rehabilitation Hospital • 330.436.0950

405 Tallmadge Road, Cuyahoga Falls

**Medication Assisted Treatment*

Family Recovery • 330.424.1468

964 North Market Street Lisbon

**Medication Assisted Treatment, Recovery housing*

First Step Recovery • 330.369.8022

2737 Youngstown Rd SE, Warren

**Recovery housing*

Glenbeigh • 440.563.3400

2863 State Route 45 Rock Creek

**Residential treatment*

Highland Springs • 216.302.3070

4199 Mill Pond Dr, Highland Heights

** Residential treatment*

Meridian • 330.797.0070

527 North Meridian Road, Youngstown

**Residential treatment, Medication Assisted Treatment*

Neil Kennedy (Gateway Rehab) • 330.744.1181

2151 Rush Blvd, Youngstown

**Residential treatment*

Windsor-Laurelwood • 440.953.3000

35900 Euclid Avenue, Willoughby

**Residential treatment*

Detoxification

Detoxification is a set of interventions aimed at managing alcohol and drug withdrawal. The detoxification process is designed to treat the immediate bodily effects of stopping drug use and to remove toxins left in the body as a result of the chemicals found in drugs and/or alcohol. It can be done on both an outpatient basis or inpatient.

Detox is not treatment, rather it is the first step in an alcohol or drug rehabilitation program.

University Hospitals Addiction Medically Assisted

Treatment • 844.541.2087

6847 N. Chestnut, Ravenna

Neil Kennedy (Gateway Rehab) • 330.744.1181

2151 Rush Blvd, Youngstown

Oriana House, Summit ADM • 330.996.7730

15 Frederick Ave, Akron

First Step Recovery • 330.369.8022

2737 Youngstown Rd SE, Warren

Parkman Recovery Center • 330.787.0955

4930 Enterprise Dr. NW, Warren

St. Thomas Hospital • 330.379.5295

444 Main St., Akron

Wade Park VA Hospital • 216.791.3800

10701 E Boulevard, Cleveland

Windsor-Laurelwood • 440.953.3000

35900 Euclid Avenue, Willoughby

Medication Assisted Treatment

Medication-assisted treatment (MAT) is the use of medications with counseling and behavioral therapies to treat substance use disorders.

Portage County

Dr. Chen, UH Hospitals • 330.274.2030

10803 Main St, Mantua

Dr. Moleski, UH Hospitals • 330.422.7725

9318 State Route 14, Streetsboro

AxessPoint • 330.673.1016

143 Gougler Ave, Kent (*Vivitrol*)

Coleman Professional Services • 330.673.1347

5982 Rhodes Rd, Kent

Pinnacle Treatment Center • 234.718.8118

6693 N Chestnut St # 268B, Ravenna

Summit Psychological • 330.296.3700

6693 N Chestnut St # 235, Ravenna

**Vivitrol Medicaid clients only*

Treatment Works

Recovery is possible for those who are dependent on alcohol, heroin, opiates, and other drugs.

Drug addiction is a complex illness, and there is not just one solution to fit everyone. Effective treatment plans incorporate many components and should be assessed continually and modified to meet changing needs.

Relapse is common. It is important to understand that recovery from a substance use disorder is a long-term process. Individuals may also have mental health issues that need to be treated, such as trauma.

Overdoses after being substance-free:

The threat of overdose is extreme after a period of not using heroin/opiates. This may happen after incarceration or following a short time at a treatment center. People lose their tolerance and cannot use the previous dosage. Any use in combination with any other drug or alcohol greatly increases risk of fatal overdose.



Support Resources

Community Groups



The Portage Substance Abuse Community Coalition is a group of organizations and individuals who are dedicated to preventing and treating substance use disorders as well as advocating for funds and policies to appropriately deal with our public health epidemic of drug addiction. Meetings held at 1pm on the second Thursday of the month at the Kent Free Public Library.

