

## Addiction Affects Us All

Portage County has seen an unprecedented number of people dying from drug overdoses. We have gone from five deaths in 2011 to 47 in 2016. Most of these are due to opiates that include heroin, pain killers, and fentanyl.

The Portage Substance Abuse Community Coalition is a group of organizations and individuals dedicated to preventing and treating substance use disorders. We would like to share a number of “truths” we have learned about substance use disorders:

- Every person has value and strengths—a person is more than the addiction
- The solution to this opiate epidemic is complicated and there is not one simple answer
- Addiction is a treatable disease that is a mixture of biological (genetic predisposition), psychological, and social factors
- Many people develop opiate dependence from the use of legitimate prescriptions for pain medication
- Addiction is a community health problem rather than a criminal or moral problem - We cannot arrest our way out of the opiate crisis
- Stigma surrounding addiction prevents people from seeking help and isolates families
- Naloxone (Narcan) helps to keep people alive - it is not treatment but rather one more opportunity for the person to get help
- Naloxone has saved adults and children who have accidentally misused drugs/medications
- Relapse is a normal part of recovery
- Mental health and trauma issues underlie many substance use disorders
- Addiction affects everyone –families are broken, children are removed from homes, increase in crime, loss of jobs, homelessness, increase in healthcare costs, increase in accidents and deaths
- In order to develop vital relapse prevention skills, people with addictions need to take responsibility for their recovery with supports

We need a comprehensive array of efforts – education and prevention programs; withdrawal management; Narcan; outpatient treatment; residential treatment; recovery supports that include jobs, housing, transportation; and efforts to keep drugs out of the county. It takes local, state, and federal collaboration to combine funding and other resources to address and solve the problems of substance use disorders and addictions in Portage County.

Download the Addiction Resource Guide  
for Portage County at  
[www.mental-health-recovery.org](http://www.mental-health-recovery.org)

ADDICTION  
RESOURCE  
GUIDE

Prevention, Treatment, & Recovery Resources



## Women's Residential Treatment House Expands

More women will be able to receive addiction treatment in Portage County as Horizon House added space for two more people. Renovations were recently completed on this 90-day residential treatment facility to increase the number of people who can stay from 12 people to 14 along with an update of the kitchen and an additional office space for staff.

Townhall II operates Horizon House which provides specialized treatment for adult women who are struggling with effectively managing their substance use disorder and who need a more structured treatment. Horizon House has a safe and nurturing home-like environment where women can learn long-term recovery skills.

“The goal of our residential program is to equip the women with the skills, strategies, and resources they need to effectively manage the disease of addiction and to maintain healthy and functional relationships with their family, workplace, and community,” said Rob Young, Director of Clinical Services.

Participants of the program receive individual and group counseling, case management, life-skill education, involvement in recovery groups such as AA and/NA, and transportation assistance.

“We also offer specialized counseling for residents with a history of abuse or trauma,” said Young.

Horizon House opened in 1990. More than 950 women have graduated from the program.

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**Ravenna City Park**  
**175 Oakwood St**  
**Ravenna, OH 44266**

**Saturday**  
**May 20**  
**rain or shine**  
**Noon - 4 pm**

**Join us in support of recovery and to honor the memories of the lives we have lost to the drug epidemic.**

- |   |                           |
|---|---------------------------|
| <i>Children's activities</i>  | <i>Information tables</i> |
| <i>Fire Truck</i>   | <i>Raffles</i>            |
| <i>Ice Cream Social</i>   | <i>Speakers</i>           |
| <i>Pizza and cake</i>   | <i>Shoe Memorial</i>      |
| <i>We will be collecting donations of personal care items for the homeless.</i> |                           |

**Very special closing ceremony**

**Questions? Contact Mim at 330.620.7128**



**Northeast Ohio**  
**MEDICAL UNIVERSITY**



*Horizon House Continued*

The renovations were funded by the Mental Health & Recovery Board of Portage County. "The Board also provided funding for additional staff," said Executive Director of the Mental Health & Recovery Board Joel Mowrey, PhD.

A residential treatment facility for men, Root House, is also available for residents of Portage County. It is operated by Family & Community Services along with recovery housing – the On Track to Recovery House for men and the Portage Area Recovery Center for women.

Townhall II is located at 155 N. Water Street in Kent and provides counseling services for youth and adults with substance use disorders, gambling addiction, and adults who have been victims of a crime. They also have a 24-hour Helpline and provide alcohol and drug prevention programs, child abuse prevention, and victim outreach and advocacy. For more information call 330-678-3006.



Mental Health & Recovery Board  
of Portage County  
155 E. Main Street, Kent, OH 44240

**May is Mental Health Month**



**Life has it's ups  
and downs.  
Keep on swinging.**

**NETWORK OF CARE FOR ALL GENERATIONS**

