

# ADDICTION RESOURCE GUIDE

*PREVENTION, TREATMENT, &  
RECOVERY RESOURCES IN  
PORTAGE COUNTY*

[www.mental-health-recovery.org](http://www.mental-health-recovery.org)



*PORTAGE SUBSTANCE ABUSE*  
**COMMUNITY  
COALITION**

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**Addiction Helpline:** 330.678.3006

**Crisis Helpline:** 330.678.HELP (4357)

**Mental Health Emergency:** 330.296.3555

Walk in Services: Coleman Access.

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

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## Substance Use Disorder 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. Outpatient Services vary by provider and may include individual and group counseling, case management, and pharmacological services in addition to recovery support services.

Medication-assisted treatment (MAT) is the use of medications with counseling and behavioral therapies for treatment.

### **Townhall II** • 330.678.3006

155 N. Water St, Kent

*\*Outpatient services*

*\*Medication-Assisted Treatment*

*\*Resident treatment for women*

### **Family & Community Services** • 330.677.4124

143 Gougler Ave, Kent

*\*Outpatient services*

*\*Residential treatment for men*

*\*Recovery housing*

### **Coleman Health Services** • 330.673.1347

5982 Rhodes Rd, Kent

*\*Outpatient services*

*\*Mental health, dual diagnosis*

*\*Medication-Assisted Treatment*

### **AxessPointe** • 330.673.1016

143 Gougler Ave, Kent

*\*Medication-Assisted Treatment*

### **Compass Recovery** • 330.298.9391

246 S Chestnut St, Ravenna

*\*Outpatient services*

### **Hope Town** • 330.326.6032

Windham

*\*Recovery housing*

### **Hope Village** • 330.850.5141

3975 Kenneth Dr, Rootstown

*\*Outpatient services*

### **NEOMED Health Care** • 330.325-3202

4211 OH-44, Rootstown

*\*Medication-Assisted Treatment*

### **MedMark** • 330.552.4000

2500 OH-59, Ste 30, Kent

*\*Medication-Assisted Treatment*

*(including methadone)*

## 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.*

### **Recovery Works Portage** • 330.577.5116

6847 N Chestnut, Ravenna

Portage residents can call Townhall II for a detox assessment and referrals. 330.678.3006

## Northeast Ohio Area

**CommQuest** • 330.453.8252

1341 Market Ave. North Canton

*\*Detox, Residential, Medication Assisted Treatment*

**Community Health Center** • 330.434.4141

725 E Market Street, Akron

*\*Medication Assisted Treatment*

**First Step Recovery** • 330.369.8022

2737 Youngstown Rd SE, Warren

*\*Detox, High/Low Residential, Extended Care w/ PHP*

**Glenbeigh** • 440.563.3400

2863 State Route 45 Rock Creek

*\*Residential treatment*

**Highland Springs** • 216.302.3070

4199 Mill Pond Dr, Highland Heights

*\* Detox, 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

*\*Detox, Residential treatment*

**Oriana House, Summit ADM** • 330.996.7730

15 Frederick Ave, Akron

*\*Detox, Residential treatment*

**Parkman Recovery Center** • 330.787.0955

4930 Enterprise Dr NW, Warren

*Detox, Residential, Extended Care w/ PHP, Medication-Assisted Treatment(Inpatient)*

**Prosperity Haven** • 855.221.9015

9600 Old State Rd, Chardon

*\*Residential treatment for men*

**St. Thomas Hospital** • 330.379.5295

444 Main St., Akron

*\*Detox*

**Wade Park VA Hosptial** • 216.791.3800

10701 E Boulevard, Cleveland

*\*Detox and Residential treatment for veterans*

**Windsor-Laurelwood** • 440.953.3000

35900 Euclid Avenue, Willoughby

*\*Detox, Residential treatment*

## Recovery Outreach

Recovery Outreach is an effort to help those who are struggling with any type of alcohol or drug concerns and connect them to local resources.

The Recovery Outreach team follows up with those who have experienced a recent overdose or incident with law enforcement that is drug or alcohol related. The team visits the individual to see how they are doing and if there is any help they can give to the person or their family.

The team may consist of a law enforcement officer, EMT/paramedic, and a Peer Supporter. A Peer Supporter is someone who is in long-term recovery from their own drug/alcohol addiction. They have also gone through specific training that teaches them how to best help others with getting into treatment or other recovery services. Law enforcement is involved with the team out of concern for the community's health & safety, not to arrest people.

The team will also respond to community referrals from law enforcement, hospitals, and family members.

**To make a referral, contact 330.678.3006**



**Help is Here**  
Resources • Support • Recovery

# Support Resources

## Support & Recovery Groups

Call Townhall II at [330.678.3006](tel:330.678.3006) for list of area meetings or visit websites:

### **Alcoholics Anonymous (AA)** [www.aa.org](http://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](http://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](http://www.ca.org)

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

### **Crystal Meth Anonymous** <https://crystalmeth.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.

### **Narcotics Anonymous (NA)** [www.na.org](http://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](http://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](tel: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.

