

# Substance Use Disorder Resource Guide

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This resource was prepared by the **Columbiana County Mental Health and Recovery Services (MHRS) Board**. The MHRS Board supports treatment and recovery for substance use disorders by purchasing treatment services and recovery supports for Columbiana County residents with limited income.

### Columbiana County Mental Health and Recovery Services Board

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Website: [www.ccmhrsb.org](http://www.ccmhrsb.org)

Facebook: [www.facebook.com/ColumbianaCountyMHRSBoard](https://www.facebook.com/ColumbianaCountyMHRSBoard)

In this guide, the term “drug” is used as a catch-all term and refers to any substance that is potentially harmful or addictive. “Drugs” include, but are not limited to, alcohol, nicotine, prescription medicines that are abused, heroin, cocaine, methamphetamine, and marijuana. The term “therapist” is shorthand for any substance use treatment professional who is qualified to provide counseling.

## Signs of a Substance Abuse Problem

If some or all of the following apply, you or your loved one may have a substance use problem. In the most severe cases, it is an addiction. **Any person who uses a drug can develop an addiction.**

- Taking drugs in larger amounts or for longer than intended
- Trying to cut down or stop but can't
- Spending a lot of time getting, using, or recuperating from the effects of drugs
- Having cravings or strong urges to use drugs
- Work, home, or school responsibilities suffer because of drug use.
- Continue to use the drug even when it causes problems in relationships
- Continue to use the drug in spite of physical or mental health conditions that are aggravated by drug use.
- Taking more drugs to get the desired effect.
- Experience withdrawal symptoms when the drug is not readily available

## Encouraging People to Choose Recovery

There is no surefire “recipe” for influencing people to change. There is no guarantee that any “outside influence” will motivate people to change. People are impacted, however, by their friends, family, co-workers, substance use treatment professionals, and other people who are striving to recover. The following outlines what actions are helpful and what is not helpful in influencing people to get on, or stay on, the road to recovery.

Generally Helpful	Generally Not Helpful
Express concern about how you observe drug use is impacting the person	Shielding people from the consequences of their drug use (for example, giving them money to pay a bill that is unpaid because the money was spent on drugs).
Point out how the drug use is negatively impacting you and your relationship with the person.	Threats of consequences that may not occur, or consequences that may be “far into the future.”
Provide accurate information about the health risks the person is taking.	Very specific advice, unless you are asked for it.
Offer hope and encouragement, always – even after a person has lapsed.	Making arrangements FOR the person to get support or help. (Be WITH them, if they want it, while they make arrangements for themselves – or accompany them to services or supports.)
Offer support if and when the person decides to take action. (For example, offer to attend an AA meeting with the person, or accompany him to a first appointment with a counselor.)	Emotional abandonment.
What is important or meaningful to the person? Point out how he may be jeopardizing what is important to him by using drugs.	Accompanying a person in situations that offer temptation.
Help the person to think through the “positives” and “negatives” of his drug use.	Ignoring what you perceive as problem. It is difficult for friends and loved ones to “start the conversation” about self-destructive drug use, and the person using drugs isn’t often accepting of a loved one bringing it up. Bring it up anyway – you are planting a seed.
Express pride in the person’s efforts and improvement.	
Participate in the person’s healthy changes (for example, if the person starts a walking regimen, offer to walk with him.)	
Treat people with kindness and respect even when they are making self-destructive decisions.	
Provide hope and encouragement, even when the person lapses.	
Encourage the person to connect with other people who are struggling with addiction and are <u>trying to recover</u> .	
Seek connections with friends or family members of other people who are struggling with addiction. Loved ones of people with addiction often benefit from support from others “walking in their shoes.”	
Help the person obtain food, shelter, and clothing, if needed. It is better to direct people to help, or provide it directly, than to provide the person money or gift cards for these basic needs.	

## Where to Start

As is true for most health problems, treatment and recovery for addictions are individualized. There is no “one path to recovery;” different people benefit from different treatments and recovery supports. Unless a person is experiencing a medical emergency related to drug use, in which case he should seek medical treatment immediately, the best FIRST step to recovery is to obtain a comprehensive assessment. The results of the assessment will include recommended treatments and recovery supports that best match the individual circumstances of the person.

Provider agencies located in Columbiana County and certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) are:

**Family Recovery Center**  
**964 North Market Street**  
**P.O. Box 464**  
**Lisbon, Ohio 44432**

Website: <http://www.familyrecovery.org>

Assessments are done in the Lisbon and Salem offices. Appointments are scheduled by calling the Lisbon office at **330-424-1468**.

**Family Recovery Center also provides many other treatment and recovery support services. Please call or visit the website for additional information.**

**The Counseling Center**  
**40722 State Route 154**  
**P.O. Box 429**  
**Lisbon, Ohio 44432**

Website: [www.colmhc.org](http://www.colmhc.org)

Assessments are done in the Lisbon, Salem, and Calcutta offices. Appointments are scheduled by calling the Lisbon office at **330-424-9573**.

**The Counseling Center also provides many other treatment and recovery support services. Please call or visit the website for additional information.**

*Columbiana County residents who receive assessment or outpatient services at either The Counseling Center or Family Recovery Center are served based on ability to pay.*

**The Community Action Agency of Columbiana County**  
**7880 Lincole Place**  
**Lisbon, Ohio 44432**  
**330-424-5686**

**East Liverpool Community Health Center**  
**16494 St. Clair Avenue**  
**East Liverpool, Ohio 43920**  
**330-386-7777**

Anyone who receives health, behavioral health or dental care from the **Community Action Agency (CAA) Health Centers with locations in Lisbon, Salineville, and East Liverpool**, or

anyone who desires to receive these services, can obtain a drug and alcohol assessment and follow up treatment through the CAA Health Centers. Please call **330-424-5686** or **330-386-7777** to schedule an appointment.

