

RECOVERY RESOURCE PACKET

Lorain County's First Response – Quick Response Team

LORAIN COUNTY, OHIO

Working Together to connect people with the right resources for the assistance they need.

Avon Police Department



Lorain County's First Response – Quick Response Teams are funded through the Alcohol and Drug Addiction Services Board of Lorain County via: Substance Abuse and Mental Health Administration: State Targeted Response to the Opioid Crisis Grant (TI-17-014) and award #SP 080284 First Responders - Comprehensive Addiction and Recovery Act Cooperative Agreement Resource packet updated 11/17/17.



Addiction Recovery Resources for Lorain County

HOTLINES/INFORMATION			
ADAS Board of Lorain County (440) 282-9920 www.lorainadas.org Resource info during business hours	The LCADA Way (440) 989-4900 www.thelcadaway.org 24 Hour Helpline for addiction	Nord Center www.nordcenter.org 24/7 Crisis Hotline for Mental Health (800) 888-6161	Crisis Text Line Text: 4hope to 741741 For Free, Confidential 24/7 Support

TREATMENT SERVICES IN LORAIN COUNTY			
Charak Center (440) 324-5555 www.charakcenter.org	Firelands Counseling and Recovery Center (440) 984-3882 http://www.firelands.com	Fortaleza (440) 324-7406 www.fortalezatreatmentcenters.com	The LCADA Way (440) 989-4900 www.thelcadaway.org
Moore Counseling and Mediation (440) 365-1900 www.moorecounseling.com	NORA (440) 282-1800 http://www.norainc.org	Psych and Psych (440) 323-5121 www.psychandpsych.com	

Alcoholics and Narcotics Anonymous Groups/Other Supports			
Central Office of Alcoholics Anonymous (440) 246-1800 http://www.aaloraincounty.org	Narcotics Anonymous of Lorain County (888) 438-4673 www.na.org	Heroin Anonymous www.haohio.yolasite.com/meetings.php	Let's Get Real (440) 963-7042 www.letsgetrealinc.org
Celebrate Recovery http://www.celebraterecovery.com/	CARE Center at LCCC Variety of support groups (open to all) (440) 366-4848	Gamblers Anonymous (888) 424-3577	LINC (Local Initiative to Network Compassion) Serves Southern Lorain County (440)647-2244

Recovery Housing		
Primary Purpose (440) 219-4774 www.primarypurposecenter.com Men and Women	Road To Hope (440) 309-4284 www.road-to-hope.org Men and Women	The Alpha House (440) 420-4700 Men http://www.thealpha.house/

What is Addiction? (From NIDA: www.easyread.drugabuse.gov)

People don't plan to get addicted to drugs, but when they first take a drug, they might like how it makes them feel. They believe they can control how much and how often they take the drug. However, drugs can change the brain. Those who used drugs in the beginning to feel good, now may need to take drugs just to feel normal. They may also seek and take drugs even if it causes problems for themselves and their loved ones. Some people may even take higher doses of drugs or more of them. These are signs of an addiction, and it can quickly take over a person's life.

For some people with severe addictions, taking drugs can become more important than the need to eat or sleep. The urge to get and use the drug can fill every moment of a person's life. The addiction can replace all the things the person used to enjoy. Some people who are addicted may do almost anything—lying, stealing—to keep taking the drug.

- Addiction is a long-lasting brain disorder. Drugs can change how the brain works.
- These brain changes can last for a long time.
- They can cause problems with a person's behavior like being moody, having memory loss, or even having trouble thinking and making decisions.

Addiction is an illness, just as heart disease and cancer are illnesses. Addiction is not simply a weakness. It does not mean someone is a bad person. People from all backgrounds (poor/rich, went to college/didn't finish school, and so on) can get an addiction. Addiction can happen to anyone and at any age, but the chances are higher when a person starts drug use when they're young.

What are the Treatment Options? (From NIDA: www.easyread.drugabuse.gov)

Different types of treatment work for different people. It depends on how bad the drug problems are and what drugs the person is addicted to. It also depends on the person because each person is different. Treatment is not "one size fits all." What works for someone might not work for someone else. It's important for people to talk with their doctor about a treatment plan that's just right for them.

Some treatment happens in hospitals or in clinics where the person stays for days, weeks, or months. Other treatment happens during the day at clinics and doctor's offices, and the person does not stay overnight. Medicines and counseling are both used to treat drug addiction. Medicines can help people stop using alcohol, tobacco, heroin, and some prescription pain relievers.

Treatment for addictions that include medicines should also include counseling when possible. Counseling can be one-on-one, in a group, and sometimes as a family.

Talking about your feelings with counselors (people trained to listen and help you solve personal problems), called *behavioral counseling*, is also an important type of treatment. It can be just between you and a counselor. Sometimes family members will join the counseling session to help solve family problems. Or you might talk with other people in treatment, in a group led by a counselor. People taking medicines benefit the most when they combine the medicine with counseling. But medicine alone can still be helpful if counseling isn't available.

Counseling can be hard to do at first, but meetings become shorter and happen less often the longer the person is drug-free. Even after treatment ends, people still may need help. There are many kinds of help that people can get, such as drug-specific support groups, computer programs for counseling that doesn't take place in person, and recovery housing.