Start Talking! PORTAGE

Community partners working to end drug abuse in Portage County by assisting those effected and all community members with the knowledge and resources available to help. Meetings are held on the fourth Tuesday of each month. Contact Mayor Linda Clark for information 330.274.8776.

Support Groups

Call Townhall II at **330.678.3006** for list of area meetings or visit websites:

Alcoholics Anonymous (AA) www.aa.org

Recovery from alcohol addiction through a 12-step program including regular attendance at group meetings.

Al-Anon Family Groups www.al-anon.alateen.org

Helps family and friends recover from the effects of someone else's drinking through a 12-step program including regular attendance at group meetings.

Cocaine Anonymous (CA) www.ca.org

Recovery from cocaine addiction through a 12-step program including regular attendance at group meetings.

Crystal Meth Anonymous <https://crystallmeth.org>

Recovery from crystal meth addiction through a 12-step program including regular attendance at group meetings.

Dual Recovery Anonymous <https://draonline.qwknetllc.com>

Recovery from joint chemical dependence & emotional/psychiatric illness through a 12-step program including regular attendance at group meetings.

OhioCAN - Help for the Families

Many families in Ohio have been burdened by the weight and guilt brought on by having a friend or family member diagnosed with Substance Use Disorder. OhioCAN provides a place to reach out to one another and educate, share our stories, successes, our setbacks, our fears, and our constant worry.

Call Mary Beth for more 330.459.4686

Families Anonymous

12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems. Any concerned person is encouraged to attend our meetings, even if there is only a suspicion of a problem. Meetings are Mondays, 7:30pm at Coleman's Sue Hetrick Building in Ravenna. Call Peggy at 330.760.7670.

Narcotics Anonymous (NA) www.na.org

Recovery from drug addiction through a 12-step program including regular attendance at group meetings.

Nar-Anon www.nar-anon.org/naranon

Helps family and friends of addicts recover from the effects of living with an addicted relative or friend.

Kent State University Collegiate Recovery Community **330.672.2487**

The Collegiate Recovery Community (CRC) strives to offer support services to students who are in recovery or seeking recovery from substance use disorders through individual therapy, support meetings, social events, fellowship, community, and wellness opportunities.

SMART Recovery® **330.459.5670**

4-Point Program® helps people recover from all types of addictive behaviors by teaching how to change self-defeating thinking, emotions, & actions.

Support Resource

Cover2 Resources purpose is to spread awareness, educate, and advocate for those touched by the opioid epidemic through an ongoing podcast series with new releases twice weekly. Contact 330.351.1328 or visit www.cover2.org





Naloxone kits & education

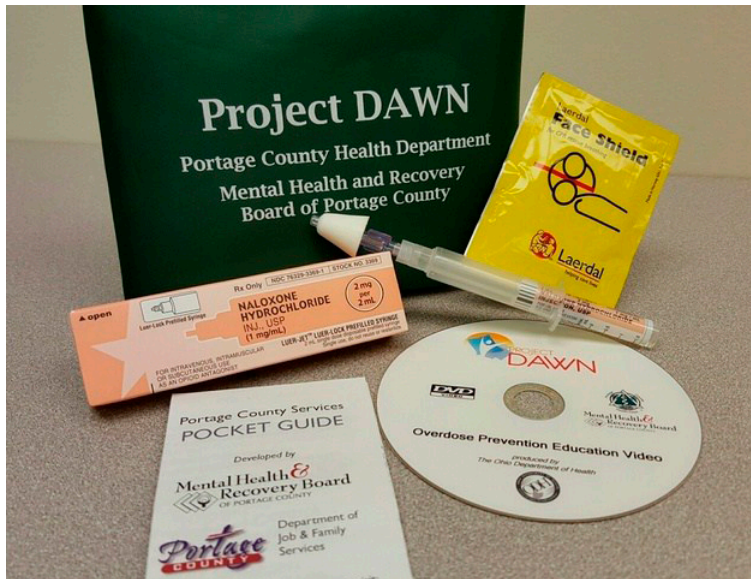
Available for Portage County residents

Project DAWN is a community-based drug overdose education and Naloxone distribution program through the Portage County Health District with funding from the Mental Health & Recovery Board.

