

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*

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

Oriana House, Summit ADM • 330.996.7730
15 Frederick Ave, Akron

Crisis Intervention & Recovery Center • 330.452.6000
832 McKinley Ave, Canton

First Step Recovery • 330.369.8022
2737 Youngstown Rd SE, 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

Coleman Professional Services • 330.673.1347
5982 Rhodes Rd, Kent

Groups Recovery Together • 800.683.8313
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 and it is important to understand that recovery from a substance use disorder can be a long-term process requiring multiple episodes of treatment. Many drug addicted individuals also have mental health issues that need to be treated, such as trauma.

Overdoses after being “clean”:

The threat of overdose is extreme after a period of being “clean” or away from 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 secret shame and guilt brought on by having a friend or family member diagnosed with Substance Use Disorder. OhioCAN is the place where we 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.

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 Flashes for Recovery **330.672.2487**

A safe and confidential place for fellowship and support for KSU undergraduate and graduate students in recovery from substance abuse or exploring recovery as a life option.

SMART Recovery® **330.459.4686**

4-Point Program® helps people recover from all types of addictive behaviors by teaching how to change self-defeating thinking, emotions, & actions. Thursdays 6:30-7:30pm at 705 Oakwood, Ravenna.

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

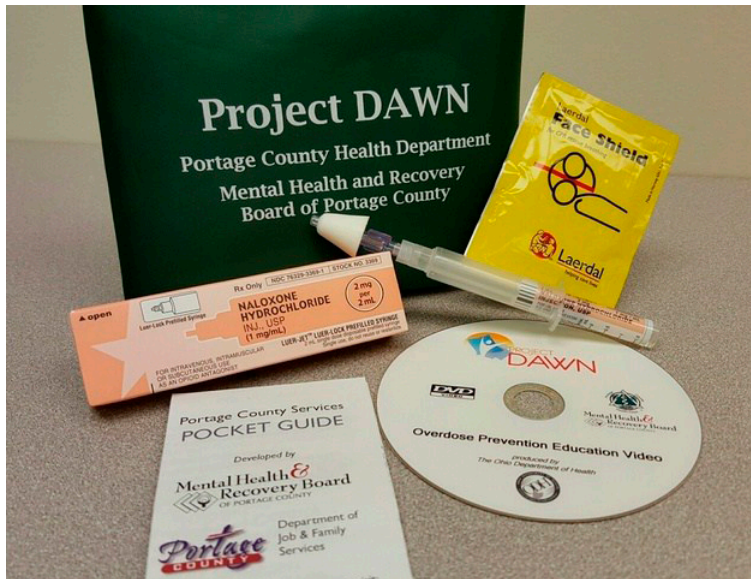
Available for Portage County residents

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 Department
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

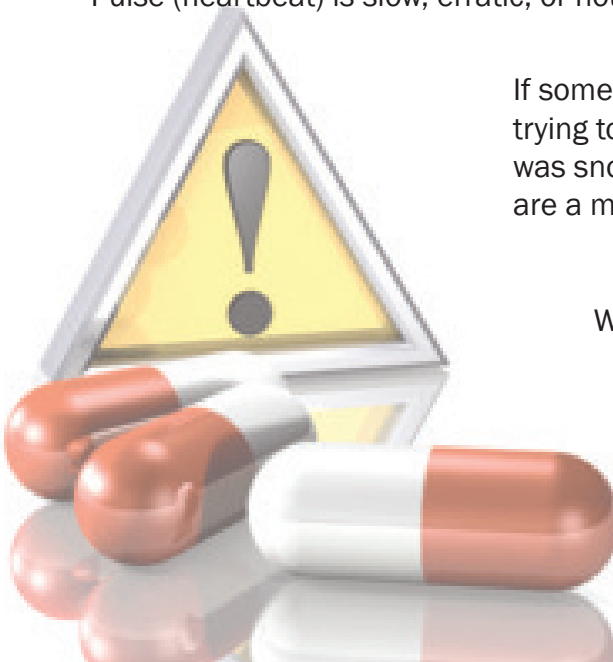
Call 9-1-1

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 Department. Naloxone is a medication that can reverse an overdose caused by an opioid drug.

Contact the Health Department 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.

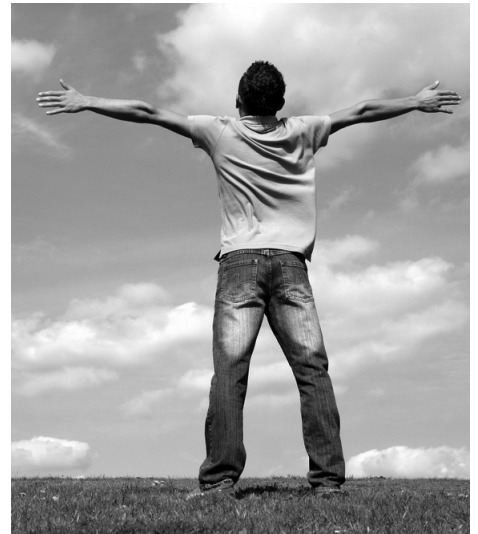
Abstinence is the only true recovery method. Medication Assisted Treatment is just replacing one drug for another. NOT TRUE!

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 can be a long-term process requiring multiple episodes of treatment. Many drug addicted individuals 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

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



Pseudoephedrine or Ephedrine Based Products and packaging (Blister Packs)



Lithium Batteries (Lithium Strips)



Instant Cold Ice Packs



Muriatic Acid



Coffee Filters



Table Salt



**Sodium Hydroxide
Drain Cleaner**



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



**Ammonium Nitrate
Fertilizers**



Plastic Bottles



PREVENTION & EDUCATION

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.

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



The program is taught in 10 sessions and offered to grades kindergarten-5 and high school and was developed by the Mendez Foundation.

Project ALERT

Through a series of 11 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.



Schools or community organizations interested in scheduling a class, contact the Prevention Department of Townhall II at 330.678.3006.



Red Flags

Red Flags is a framework and toolkit for school-based mental health education and suicide prevention. The program promotes the understanding of good emotional and behavioral health, the development of sound mental health habits, the ability to recognize early warning symptoms of mental illness, and knowing when and where to ask for help. The curriculum is implemented in the 7th and 8th grade, and the district-wide framework includes protocol development, staff education, and parent outreach.



Give kids the confidence and skills they need to grow into happy, healthy adults.

Start Talking Toolkit

Gives parents, guardians, educators and community leaders the tools to start the conversation with Ohio's youth about the importance of living healthy, drug-free lives.



Sign up for the Know! Parent Tips by email and more: <http://starttalking.ohio.gov/>

Families Understanding Addiction Series

The Families Understanding Addiction provides education and support for the family members and loved ones (adults and children) of individuals recovering from or living with addiction.

The free five week program is offered several times a year and offered through Townhall II. Call 330.678.3006 for information and registration.

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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

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