### **Free Agents 4 Recovery** [freeagents4recovery.com](http://freeagents4recovery.com)

Peer support for those struggling with mental illness and/or addiction including job training.

### **OUR Place** [www.openunitedrecovery.org](http://www.openunitedrecovery.org)

Recovery group dedicated to increasing sustained recovery & empowering those impacted by addiction through mutual support, connection to resources, community engagement, education, and positive socialization. [facebook.com/OURPlacePortage](https://facebook.com/OURPlacePortage)

### **SMART Recovery®** [330.459.5670](tel: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.

## Family Support & Resources

### **Families Anonymous**

12 step fellowship for those with loved ones who are struggling with addiction. Meets the 1st and 3rd Wednesday at 6pm at the United Methodist Church in Kent, 1435 E. Main Street.

### **GRASP**

Grief Recovery After Substance Abuse meets the 1st and 3rd Monday of each month. Contact Debby Smith, 330.296.7071 or [portagegrasp@gmail.com](mailto:portagegrasp@gmail.com) for the location.

### **Cover2 Resources**

Cover2 Resources purpose is to spread awareness, educate, and advocate for those touched by the opioid epidemic through an ongoing podcast series. Contact 330.351.1328 or visit [www.cover2.org](http://www.cover2.org)



### **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. Visit: [ohiocanchangeaddictionnow.org](http://ohiocanchangeaddictionnow.org)

## 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. (Videoconference during COVID19. Call 330-673-1756 for info)



# 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.



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



To schedule an appointment for Project DAWN  
Portage County Health District (Ravenna) 330.296.9919  
Townhall II (Kent) 330.678.3006



## Recognizing Opioid Overdose

Sometimes it can be difficult to tell if a person is just very high, or experiencing an overdose. 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

Know the Signs of Overdose

**Save a Life**

**Call 9-1-1**

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

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

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

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](http://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  
Medication-Assisted Treatment  
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 Health Services

5982 Rhodes Rd, Kent  
330-673-1347

#### Call for:

Comprehensive Assessment  
Individual & Group Counseling  
Mental Health & Alcohol/Drug  
Medication-Assisted Treatment



# Medication-Assisted Treatment Fact Sheet

## What is Medication-Assisted Treatment (MAT)?

- MAT is the use medications in combination with counseling and behavioral therapies to treat substance use disorders, specifically opioid use disorder
- Opioids include heroin, morphine, codeine, oxycodone, hydrocodone, fentanyl, and others
- MATs have the highest efficacy at preventing overdose deaths compared to other treatments for opioid use disorder
- MAT helps normalize brain chemistry and allows the individual to regain a normal state of mind, allowing them to focus on rehabilitation
- MAT helps sustain recovery, increase retention in treatment, decrease illicit substance use, and increase the ability for patients to retain employment
- MAT can be used short or long-term and is safe to use for months, years, or a lifetime

**If you or someone you know is struggling with addiction, in need of detox, or other resources call the 24/7 addiction helpline at 330-678-3006**

## Most Common FDA Approved MAT

### Buprenorphine -

- reduces cravings & withdrawal symptoms
- requires partial detoxification first
- available as daily tablet, cheek film, monthly injection, or 6-month implant
- prevents opioids from activating opioid receptors

### Naltrexone -

- blocks the activation of opioid receptors, prevents any opioid drug from producing the euphoric effects
- requires complete detoxification first
- oral, pill form is effective for alcohol use disorder

### Methadone -

- reduces cravings and prevents opioids from activating opioid receptors

The medication chosen for treatment is matched to the person based a complete history including what substance they are using and how much. MAT is not another addiction, because MAT uses medications as prescribed and results in positive consequences

# 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

# OPTIONS WITH THE CRIMINAL JUSTICE SYSTEM DUE TO DRUG/ALCOHOL USE



**Diversion** in the criminal justice system is a program in which a person who has been accused of a crime is directed into a treatment or care program as an alternative to criminal prosecution and incarceration. Successful completion of program requirements often will lead to a dismissal or reduction in the charges.

**To find out if you or someone you know is a candidate for one of these programs, ask your lawyer or call Portage County Adult Probation at 330.297.3861.**

## INTERVENTION IN LIEU OF (INSTEAD OF) CONVICTION

A 12 month program available in the Common Pleas and Municipal Courts. Before pleading guilty and prior to sentencing, request intervention in lieu of conviction.

If accepted, the individual will:

- Be placed under probation supervision for one year
- Abstain from alcohol and illegal drugs
- Participate in treatment & recovery support services
- Submit to random drug testing

*Upon successful completion, the court will dismiss charges against the individual.*

## DRUG COURT (HOPE Program)

A 16-month program available in the Common Pleas Court. After pleading guilty, the individual charged is placed on probation for a minimum of 16 months.