Overdose Prevention

What is Naloxone? (From www.odh.ohio.gov)

- 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. Naloxone has been used safely by emergency medical professionals for more than 40 years and has only this one critical function: to reverse the effects of opioids in order to prevent overdose death. Naloxone has no potential for abuse.
- If naloxone is given to a person who is not experiencing an opioid overdose, it is harmless. If naloxone is administered to a person who is dependent on opioids, it will produce withdrawal symptoms. Withdrawal, although uncomfortable, is not life-threatening.
- Naloxone does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Klonopin and Valium), methamphetamines, or alcohol.

What is Project DAWN? (From www.odh.ohio.gov)

Project DAWN is a community-based overdose education and naloxone distribution program. Project DAWN participants receive training on:

- Recognizing the signs and symptoms of overdose
- Distinguishing between different types of overdose
- Performing rescue breathing
- Calling emergency medical services
- Administering intranasal Naloxone

PICK UP A NALOXONE KIT AT:

**Lorain County General Health District
9880 Murray Ridge Rd., Elyria, OH**

Call (440) 322-6367 to make an appointment to get a kit.

**Kits are available weekdays (excluding holidays) between 8:00 a.m. and 4:00 p.m.
Allow 20 minutes for your confidential educational session.**

Resources for Families

Support groups and family education		
Al-Anon/Al-Ateen www.al-anon.org	Families Anonymous (440) 779-4357 www.familiesanonymous.org	Let's Get Real (440) 963-7042 Families and Children Support Groups www.letsgetrealinc.org
The LCADA Way Family Education and Support Group (Open to all families) (440) 989-4900 www.thelcadaway.org	NAMI Lorain County www.nami-lc.org (440) 204-4391	SOLACE of Lorain County (440) 282-9920

Some things you can do to help a family member or friend:

- Learn all you can about drug and alcohol dependence
- Speak up and offer your support
- Express love and concern
- Don't expect the person to stop without help
- Support recovery as an ongoing process

Some Things You Don't Want To Do:

- Preach, lecture, threaten, bribe or moralize
- Cover up, lie or make excuses for them and their behavior
- Assume their responsibilities: Taking over their responsibilities protects them from the consequences of their behavior
- Argue with the person when they are using
- Feel guilty or responsible for their behavior
- Try to keep up with them by drinking or using yourself

Resources for Stability

Information and Referral
211 Lorain County United Way of Greater Lorain County (800) 275-6106 www.211lorain.org

Emergency Shelters			
Haven Center Emergency Shelter (440) 277-9272 1536 E. 30 th Street Lorain, Ohio	St. Elizabeth Center (Men only) (440) 242-0056 2776 Caroline Ave. Lorain, Ohio	Family Promise of Lorain County (440) 774-6743 440 W. Lorain St. Oberlin, Ohio	Veterans Hospital- Homeless Coordinator (440) 934-9158 Valor Home (440) 396-0579 221` W. 21 st St. Lorain, Ohio

Food/Clothing/Hot Meals Assistance		
St. Elizabeth Center Lorain (440) 242-0056	Commodore Cupboard (LCCC Students Only) (440) 366-4103	El Centro Food Pantry (4th Thursday Each Month) Lorain (440) 277-8235
Oberlin Community Services Oberlin (440) 744-6579	Salvation Army Elyria (440) 323-2026 Lorain - (440) 244-1921 Grafton (440) 926-3883 N Ridgeville, Columbia Station (440)-236-86001	We Care We Share Ministries Lorain (440) 714-2690
Christian Temple Lorain (440)244-5883	Church on the North Coast Lorain (440) 960-1100 ext 251	First Evangelical Lutheran Church Lorain (440) 244-6286
Greater St. Matthews AME Lorain (440) 245-3244	Lorain Cooperative Ministry Lorain (440)240-4402	Lorain County AIDS Taskforce Lorain (440)233-1086
Lorain Lighthouse United Methodist Church Lorain (440)282-2383	Love Extended Lorain (440) 233-8575	Pass It On Lorain (440) 277-1335
St. Frances Xavier Cabrini Parish Lorain (440)277-7266	St. Mary Church Lorain (440) 245-5283	United Hearts Life Mission Center Lorain (440) 240-0271
North Ridgeville Community Care N. Ridgeville (440) 353-9716	St. Jude Church Elyria (440) 366-0118	Our Lady Queen of Peace Grafton (440) 926-2364
Kipton Community Church Kipton (440) 774-4148	LaGrange Lions Club Lagrange (440) 355-5466	Christ Evangelical Church Lorain (440) 277-6123
Asbury United Methodist Church Elyria (440) 323-9596	Community United Methodist Church Elyria (440)365-7391	Elyria Hospitality Center Elyria (440) 323-9409
St. Agnes Church Elyria (440) 322-5622	St. Andrews Church Elyria (440) 322-2126	St. John Lutheran Church Elyria (440) 324-4070
First Congregational United Christ Church Elyria (440) 323-5454	Lorain County Office on Aging Lorain (440) 244-6261 ext 4800 Elyria (440) 326-4800 Sheffield Lake (440) 949-8146	Mount Olivet Alliance Church Elyria (440) 322-1773
Church of the Nazarene Amherst (440) 988-9014	First United Methodist Church Amherst (440) 986-2461	Good Shepherd Baptist Church Amherst (440) 988-4506
Heritage Presbyterian Church Amherst (440) 988-9409	Avon/Avon Lake Community Resource Services Avon Lake (440) 933-5639	New Life Wesleyan Church (440) 236-8600 Columbia Station
St. Elizabeth Ann Seton Church Columbia Station (440) 236-5095	Park Street Community Outreach Center Oberlin (440) 774-1266	Well-Help (440) 647-2689 Wellington