Participants attend a 30 minute class to learn to:

- See the signs and symptoms of an overdose
- Know the different types of overdoses
- Do Rescue Breathing
- Call emergency medical services
- Give the intranasal Naloxone

Participants who complete the class will be given a Project DAWN Kit containing the Naloxone, instructions, and referral information.



When are the Project DAWN classes?

Classes are held at the
Portage County Health District
705 Oakwood St., 2nd floor
Ravenna

Mondays

1:00 pm
1:30 pm
2:00 pm
2:30 pm

Tuesdays

9:00 am
9:30 am
10:00 am
10:30 am
5:30 pm
6:00 pm

To schedule a class please
contact:

330.296.9919

*An appointment is
required*

Naloxone (Narcan) is a medication that can reverse an overdose from an opiod drug. It reverses the effects of opioids on the brain and restores breathing in order to prevent death.

For more information or questions about Project DAWN
please call 330.296.9919

Kat at ext 107

Becky at ext 137

www.portagehealth.net

Mental Health & Recovery Board
OF PORTAGE COUNTY



Recognizing Opioid Overdose

Sometimes it can be difficult to tell if a person is just very high, or experiencing an overdose. The following will present some information on how to tell the difference. If you're having a hard time telling the difference, it is best to treat the situation like an overdose – it could save someone's life.

If someone is really high and using downers like heroin, or pills:

- Pupils will contract and appear small
- Muscles are slack and droopy
- They might “nod out”
- Scratch a lot due to itchy skin
- Speech may be slurred

They might be out of it, but they will respond to outside stimulus like loud noise or a light shake from a concerned friend.

If you are worried that someone is getting too high, it is important that you don't leave them alone. If the person is still conscious, walk them around, keep them awake, and monitor their breathing.

The following are signs of an overdose:

- Loss of consciousness
- Unresponsive to outside stimulus
- Awake, but unable to talk
- Breathing is very slow and shallow, erratic, or has stopped
- For lighter skinned people, the skin tone turns bluish purple, for darker skinned people, it turns grayish or ashen.
- Choking sounds, or a snore-like gurgling noise
- Vomiting
- Body is very limp
- Face is very pale or clammy
- Fingernails and lips turn blue or purplish black
- Pulse (heartbeat) is slow, erratic, or not there at all

Know the Signs of Overdose

Save a Life

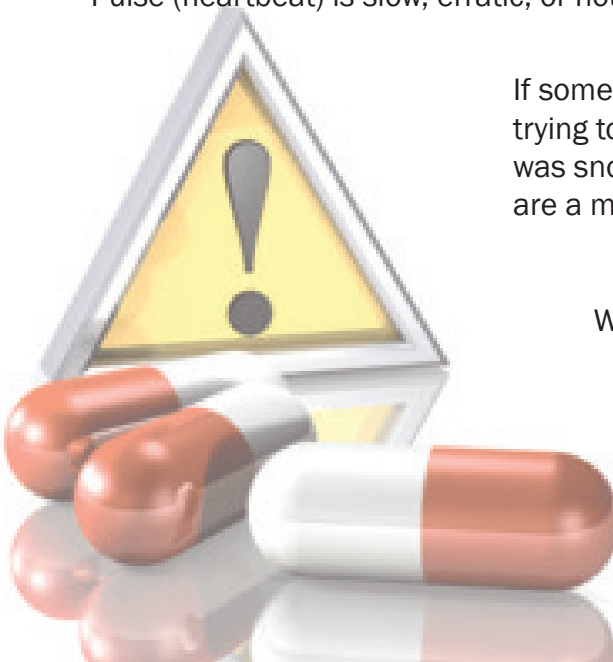
Call 9-1-1

If someone is making unfamiliar sounds while “sleeping” it is worth trying to wake him or her up. Many loved ones of users think a person was snoring, when in fact the person was overdosing. These situations are a missed opportunity to intervene and save a life.

