



M·H·A·R·S

MENTAL HEALTH, ADDICTION AND RECOVERY SERVICES
BOARD OF LORAIN COUNTY

**OPIOID &
OTHER DRUG**

RESOURCE
GUIDE

*A Reference to Help Individuals Affected
by Misuse of Opioids and
Other Substances*

LORAIN COUNTY, OHIO



CONTENTS:

How to use this guide:

The *Opioid and Other Drug Resource Guide* is a tool for individuals impacted by opioid or other drug abuse. This reference guide is not intended as a replacement for treatment and support.

Addiction & Overdose Overview 3

Crisis Intervention Services 6

Treatment Services 6

Additional Services:

Infectious Disease Counseling & Testing 7

Medsafes & Safety Disposal Pouches 8

Mental Health Services 8

Naloxone (Narcan) Access 9

Peer Support 9

Prevention Services 10

Recovery Housing 11

Law Enforcement-Related Services:

Courts - Specialty Dockets 11

Police-Assisted Programs 12

Reentry 12

Support Groups & Community Advocacy:

Community Coalitions 13

Support Groups 13

Helpful Tips:

- This guide is loosely organized by type of service. Organizations may be listed more than once if they offer more than one service at their organization.
- This reference guide can be used by anyone in Lorain County, Ohio, affected by opioid or other drug abuse, including care providers, family members, friends, and people who are in active addiction.
- Resources and services in this guide are intended to help those addicted to drugs stay alive until the day that they are ready for treatment.
- As Ohio addresses the opiate epidemic, organizations and services may change. Please contact the Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County with any new information. Check mharsloraincounty.org for up-to-date contact information.

Goal:

To provide current local information and resources to assist those who are impacted by opiate and other drug use and addiction.



ADDICTION & OVERDOSE OVERVIEW

What is Addiction?

- Addiction is a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use despite harmful consequences.
- Drugs change the brain. These changes can be long-lasting and can lead harmful behaviors seen in people who abuse drugs.

What are Opioids?

- Opioids are drugs that depress or relax the activity of the nervous system, decreasing feelings of pain and affecting breathing.
- Opioids include drugs such as heroin, oxycodone (Percocet, Percodan, OxyContin), hydrocodone (Vicodin, Lortab, Norco), Fentanyl, hydromorphone (Dilaudid), buprenorphine (Subutex, Suboxone), codeine, methadone, morphine, tramadol (Ultram), and synthetics like carfentanil.

How to Help Others

- Talk to youth and others about avoiding drugs and practicing positive coping skills.
- Provide supportive resources available in this guide to those who use opioids.
- Offer emotional support to those using to encourage them to seek services while avoiding ultimatums.
- If a person is experiencing an overdose, call 911 immediately.

Signs of an overdose

An overdose is a medical emergency and 911 should be called immediately.

Signs:

- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Vomiting
- Face is pale and clammy
- Blue lips
- Slow, erratic or no pulse
- Snoring or gurgling noises while asleep or nodding out
- No response when you yell the person's name or rub the middle of their chest with your knuckles

How to respond to an overdose

- Try to wake the person up by yelling their name and rubbing the middle of their chest with your knuckles.
- Call 911 and explain that the person has stopped or is struggling to breath.
- Make sure nothing is in the person's mouth that can block their breathing. If breathing has stopped or is very slow, begin rescue breathing.
- If possible, administer naloxone (Narcan).

What is naloxone (Narcan)?

- Naloxone is medicine commonly known as Narcan that can be used to reverse an overdose by opioid drugs.
- When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing.
- It can be given as an injection in the muscle or as a nasal spray.
- Naloxone works rapidly and will not harm the person receiving it.

If you are using opiates or other drugs, how do you know you are ready to get help?

- Have you ever felt you should cut down your use?
- Have you ever felt guilty or bad about your using?
- Have you ever felt that if you could quit using, your life would be better?
- Have you ever been in trouble with the law, at school or work due to your use?
- Has your drug use caused problems at home with your spouse/partner or family?
- Have you used to ease withdrawal symptoms or avoid feeling low?
- Are you currently experiencing withdrawal symptoms: excessive sweating, nausea, diarrhea, insomnia, muscle pain, or extended fatigue?

If you said yes to any of these questions, please see the Treatment Services section on the next page for options.

Are you or someone you know experiencing an opiate or other drug addiction?

Three things to do:

1. Call for help or more information.
2. Have Naloxone (Narcan) on hand to reverse a life-threatening overdose.
3. Know that you are not alone. Help is available.

