

Resources:

- Alcohol and Drug Addiction Services (ADAS) Board of Lorain County: 440-282-9920
- LCADA – Lorain County Alcohol and Drug Abuse Services: 440-282-4777
24-hour Hotline: 1-440-277-8190
- Communities That Care (CTC) of Lorain County: 440-282-9920

Support Groups:

- SOLACE Lorain County; support, education, advocacy, & information for families coping with prescription drug/opiate abuse 440-823-6177
- Alcoholics Anonymous (AA); 440-246-1800
- Narcotics Anonymous (NA); Ohio Regional Service Committee; 1-800-587-4222
- Nar-Anon: for those concerned about someone's addiction/drug use) 1-800-477-6291;
www.nar-anon.org/naranon
- Heroin Anonymous (HA); www.heroin-anonymous.org
- Al-Anon: for family/friends of alcoholics/addicts); 440-277-6969
- Families Anonymous : for parents/ family of alcoholic/addicts); 440-781-0408
- NAMI of Lorain County; (National Alliance on Mental Illness); support, education, advocacy; 440-282-3204

Addiction is:

- A chronic and progressive disease;
- Physical/psychological dependence on substances/behaviors;
- Continued use in spite of consequences: health, legal, relationship, work, etc.
- Inability to control when you start/stop a behavior

Recovery is:

A process of change through which individuals:

- improve their health and wellness;
- live a self-directed life;
- and strive to reach their full potential.

Relapse is:

When the addict :

- returns to his/her using/behavior following a period of abstinence;
- a period of uncontrolled behavior;
- not uncommon when it comes to kicking opioid addiction.

Accessing Substance Abuse Resources....

For Those Abusing Opioids, Prescription Drugs, and other Drugs

- Help is available.
- Never give up.
- Recovery is possible

You are NOT Alone

Your Local Partners in Help, Support, and Recovery:



Communities That Care



Treatment Definitions:

- **Diagnostic Assessment/Intake:** Before receiving treatment, a licensed professional will ask you to complete forms about your using behaviors and then talk with you to determine the correct level of treatment (level of care) for your needs.
- **Detox:** Detoxification is a short residential or hospital stay to manage and stabilize acute physical withdrawal symptoms. Detox is offered most commonly for opioid/alcoholic withdrawal, but also for benzodiazapines and, buprenorphine, when they have been abused/not taken as supervised by a physician.
- **Residential :** live-in treatment, either short-term (30 days or less) or long-term (more than 30 days).

OUTPATIENT: Outpatient services are offered in various intensities. At times, an individual may participate in a Pretreatment group while preparing for recommended treatment with higher intensity.

- **Day Treatment:** This is a group offered for several hours each day of the work week.
- **Intensive Outpatient Program (IOP):** Group treatment, which meets for several hours, several times per week.
- **Non-intensive Group Therapy**
- **Individual Therapy**

How do I get help for myself or loved one?

Treatment is available for all people regardless of ability to pay. **Privacy laws require staff speak directly to the individual seeking treatment, unless they are a minor. Resources may differ for adolescents, please call ADAS for assistance.**

- **If you are uninsured,** you can access Detox and the spectrum of treatment services (including MAT) through LCADA at (440) 282-4777. Lorain County contracts with Stella Maris in Cleveland for Detox services. LCADA serves as the gatekeeper for accessing these services.
- **If you have Medicaid ,** and are looking for Detox, Women's Residential, Day treatment for men/women, you can access these services through LCADA at (440) 282-4777. If you are looking for outpatient services, several area agencies offer these services.
- **If you have private insurance,** call the customer service number on the back of your insurance card. Ask specifically what your coverage is for the treatment you are looking for. Ask for the names and numbers of treatment facilities that are covered for you.

Questions when calling for Treatment:

- Do you take my insurance? What treatment services do you offer? Do you offer outpatient services and, if so, what are the days and times of services? Is family involved in the treatment process?
- I am on MAT, am I eligible for your treatment services?

Medication Assisted Therapy (MAT):

MAT is when buprenorphine (Suboxone) or Methadone is prescribed by a doctor to relieve withdrawal symptoms and help with cravings while an individual gains recovery tools. **Be cautious of doctors or programs not requiring treatment of any kind.**

Physicians must be certified to prescribe Suboxone and can only take a certain number of patients at one time. Some doctors have the certification and prescribe privately and are not affiliated with any treatment providers for their patients.

You can access a list of area prescribing physicians at; **suboxone.com** and insert your zip code and how far you are willing to travel. Be prepared to make quite a few phone calls as the provider list may be outdated.

Questions to Ask about MAT:

- What forms of payment do you accept? How long have you been providing MAT? Will I need treatment?

Recovery Coaches

Lorain County has a growing list of trained Recovery Coaches (peer support specialists or those with a passion for working with those in recovery). Recovery Coaches may work with a treatment agency, church, other community provider, or may provide services independently. The service can support treatment or can provide support when treatment is not a fit. Please call ADAS at (440) 282-9920 for the Recovery Coach Roster and for more information or on www.lorainadas.org.