It is rare for someone to die immediately from an overdose. When people survive, it's because someone was there to respond.

***The most important thing is
to act right away!***

Source: Harm Reduction Coalition, Albany, NY



Opioids & Heroin

What are Opioids? Opiates? Heroin? Fentanyl?

Opiates are derived from the seed pod of the Asian opium poppy plant. Patients with severe or chronic pain may be prescribed opioid-based medications such as morphine, oxycodone, or hydrocodone.

At one time "opioids" referred to synthetic opiates only (drugs created to emulate opium, however different chemically). Now the term **opioid** is used for the entire family of opiates including natural, synthetic and semi-synthetic.

Fentanyl is used to treat patients with severe pain or to manage pain after surgery in hospitals or prescribed as a patch. As a street drug, it is an illegally produced compound and may be mixed with heroin or pressed into a pill to make it a more potent product. Many of the overdose deaths are being caused by fentanyl.

Heroin is also derived from poppy plants. It is usually found as a white or brown powder or black sticky substance ("black tar heroin").

How are opioids & heroin used?

Heroin & opioids can be injected, inhaled or smoked. Any method of heroin use can cause immediate harm and lead to addiction.

Why Do People Use Opioids?

A number of people with severe or chronic pain are legitimately prescribed opioid-based medications and most are able to use them appropriately. However, for some individuals, they develop an addiction and, after their prescriptions are stopped, may resort to street medications and heroin to cope with their pain and addiction. Other people start using these substances for a variety of reasons: to cope with physical/emotional pain and traumas; peer pressure to experiment; self-medication for untreated mental health problems; and to obtain feelings of pleasure and well-being.



Health Effects of Heroin Use

Risks of heroin use include death, dependency, deterioration of the brain's white matter, spontaneous abortion, infectious diseases such as hepatitis and HIV. Chronic users may develop collapsed veins, infection of heart lining and valves, abscesses, constipation, liver or kidney disease.

Why Do Some People Become Addicted?

There are a number of genetic, biological, social and psychological factors that contribute to people developing an addiction. People who have experienced trauma and who lack social supports are at an increased risk for developing an addiction. The earlier that drug use begins, the more likely it will progress to serious abuse. It is a complex disease that requires much more than a strong will or good intentions to stop. Although the initial decision to take drugs is voluntary, the brain changes that occur over time challenge a person's ability to stop.

Signs of a heroin overdose include:

Shallow breathing, pinpoint pupils, clammy skin, convulsions, coma. **Call 911.**

Naloxone (Narcan) Available

Project Dawn is a community-based overdose education and naloxone distribution program through the Portage County Health District. Naloxone is a medication that can reverse an overdose caused by an opioid drug.

Contact the Health District for more information and to make an appointment.

705 Oakwood St., 2nd floor, Ravenna
330-296-9919



www.mental-health-recovery.org • 330.673.1756

Myths!

Once a person uses heroin they are hooked for life and there is no hope. NOT TRUE!

Recovery is possible for those who develop an addiction. Treatment and recovery are an ongoing process that require time. The first step is getting help.

More than anything else, drug addiction is a character flaw. NOT TRUE!

Drug addiction is a brain disease. Drugs can cause changes in the molecules and cells that make up the brain, that result in mood changes, changes in memory processes, and in such motor skills as walking and talking. These changes have a huge influence on all aspects of a person's behavior. The drug becomes the single most powerful motivator in a drug abuser's existence. Similar to other chronic diseases like diabetes, addiction can be managed although relapses are common and are part of the recovery process.

Abstinence is the only true recovery method. Medication Assisted Treatment is just replacing one drug for another. NOT TRUE!