CRISIS INTERVENTION SERVICES

If you are experiencing a crisis that requires immediate attention, **CALL 911 or go to the nearest emergency room.**

Ohio Department of Mental Health & Addiction Services Helpline: 877-275-6364

Crisis Text Line: 741-741

Lorain County Mental Health 24-hour Crisis Line:
1-800-888-6161

National Suicide Prevention 24-hour Lifeline:
1-800-273-8255

The LCADA Way 24-hour Help Line: 440-989-4900

Genesis House Domestic Violence Line: 440-323-3400

TREATMENT SERVICES

Mental Health, Addiction and Recovery Services (MHARS)
Board of Lorain County

Alcohol and Other Drug Services Non-Emergency Line:
440-282-9920

Offices:

North Ridge Site: 1173 North Ridge Rd East, Suite 101,
Lorain, OH 44055, 440-233-2020

Oberlin Avenue Site: 4950 Oberlin Ave., Lorain, OH 44053,
440-282-9920

mharsloraincounty.org

The Drug and Alcohol Abuse Treatment Locator:

www.findtreatment.samhsa.gov

Buprenorphine Physician and Treatment Program Locator:
[www.samhsa.gov/medication-assisted-treatment/
physician-program-data/treatment-physician-locator](http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator)

[www.opiateaddictionresource.com/treatment/suboxone_
treatment_directory/oh_suboxone](http://www.opiateaddictionresource.com/treatment/suboxone_treatment_directory/oh_suboxone)

Ohio Mental Health and Addiction Services (OhioMHAS)
Provider Directory:
mha.ohio.gov/Families-Children-and-Adults/Get-Help

ADDITIONAL SERVICES

INFECTIOUS DISEASE COUNSELING & TESTING (*Hepatitis C, STI, & HIV/AIDS*)

These agencies offer infectious disease counseling and testing services. Please contact an agency for more information about cost and services.

Lorain County Free Clinic:

440-277-6641

5040 Oberlin Ave. Lorain, OH 44053

www.lcfreeclinic.org

Family Planning Services of Lorain County:

440-322-7526

602 Leona St. Elyria, OH 44035

www.familyplanningservices.org

Lorain County Public Health:

440-322-6367 or 440-244-2209

9880 South Murray Ridge Road Elyria, OH 44035

www.loraincountyhealth.com

MEDSAFES AND SAFETY DISPOSAL POUCHES

A medication safe is an effective tool for your home to safeguard medications that have potential for abuse. A safe medication disposal pouch is an effective tool for your home to safely dispose of medication that have potential for abuse. You can pick up these items at no cost to Lorain County residents at:

- All Discount Drug Marts in Lorain County (when filling a prescription)
- All Public Libraries throughout Lorain County
- MHARS Oberlin Ave. site: 440-282-9920, 4950 Oberlin Ave., Lorain, OH 44053

MENTAL HEALTH SERVICES

Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County

Crisis Hotline: 1-800-888-6161 or 911

Mental Health Services Non-Emergency Line (Navigator):
440-240-7025

Call this line during regular business hours to speak with a bilingual (English-Spanish) social worker who can help you connect to the services that best fit your or your child's needs, and that is available with the shortest wait.

Offices:

North Ridge Site: 1173 North Ridge Rd East, Suite 101,
Lorain, OH 44055, 440-233-2020

Oberlin Avenue Site: 4950 Oberlin Ave., Lorain, OH 44053,
440-282-9920

mharsloraincounty.org

NALOXONE (NARCAN) ACCESS

Lorain County Public Health offers Naloxone kits weekdays from 8:00 am – 4:00 pm. at 9880 South Murray Ridge Rd. Elyria OH 44035. After-hours are available; call to schedule at 440-322-6367. Please allow 20 minutes for education on how to use the kit. (Provided by Project Dawn grant.)

Most pharmacies, such as CVS, Walgreens, Giant Eagle, Discount Drug Mart, Marc's, Rite Aid, Walmart, and Sam's Club carry Naloxone. Contact your local pharmacy to confirm if it has naloxone available or visit:

pharmacy.ohio.gov/Licensing/NalxonePharmacy.aspx

PEER SUPPORT

Certified Peer Recovery Supporters are individuals in their own long-term recovery that have been trained and certified by the State of Ohio. They help others to find their path to recovery and support them on that journey. Let's Get Real is a recovery community organization that offers peer support to the community. They also work with individuals seeking help for addiction in the hospitals and through the police assistance project:

Let's Get Real

440-963-7042



PREVENTION SERVICES

Comprehensive prevention programs are designed to prevent use and/or to delay first use of alcohol and other drugs. They are available at the local level and often at no cost to participants. Prevention programs are typically designed either for the general population or for those identified to be at higher risk to use and abuse drugs, alcohol and/or tobacco.

Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County

North Ridge Site: 1173 North Ridge Rd East, Suite 101,
Lorain, OH 44055, 440-233-2020

Oberlin Avenue Site: 4950 Oberlin Ave., Lorain, OH 44053,
440-282-9920

mharsloraincounty.org

The LCADA Way

440-989- 4900

2115 West Park Dr. Lorain, OH 44053

www.thelcadaway.org

UMADAOP (Urban Minority Alcoholism and Drug Abuse Outreach Program) Lorain

2314 Kelly Place

Lorain, OH 44052

440-246-4616

Big Brothers Big Sisters

1917 North Ridge Road

Lorain, OH 44055

440-277-6541

RECOVERY HOUSING

Road to Hope (Men): 440-309-4284

158 Irondale St. Elyria, OH 44035

Road to Hope Margeau House (Women):

440-309-4284

14462 St. Rt. 58 Oberlin, OH 44074

Primary Purpose (Men): 440-219-4774

3222 North Ridge Rd. Elyria, OH 44035

Primary Purpose (Women): 440-219-4774

3222 North Ridge Rd. Elyria OH 44054

Alpha House (Men): 440-420-4700

14868 St. Rt. 58 Oberlin OH 44074

Genesis on the Lake (Women or Women with Children): 440-309-4284

100 Chappel Creek Ct, Vermilion, OH 44089

LAW ENFORCEMENT-RELATED RESOURCES

COURTS — SPECIALTY DOCKETS

There are several specialty court programs that can benefit individuals seeking recovery who have criminal justice involvement. For program information and eligibility information:

- Lorain County Recovery Court: 440-326-4709
- Lorain County Family Drug Court: 440-329-5187
- Lorain County Juvenile Drug Court: 440-329-5187
- Lorain County Veteran's Treatment Court:
440-329-5443

POLICE-ASSISTED PROGRAMS

LINC (Local Initiative to Network Compassion)

Serves Southern Lorain County

440-647-2244

Police Assisted Project- (PAP) Elyria & Lorain

Under this project, Certified Peer Recovery Specialists/ Supporters respond with 75 minutes to calls from participating police stations throughout Lorain County. Peers are available 24 hours a day, 7 days a week. Anyone looking for help with their addiction can go into a participating police station, ask for help, and they will connect to resources.

Harm Reduction Clinic

Harm Reduction Clinic is held every other Friday, 1:00 to 4:00 p.m. at First United Methodist Church, 127 Park Place, Wellington, OH 44090. Services Provided: HCV and HIV testing; immediate wound care; peer-to-peer support; counseling and treatment referral; needle exchange.

REENTRY

Citizens Circle

To support individuals coming out of corrections facilities, incarceration or court-related programs:

Amy Levin Conference and Learning Center, 1165 North Ridge Rd. East, Lorain, OH 44055

4th Tuesday of every month @ 10 AM



SUPPORT GROUPS & COMMUNITY ADVOCACY

COMMUNITY COALITIONS

Communities that Care (CTC): 440-282-9920

STOP (Sober Truth on Preventing Underage Drinking):
440-282-9920

Safe Communities Coalition: 440-322-6367

SUPPORT GROUPS

Al-Anon (For Families and Friends): 888-425-2666
ohioal-anon.org

Alcoholics Anonymous (AA) Ohio Statewide:
624-253-8501
www.aaloraincounty.org

Care Center LCCC- Support Options

1005 North Abbe Rd. Elyria, OH 44035

Care Club

1st and 3rd Wednesday @ 4:30 PM (Open to LCCC Students)

Solace Meeting

2nd and 4th Wednesday @ 4:30 PM (Open)

LGBTQ Club

Every Wednesday @ 2 PM (Open)

www.lorainccc.edu/support-services

Celebrate Recovery

www.celebraterecovery.com

Ohio: locator.crgroups.info

Cocaine Anonymous (CA): 800-347-8998

www.caohio.org

Crystal Meth Anonymous: 855-METH-Free or

855-638-4373

www.crystalmeth.org

Families Anonymous: 800-736-9805

www.familiesanonymous.org

Families of Addicts (FOA): 937-307-5479

www.foafamilies.org

www.foafamilies.org/meeting

Heroin Anonymous Ohio: 888-699-7556

haohio.yolasite.com

Let's Get Real Peer Support

1939 Oberlin Ave. Lorain OH 44052

All Recovery Monday @ 7 PM

Family & Kids Support Group Tuesday @ 6 PM

SMART Recovery Wednesday @ 7:30 PM

Heroin Anonymous Thursday @ 7 PM

Life Recovery Bible Study Friday @ 6 PM

Adult Children of Alcoholics Friday @ 8 PM

www.letsgetrealinc.org

Marijuana Anonymous: 800-766-6779

www.marijuana-anonymous.org

Nar-Anon (for families): 800-477-6291

www.nar-anon.org

Narcotics Anonymous (NA): 800-587-4232

www.naohio.org

Nicotine Anonymous: 877-879-6422

www.nicotine-anonymous.org

Smart Recovery (an alternative to 12-step):

