

ADDICTION RESOURCE GUIDE

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

www.mental-health-recovery.org



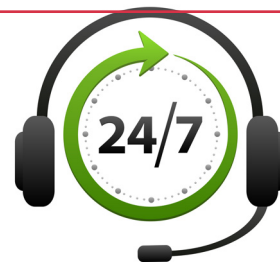
PORTAGE SUBSTANCE ABUSE
**COMMUNITY
COALITION**

Addiction Helpline: 330.678.3006

Crisis Helpline: Call or Text 988

Coleman Access: 330.296.3555

Walk in 3922 Lovers Ln, Ravenna, OH



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.

Funded by Mental Health & Recovery Board of Portage County.

Medicaid and most insurances accepted, some services on a sliding fee schedule. Call each agency for specifics.

Townhall II • 330.678.3006

155 N Water St, Kent

520 N Chestnut Ave, Ravenna

**Outpatient services*

**Medication-Assisted Treatment*

**Resident treatment for women*

**Naloxone distribution*

Axess Family Services • 330.677.4124, 330.673.1016

143 Gougler Ave, Kent

**Outpatient services*

**Residential treatment for men*

**Recovery housing*

**Medication-Assisted Treatment*

**Naloxone distribution*

Coleman Health Services • 330.673.1347

5982 Rhodes Rd, Kent

**Outpatient services*

**Mental health, dual diagnosis*

**Medication-Assisted Treatment*

Children's Advantage • 330.296.5552

771 N Freedom St, Ravenna

**Adolescent treatment and diversion programs*

Hope Town & Hope on Wheels • 330.326.6018

9621 E Center St, Windham

**Recovery housing, auto clinic, and transportation services*

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

Portage County Providers

Brightview • 330.583.5563

1951 OH-59, Kent

**Outpatient services*

**Medication-Assisted Treatment*

**Naloxone distribution*

Brightside Recovery • 330.676-0313

174 Currie Hall Pkwy, Ste C

**Medication-Assisted Treatment*

NEOMED Health Care • 330.325-3202

4211 OH-44, Rootstown

**Outpatient services*

**Medication-Assisted Treatment*

**Naloxone distribution*

MedMark • 330.552.4000

2500 OH-59, Ste 30, Kent

**Outpatient services*

**Medication-Assisted Treatment*

(including methadone)

Stepping Stones • 330.577.4099

223 W Main St, Ravenna

**Outpatient services*

**Medication-Assisted Treatment*

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*

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

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

St. Thomas Hospital • 330.379.9655

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*

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

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. 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

Portage County Court Diversion Options

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. Options include Intervention in Lieu of (Instead of) Conviction and Common Pleas and Muni Specialized Dockets for Drug and Mental Health Courts.

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.



Support Resources

Support & Recovery 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.

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.

Free Agents 4 Recovery freeagents4recovery.com

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

OUR Place www.openunitedrecovery.org

260 W. Main St., Ravenna
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

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.

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 for the location.

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

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 1 at the Kent Free Public Library. Call 330-673-1756 for current schedule.



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 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.



Scan the QR code to complete
a form to receive free naloxone
in the mail.

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



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.



NARCAN

Naloxone can be obtained through the mail (QR code) and at various various treatment centers throughout Portage County, as well as at area pharmacies.



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

Axess Family Services

143 Gougler Ave, Kent
330-677-4124

Coleman Health Services

5982 Rhodes Rd, Kent
330-673-1347

Call for:

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

Call for:

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

Call for:

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

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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

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

VAPING & E-CIGARETTES

E-cigarettes or vapes are battery-operated devices that produce vapor instead of smoke. Instead of being packed with tobacco, they have cartridges filled with a liquid that contains flavorings and nicotine.

Aggressive marketing and misinformation have resulted in a misinformed consumer base that is largely unaware of the health risks of vaping as a harmless alternative to smoking traditional cigarettes.

Health Risks

Vaping is unhealthy and dangerous. Since e-cigarettes were first introduced in 2007, scientists have found harmful ingredients in the devices including poisonous metals, like nickel, tin, and lead, and other volatile compounds that can damage the lungs. The more immediate health effects include coughing and wheezing, behavioral and mood changes, headaches, seizures, vomiting and potential severe lung injury. Vaping also negatively affects teens' attention, learning and impulse control.

Nicotine

Nearly all vapes contain nicotine, one of the most addictive substances. Nicotine negatively affects the cardiovascular system (increasing heart rate and blood pressure and the risk of heart attack and stroke), respiratory/lung functioning (including inflammation, asthma, and wheezing) and reproductive organs.