Medications such as Suboxone and Vivitrol are prescribed or administered under monitored, controlled conditions and are safe and effective for treating opioid addiction. They reduce drug cravings and prevent relapse without causing a "high." The medications are used in combination with counseling and behavioral therapies to provide a whole patient approach to treating addiction.

Treatment & Recovery

Recovery is possible for those who are dependent on heroin and other opioids. Drug addiction is a complex illness, and there is not just one solution to fit everyone. Effective treatment plans incorporate many components and should be assessed continually and modified to meet changing needs.

Relapse is possible and it is important for families to understand that recovery from a substance use disorder is a long-term process. Individuals may also have mental illnesses that need to be treated.



Portage County Treatment & Services

Recovery work starts with a phone call or visit to the following local agencies.

Townhall II

155 N. Water St, Kent
330-678-3006

Call for:

Detox/Medical Assisted Withdrawal
Comprehensive Assessment
Individual & Group Counseling
Residential Treatment for Women

Family & Community Services

143 Gougler Ave, Kent
330-677-4124

Call for:

Comprehensive Assessment
Individual & Group Counseling
Residential Treatment for Men
Recovery Housing

Coleman Professional Services

5982 Rhodes Rd, Kent
330-673-1347

Call for:

Comprehensive Assessment
Individual & Group Counseling
Mental Health & Alcohol/Drug
Vivitrol

COCAINE & METH

Stimulants

Stimulants increase alertness, attention, and energy, as well as elevate blood pressure, heart rate, and respiration. Stimulants come in a variety of forms, including cocaine and methamphetamines.

Cocaine and “Crack”

(“C”, coke, flake, snow, stardust, blow, nose candy)

Cocaine is a stimulant drug made from the leaves of the coca plant native to South America. As a street drug, cocaine looks like a fine, white, crystal powder. Street dealers often mix it with things like cornstarch, talcum powder, or flour to increase profits. They may also mix it with other drugs such as opioids, including fentanyl. This is especially risky when people using cocaine don't realize it contains this dangerous additive. Increasing numbers of overdose deaths among cocaine users might be related to this tampered cocaine.

“Crack” or “rock” is cocaine which is chemically changed so it can be smoked and inhaled into the lungs. Crack cocaine is particularly addictive and very dangerous. People are attracted to it because smoking provides a much quicker and more intense “high” than sniffing or “snorting” cocaine into the nostrils. The immediate, intense euphoria of smoking crack cocaine wears off more quickly than when the drug is sniffed. Then the user becomes anxious, irritable and deeply depressed and craves another dose to relieve the depression.

How is cocaine used?

- snorting
- rub onto gums
- injecting the powder that has been dissolved
- smoked in the form of crack or rock

Effects:

- the person's appetite will decrease
- the person will be more alert and have more energy and will not get tired easily
- the person's heart rate, blood pressure, and breathing will speed up and there is a risk of burst blood vessels or heart failure
- the person's pupils will be enlarged
- the person may be violent; they may experience delusions like feeling a sensation of having something crawling under their skin or believing someone is trying to hurt them

Overdose:

Heart attacks, seizures, and strokes are some of the consequences of a cocaine overdose. Death can occur from these conditions and from mixing cocaine with opioids.

Sources: National Institute on Drug Abuse and Parent Action on Drugs



“Crystal Meth”/ Methamphetamine

(speed, meth, chalk, ice, crystal, glass, tina, jib, crank)

Methamphetamine is a highly addictive stimulant drug usually used as a white, bitter-tasting powder or a pill. Crystal methamphetamine is a form of the drug that looks like glass fragments or shiny, bluish-white rocks. Smoking or injecting “meth” causes a stronger reaction than inhaling or taking it in pill form.

Another cause for concern is the way crystal meth is produced. It is made by combining household items, such as ammonia and lithium from batteries, with pseudoephedrine which is found in several common cold medicines. The illegal home laboratories which produce the drug are extremely dangerous because of the chemicals involved.

How are methamphetamines used?