440-951-5357

smartrecovery.org

TAP (the Addict's Parent United): 614-206-8129

tapunited.org

Alcoholics Anonymous for Atheists & Agnostics:

419-706-2339

Faith Based Support Groups

Cathedral of Life Ministries Clean Sober & Saved

5375 Jaycox Road North Ridgeville, OH 44039

Sunday @ 7 PM

Beyond the Walls Church Victory over Your Addiction

101 Woodford Avenue Elyria, OH 44035

Tuesday @ 7 PM

Amherst Church of Nazarene the Next Step

210 Cooper Foster Park Road Amherst, OH 44001

Saturday @ 6 PM

Celebrate Recovery Meetings

Vermilion Assembly of God

4931 Southview Drive Vermilion, OH 44089

Tuesday @ 7 PM

Church of the Open Door

43275 Telegraph Road Elyria, OH 44035

Thursday @ 7 PM

Hope Christian Church

32625 Detroit Rd. Avon, OH 44011

Friday @ 7 PM

Chestnut Ridge Baptist Church

38550 Chestnut Ridge Rd. Elyria, OH 44035

Tuesday @ 6:30 PM

Calvary Baptist Church

32607 Electric Blvd. Avon Lake, OH 44012

Thursday @ 7 PM

Heroin Anonymous Groups

Let's Get Real Sobriety Club

1939 Oberlin Avenue Lorain, OH 44052

Monday @ 6:30 PM

Narcotics Anonymous

Community of Faith Church

9715 E. River Rd. Elyria, OH 44035

Thursday @ 7 PM

Sunday @ 5 PM

First Church of Oberlin

106 N. Main St. Oberlin, OH 44074

Monday @ 7 PM

Wednesday @ 7:30 PM

Church of the Redeemer

647 Reid Ave. Lorain, OH 44052

Wednesday @ 7:30 PM

Lake Ave. United Church of Christ

310 Lowell St. Elyria, OH 44035

Sunday @ 5 PM

First Lutheran Church

603 Washington Ave. Lorain, OH 44052

Friday @ 8 PM

Holy Trinity Church- Trinity Place

2500 Elyria Ave. Lorain, OH 44055

Friday @ 8 PM

YWCA Holly Hall New Horizons Group

318 West Ave. Elyria, OH 44035

Wednesday @ 7 PM

Community of Faith UCC

9715 E. River Rd. Elyria, OH 44035

Sunday @ 5 PM

St. Paul's Lutheran Church

115 Central Drive Amherst, OH 44001

Tuesday @ 7 PM

Primary Purpose

1741 North Ridge Rd. Lorain, OH 44055

Monday @ 7 PM

Christ the King Church Youth Building

30635 Lorain Rd. North Olmsted, OH 44070

Thursday @ 7 PM

First United Methodist Church

34077 Lorain Rd. North Ridgeville, OH 44039

Friday @ 7:30 PM

*Al-Anon Meetings***The LCADA Way**

2115 West Park Dr. Lorain, OH 44053

Thursday @ 6:30 PM

First Congregational United Church of Christ

330 2nd St. Elyria, OH 44035

Wednesday @ 12:30 PM

St. John Lutheran Church

1140 W. River Rd. N. Elyria, OH 44035

Sunday @ 7:30 PM

Good Shepherd Baptist Church

1100 Cleveland Ave. Amherst, OH 44001

Wednesday @ 7:30 PM

United Methodist Church

393 Park Ave. Amherst, OH 44001

Monday @ 7:30 PM

Lake Shore United Methodist Church

33119 Electric Blvd. Avon Lake, OH 44012

Thursday @ 8 PM

First Congregational United Church of Christ

36363 Center Ridge Rd. North Ridgeville, OH 44039

Sunday @ 5:30 PM

Cathedral of Life Assembly of God

5375 Jaycox Rd. North Ridgeville, OH 44039

Tuesday @ 8 PM

First Church Oberlin

106 North Main St. Oberlin, OH 44074

Monday @ 7:30 PM

*Other Support Groups***Family Education & Support Group****The LCADA Way**

1882 East 32nd St. Lorain, OH 44055

Tuesdays @ 6 PM

The LCADA Way

120 East Ave. Elyria, OH 44035

Thursday @ 6 PM

The resources were compiled by the Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County from community resources. Inclusion in this booklet does not necessarily constitute an endorsement of an agency or its services. Any mistakes or omissions are unintentional.

If you have questions about any specific organization, please contact them directly with the number provided.

If you would like to contribute any information, contact the MHARS board 440-233-2020.

*For a glossary of terms, please visit the Emerald Jenny Foundation's site:
www.emeraldjennyfoundation.org/terminology-2*

For more information about opioid abuse and community resources, visit www.mharsloraincounty.org