Vaping-Related Lung Injury-EVALI

EVALI is a serious disease that primarily affects the lungs and results in a substantial number of hospitalizations and can even lead to death.

Symptoms include shortness of breath, weight loss, night sweats, fatigue, nausea, vomiting, diarrhea, and chills. If a child demonstrates these symptoms, seek health care immediately as this may be a life-threatening condition.



Sources: Addiction Policy Forum, Partnership to End Addiction



Some vaping devices look like regular cigarettes, cigars, or pipes, while others resemble USB sticks, guitar picks, small cellphones, lipsticks, tech devices, or other items.

Nicotine & the Adolescent Brain

Adolescents are uniquely at risk for long-term, long-lasting harms of nicotine, which can change the way synapses are formed, harming the parts of the brain that control attention and learning. Adolescent nicotine use can increase the risk of substance misuse and addiction, mood disorders, and permanent lowering of impulse control.

Many people who are able to stop smoking cigarettes by switching to vaping find it extremely difficult to quit vaping due to the very high doses of nicotine and the ease of consuming it through vapes.

Early nicotine use also makes adolescents more sensitive to other drugs in the future, including traditional cigarettes. Young people who vape are four times more likely to go on to smoke cigarettes than those who don't. A single Juul pod is equivalent to 20 cigarettes— which makes all of these risks even more dramatic.

Ready to stop vaping?
text "Start my quit" to 36072
(for free confidential coaching for youth)

Or call the Ohio Quit Line:
1-800-QUIT-NOW

MARIJUANA AND VAPING

The practice of using vaping devices to consume marijuana or cannabis products is becoming increasingly widespread. Recent data show that many youth who vape, especially older teens, are not just vaping nicotine. Many are vaping THC, the psychoactive ingredient in marijuana that produces a high. National data from 2019 show that 21% of 12th graders, 19% of 10th graders and 7% of 8th graders reported vaping marijuana in the past year, each a significant increase over the previous year. Other national data show that 15% of middle and high school students, and 43% of those who ever used vapes, have vaped marijuana.

Different from most plant-based marijuana, the level of THC in marijuana vapes can be far higher. Therefore, vaped marijuana tends to be much more potent than smoked marijuana.

Some marijuana vapes look like nicotine vaping devices (e.g., PAX brand, which resembles JUUL products); come in loose leaf, concentrate or extract forms; are available in youth-friendly flavors and names; and are virtually odorless.



The THC inhaled when vaping enters the bloodstream quickly and can lead to overuse, addiction and other negative health consequences. Vaping marijuana can cause bloodshot eyes, dry mouth, increased appetite, mood swings and can increase the risk of depression, psychosis and suicidality.

Marijuana vaping has also been implicated in the recent spate of vaping-related lung injuries and deaths known as EVALI (E-cigarette, or Vaping, product use Associated Lung Injury).

Marijuana use, regardless of how it is ingested, can have long lasting effects on the developing teen brain. Negative effects include:

- Impaired attention, learning, problem-solving skills, memory and other cognitive functions
- Impaired reaction time and coordination, especially related to driving
- Academic or job difficulties, school dropout
- Increased risk of mental health issues including depression, anxiety and, in some cases, psychosis and suicidal thoughts
- Marijuana use disorder (addiction) and other substance use and addiction

The likelihood of developing a marijuana use disorder, or addiction to marijuana, is about twice as high among teens than among adults who use marijuana.

The level of THC in marijuana vapes can be far higher. Therefore, vaped marijuana tends to be much more potent than smoked marijuana.

If you or a loved one is struggling with substance use, contact the Portage Addiction Helpline for resources and referrals at 330-678-3006.

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 www.mental-health-recovery.org

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

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.

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

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

Streetsboro Police Dept (entrance), 2080 OH-303

CVS Pharmacies

Giant Eagle Pharmacies

UH Portage Pharmacy

Treatment Works

Recovery is possible for those who are dependent on alcohol, cocaine, opiates, methamphetamine, 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 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

Axess Family Services

143 Gougler Ave, Kent, 330-677-4124, 330.673.1016

Coleman Health Services

5982 Rhodes Rd, Kent, 330-673-1347

Children's Advantage

771 N Freedom St, Ravenna, 330-296-5552



Prevention, treatment, and recovery resources:

www.mental-health-recovery.org