- inhaling/smoking
- swallowing (pill)
- snorting
- injecting the powder that has been dissolved

Effects:

- it causes feelings of an intense sensation of pleasure; when smoked or injected there is a brief “rush” or “flash” although the drug stays in the body for up to 12 hours
- it causes increased heart rate, blood pressure and can cause damage to blood vessels in the brain and convulsions
- the person may experience loss of appetite, anxiety, and become aggressive or confused
- long-term effects include: possible irreversible damage to brain cell-endings associated with thinking, memory and movement, severe dental problems, insomnia, anorexia, paranoia, violent behavior, and skin sores.

Overdose:

Methamphetamine overdose can lead to stroke, heart attack, or organ problems – such as kidney failure – caused by overheating. These conditions can result in death.

**Addiction Helpline
for Portage County**
330.678.3006

**Mental Health &
Recovery Board**
OF PORTAGE COUNTY

What to do if you discover a one-pot clandestine drug laboratory

- Do not touch it
- Leave items where they are found
- Move to a location that is up wind
- Keep others away
- Contact Portage County Drug Task Force or your local Law Enforcement Agency
- Call 911 if something is smoking or burning
- Notify EMS if exposed to chemicals or have difficulty breathing
- Remove contaminated clothing or footwear
- Flush exposed skin or eyes with clean water



How to contact the

Portage County Drug Task Force

www.portagecountydrugtaskforce.com

E-Mail - pdtaskforce@sbcglobal.net

Phone - 330.296.8626

Fax - 330.296.8627

Participating Agencies

Portage County Sheriff's Office, Aurora Police Department, Garrettsville Police Department, Kent Police Department, Streetsboro Police Department, Ravenna Police Department, Windham Police Department, Drug Enforcement Administration, Department of Homeland Security, Portage County Prosecutor's Office



Recognizing a One-Pot Methamphetamine Clandestine Laboratory



Portage County Drug Task Force has experienced a record high number of methamphetamine clandestine drug labs in 2012. The main reason for the increase is because the one-pot method of methamphetamine production is simple, utilizes mostly household products, and allows these types of labs to be mobile. Although plastic bottles found at labs (like the ones below) may not appear dangerous, the chemicals inside are extremely combustible and can easily cause fires, explosions and injuries.



Items Commonly Found at a One-Pot Clandestine Drug Laboratory



Lithium Batteries (Lithium Strips)



Muriatic Acid



Coffee Filters



Pseudoephedrine or Ephedrine Based Products and packaging (Blister Packs)



Instant Cold Ice Packs



Table Salt



Sodium Hydroxide Drain Cleaner



Camping Fuel, Zippo or Ronseal Lighter Fluid, & Charcoal Lighter Fluid



Ammonium Nitrate Fertilizers



Plastic Bottles



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Warning Signs of Addiction

**Addiction causes the addict to behave differently than in the past.
Look for these following signs:**

- 1.** Loss of interest in hobbies, sports or other favorite activities
- 2.** School grades decline dramatically
- 3.** Difficult time concentrating on tasks
- 4.** Change in sleeping patterns, up all night or sleeping all day
- 5.** Withdrawn, depressed, tired, careless, or manipulative
- 6.** Hostile, disrespectful, untruthful, and uncooperative
- 7.** Relationships with family members and friends has deteriorated
- 8.** Money is missing in the household
- 9.** An increase in borrowing money from family members and friends
- 10.** Physical health decline, bloodshot eyes, bulging veins, runny nose
- 11.** Dramatic mood swings
- 12.** Missing prescription drugs, cold medicines, alcohol, aerosol containers
- 13.** Increased secrecy about possessions or activities
- 14.** Personal hygiene has deteriorated
- 15.** Dramatic weight loss
- 16.** Finding drug paraphernalia hidden in the home, including pipes, rolling papers, eye drops, butane lighters, soft drink containers made into pipes, hollowed out pens, foil in odd places
- 17.** Inhalant products, rags, computer duster, paint, nail polish, paper or plastic bags etc. hidden in the home
- 18.** Truancy and tardiness to school or a job
- 19.** Changes in fashion, hairstyle, use of breath mints, fascination with the drug culture
- 20.** Sudden changes in friends, numerous secretive calls
- 21.** Use of deodorant or incense in their room
- 22.** Physically abusive, aggressive, punching holes in walls, etc.
- 23.** Someone has told you that your child is using drugs
- 24.** Odd phone calls, sneaking out of the house, etc.