*The person must be diagnosed with a moderate or severe Substance Use Disorder.*

*There are two tracks in the HOPE Program: Intervention in Lieu and Post-Conviction. The Intervention in Lieu offered in HOPE Court is different from the non-drug court one as it includes more intensive monitoring, more supports, and is 16 months long instead of 12 months.*

*The individual will:*

- Participate in intensive substance abuse treatment
- Submit to weekly random drug testing
- Attend weekly meetings with HOPE Court Judge
- Have access to educational, employment, vocational support, and social service agencies

*The charges will be dismissed and eligible for sealing upon program completion with the Intervention in Lieu track.*



**TREATMENT WORKS  
PEOPLE RECOVER**

Portage County - We're here for you 24/7!  
Crisis Helpline: 330.678.HELP  
Addiction Helpline: 330.678.3006

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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](http://www.drugfree.org)*

# Alcohol Awareness



## ALCOHOL IS AN UNHEALTHY COPING MECHANISM

You might think that alcohol helps you cope with stress, but it is not a good coping mechanism. It is known to increase the symptoms of panic and anxiety disorders, depression and other mental disorders, and increase the risk of family and domestic violence. Even with moderate drinking, one should take caution that alcohol is not being used to cope with stress, anxiety, or boredom.

While some adults may be able to enjoy an occasional glass of wine or mixed drink at home, drinking too much can cause significant health problems including a weakened immune system.

### EXCESSIVE DRINKING

**WOMEN**

 ▶ **Binge drinking** is having **4** or more drinks in one occasion

▶ **Heavy drinking** is having **8** or more drinks per week

**MEN**

 ▶ **Binge drinking** is having **5** or more drinks in one occasion

▶ **Heavy drinking** is having **15** or more drinks per week

*An occasion is one sitting or within two to three hours.*

## INDICATORS OF RISKY OR EXCESSIVE DRINKING

- Drinking more, or longer than you intend
- Trying to cut down or stop drinking, but are not able to
- Having to drink more than you once did to get the effect you want
- Continuing to drink even though it makes you feel depressed or anxious or adds to another health problem
- Spending a lot of time drinking or thinking about alcohol
- Finding that drinking often interferes with daily activities, family, friends and/or work
- Experiencing symptoms of withdrawal when you don't drink (withdrawal symptoms include: shakiness, sweating, tremors, headaches, anxiety, irritability, and/or insomnia)
- Have been arrested or had other legal problems due to drinking
- Loved ones and/or trusted friends have made comments about your drinking pattern

## MONITORING YOUR ALCOHOL USE CAN HELP YOU PREVENT RISKY DRINKING

- Set a daily and weekly drinking limit. Write down your limit and keep it with you
- Pace your drinking. Have no more than one standard drink per hour
- Record how much you drink each day
- Avoid situations and triggers that cause you to drink
- Ask a friend who does not drink to help you stay within your limit
- Speak with your doctor and/or seek treatment for your alcohol use



If you or a friend is struggling and need additional support and resources call our local addiction helpline at **330-678-3006**

Source: Substance Abuse and Mental Health Services Administration

Concerned about your use? Take a free anonymous screening at <https://screening.mentalhealthscreening.org/portagecounty>

# 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  
AI-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 AI-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](http://www.addictionsandrecovery.org)*

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

## 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.

**Brimfield Police Dept** (lobby), 1287 Tallmadge Rd.

**Hiram Police Dept** (front entrance), 11617 Garfield Rd.

**Kent City Police** (parking lot), 301 S. Depeyster St.

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

**Portage Sheriff's Office** (lobby), 8240 Infirmiry Rd, Ravenna

**Ravenna Police Dept** (entrance), 220 Park Way

**Streetsboro Police Dept** (entrance), 2080 OH-303

## Treatment Works

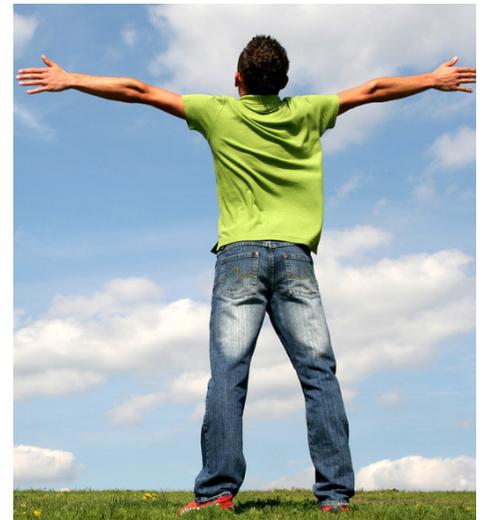
Recovery is possible for those who are dependent on alcohol, heroin, opiates, and other drugs.

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.



### 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 Health Services

5982 Rhodes Rd, Kent, 330-673-1347



Prevention, treatment, and recovery resources:

[www.mental-health-recovery.org](http://www.mental-health-recovery.org)