From The Partnership for a Drug Free America website • www.drugfree.org

SUBSTANCE ABUSE PREVENTION CURRICULUM FOR OUR SCHOOLS

Recommendation from Ohio Joint Study Committee on Drug Use Prevention Education:

Schools should provide consistent, age-appropriate, evidence-based substance abuse prevention education at each grade level from Kindergarten through the 12th grade level. Schools should choose a curriculum that best represents individual school needs based on data analyzed from reliable surveys. This curriculum should address knowledge and skill-building, so students can stay drug free. The curriculum should also include social and emotional learning concepts to address emotional control, decision-making, resistance skills and social skill-building concepts.

The Mental Health & Recovery Board of Portage County funds prevention programs for the Portage County school districts. Classes are taught in the schools by Townhall II prevention specialists.

Elementary Grades: Too Good For Drugs

Too Good for Drugs is an evidence-based, skill-building program promoting positive attitudes and behavior, while fostering healthy relationships, resistance to substance abuse and conflict, and resistance to negative peer pressure and influence.

Students develop skills in

- Goal setting
- Decision making
- Conflict resolution
- Effective communication
- Social and emotional competency

Developed by the Mendez Foundation, the program is taught in 10 sessions and offered to grades kindergarten-5.

Middle School: Project ALERT

Through a series of 10 comprehensive lessons, Project ALERT motivates students against drug use, cultivates new non-use attitudes and beliefs, and equips teens with the skills and strategies they will use to resist drugs.

The course is offered to grades 6-8 and was developed by the RAND Corporation.

High School: Too Good For Drugs & Violence

The evidence-based Too Good for Drugs & Violence High School prepares students with the skills they need for academic, social, and life success. Lessons and activities provide practical guidance on dating and relationships, the impact of social media on decision making, resolving conflicts, and refusing negative peer influence.

**Contact Amanda Perrin at Townhall II at
amandap@townhall2.com
to schedule classes for your school!**



Ohio House Bill 367 requires all school districts to include opioid abuse prevention.

Language from the bill:

Health education, which shall include instruction in: (f) Prescription opioid abuse prevention, with an emphasis on the prescription drug epidemic and the connection between prescription opioid abuse and addiction to other drugs, such as heroin.

Portage County School Districts love the programs!

"Project ALERT provided by Townhall II has been a huge benefit to the students at Streetsboro Middle School. Townhall II has been crucial to the success of Streetsboro by providing appropriate education to help make our students aware of mental health issues and the effects of drugs and alcohol."

— Vince Suber, Streetsboro Middle School Principal

"Thank you for coming in each week and teaching our kids the Too Good Program. It is SO important to teach them to make good choices and provide early intervention. I know they learned many valuable lessons from you! Hope to see you again next year!"

— Emily Paes, James A Garfield Kindergarten teacher

How to Help Your Loved One — and Yourself



An addiction destroys families as much as it destroys individuals. Living with a person struggling with addiction can be both exhausting and heartbreaking.

*Three C's
to remember:*

**You didn't
Cause the addiction.**

**You can't
Control the addiction.**

**You can't
Cure the addiction.**

Reach Out for Support!

Families Anonymous
OhioCAN Portage
Al-Anon

Addiction Helpline
for Portage County
330.678.3006

Things You Can Do For Your Loved One

- ◆ Educate yourself on addiction and recovery.
- ◆ Helping someone with an addiction involves setting boundaries, enforcing rules and providing love.
- ◆ Try not to accuse or judge. Avoid name calling. This is a difficult time for everyone.
- ◆ Understand that your lives will change. Do not wish for your old life back. You both need to create a new life where it is easier to not use alcohol or drugs.
- ◆ Provide a sober environment that reduces temptations for using.
- ◆ Allow your loved one time to go to support group meetings.
- ◆ Make sure that you and your loved one have time for fun. People use alcohol and drugs to relax, escape, and as a reward. Find other activities for enjoyment.
- ◆ Do not provide excuses or cover up for your loved one's use. This is called enabling.
- ◆ Do not shield your loved one from the consequences of their addiction. People are more likely to change if they have suffered enough negative consequences.
- ◆ Set boundaries that you all agree on. The goal of boundaries is to improve the health of the family as a whole. Do not use boundaries to punish or shame.
- ◆ If you want to provide financial support, buy the goods and services the person needs instead of giving them money that they might use to buy alcohol or drugs.
- ◆ Behave exactly as you would if your loved one had a serious illness. What would you do if they were diagnosed with heart disease or cancer?
- ◆ Recognize and acknowledge the potential your loved one has within them.

Things You Can Do For Yourself

- ◆ Take care of yourself. Living with a person struggling with addiction is exhausting. You also need time to recover. Eat right, exercise, and get enough sleep.
- ◆ Avoid self-blame. You can't control another person's decisions, and you can't force them to change.
- ◆ Understand that there is only so much you can do to help change another person.
- ◆ Ask for help. Talk to a professional. Therapy sessions provide a safe place to unload and talk openly.
- ◆ Connect with understanding peers. Go to a support group such as Al-Anon. Listening to others in similar situations may help you to feel less isolated and understood.
- ◆ Don't argue with your loved one. It won't get you anywhere.
- ◆ If at all possible, try not to be negative. That may only increase your loved one's feelings of guilt and push them further into using.
- ◆ Do not work harder than the person you're trying to help. The best approach is to not do things for your loved one, but instead to be an example of balance and self-care.

Source: www.addictionsandrecovery.org

Contact the Addiction Helpline at Townhall II for community information, support, and connection to services anytime, day or night.

**Mental Health &
Recovery Board**
OF PORTAGE COUNTY

America's biggest drug problem isn't on the streets...

IT'S IN OUR MEDICINE CABINETS.

Protect your family & community by dropping off unwanted, unused, or expired medications for proper disposal.

Prescription drug abuse is on the rise in the United States. Many teens who misuse prescription drugs report getting them from friends or relatives. Misuse of prescription pain killers is linked to addiction and may open the door to heroin use.

It is not recommended that unwanted medicines be flushed down the toilet or thrown in the trash. This isn't a good idea because then the medications end up in our water system and landfills.

Medications that are expired have passed their half-life, which leads to them being ineffective. Their chemical composition can change and, over time, expired drugs may become less effective or potentially harmful.



Portage County Medication Drop Off Boxes

Aurora Police Dept (entrance), 100 S. Aurora Rd. (St Rt 43)

Brimfield Police Dept (lobby), 1287 Tallmadge Rd.

Hiram Police Dept (front entrance), 11617 Garfield Rd. (St Rt 82)

Kent City Police (parking lot behind station), 319 S. Water St.

Kent State Police Dept (front of Stockdale), 530 E Summit St.

Portage County Sheriff's Office (lobby), 8240 Infirmary Rd, Ravenna

Ravenna Police Dept (entrance), 220 Park Way

Streetsboro Police Dept (entrance), 2080 St Rt 303

Addiction Treatment in Portage County

Townhall II

155 N. Water St, Kent, 330-678-3006

Family & Community Services

143 Gougler Ave, Kent, 330-677-4124

Coleman Professional Services

5982 Rhodes Rd, Kent, 330-673-1347



Prevention, treatment, and recovery resources:

www.mental-health-recovery.org