For information on all drug and alcohol treatment programs certified by the Ohio MHAS in the State of Ohio, call 1-877-275-6364. Individuals can also search the Ohio MHAS website at [www.mha.ohio.gov](http://www.mha.ohio.gov). In the middle of the home page, click on **“Where to Get Help? – Find Addiction Treatment”**

Individuals can also contact their health insurance provider for referral information for substance abuse assessment and treatment. *Not all professionals and organizations that conduct assessments or provide treatment are certified by Ohio MHAS.*

### **Other providers located in Columbiana County:**

Family Care Ministries  
119 W. Sixth St., East Liverpool  
330-368-0725

PsyCare  
15303 State Route 170, East Liverpool  
330-385-1000

On Demand Counseling  
15898 St. Clair Avenue, East Liverpool  
330-932-0157

## **Types of Treatment**

**The goal of treatment is to help people achieve and maintain abstinence from harmful substances.** Treatment is focused on helping people understand and recognize the damage drug use has done to them and others, and how it has interfered with what is important to them. Effective treatment encourages the person to take responsibility for his addiction, regardless of the reasons it developed, and to help him map out and follow a plan for recovery. Treatment is focused on helping the person develop motivation for change, along with the skills to meet life’s challenges and fulfill potential without using harmful substances.

### **Detoxification**

Medically supervised detoxification, the process by which the body clears itself of drugs, is designed to manage the acute and potentially dangerous effects of discontinuing drug use. Because discontinuing drug use is often accompanied by unpleasant and potentially fatal side effects stemming from withdrawal, detoxification is often managed with medications administered by a physician in an inpatient or outpatient setting. Detoxification typically lasts between 3 – 10 days. Not all people need medically supervised detoxification, and for those who do need it, it is the first step. By itself, it does little to produce lasting changes necessary for recovery. Staff members of detoxification facilities refer people to “the next step” services and supports at the point of discharge.

### **Detoxification Facilities Certified by Ohio MHAS in Columbiana County**

**and the Surrounding Areas are:**

Neil Kennedy Recovery Clinic  
2151 Rush Blvd.  
Youngstown, Ohio 44507  
330-744-1181  
800-228-8287  
www.nkrc.org

Trinity East Hospital  
380 Summit Ave  
Steubenville, OH 43952  
740-283-7000  
www.trinityhealth.com

Crisis Intervention and Recovery Center, Inc.  
2421 13th Street NW  
Canton, Ohio 44708  
(330) 452-6000  
<http://www.circstark.org>

CommQuest Recovery and Prevention Services-Regional Center for Opiate Recovery  
(detox for opiates only – opiates include heroin and many prescription pain medicines.)

1660 Nave Rd. S.E.  
Massillon, OH 44646  
330-837-9411  
<http://questrs.org/>

CommQuest Alliance Detox and Recovery Unit  
200 E. State St.  
Alliance, OH 44601  
330-821-8503

East Liverpool City Hospital  
New Vision Program  
425 W. Fifth Street  
East Liverpool, Ohio 43920  
1-800-939-2273 or 330-386-3193

New Day Recovery  
920 and 960 Boardman-Canfield Road  
Boardman, Ohio 44512  
330-953-3300

New Day Recovery  
9955 Union Ridge Road  
Rogers, OH 44455  
330-953-3300

First Step Recovery  
2737 Youngstown Road, S.E.  
Warren, OH 44484  
(330) 369-8022  
www.FirstStepRecovery.net

**Outpatient Treatment:** Outpatient treatment is provided to people who live on their own, with

family or friends, or sometimes in a “recovery house.” It may include any of the following:

- **Individual Counseling:** Meeting one on one with a therapist.
- **Family Counseling:** The therapist meets with the person with addiction and one or more family members to help the client build more positive bridges to family support and to guide family members on how to support their loved one’s recovery efforts.
- **Group Counseling:** Meeting with a therapist, along with others recovering with addiction, in a setting in which the therapist facilitates positive interaction, support, and skill building among all group members.
- **Intensive Outpatient Treatment:** Combination of individual and group treatment and drug and alcohol education. Intensive outpatient services include at least 9 hours of treatment per week, on at least 3 days per week.
- **Aftercare Treatment:** Individual or group, to reinforce gains made during treatment, and support people in working on relapse prevention.

### **Case Management:**

Case managers help people access supports outside of the drug and alcohol treatment system to meet basic needs and to support recovery. Depending on the person’s needs, this may include food, shelter, clothing, assistance with applying for health insurance, or assistance with obtaining employment. The case manager has knowledge of all the resources that may be potentially helpful, and helps people “cut through red tape” to get connected with resources that will support recovery.

### **Residential Treatment:**

Individuals live in a facility with others receiving treatment for addiction. People receive 30 hours or more per week of counseling and education related to addiction and recovery. Structure, along with 24 hour, 7 day a week on-site access to recovery supports, provides an environment of intensive support. Often 12 step meetings are held on site. Residential treatment usually lasts for at least 30 days. Many programs are organized around a 90 day model; some last up to a year or longer.

### **Medication Assisted Recovery**

Medication assisted recovery can be provided to people in either residential or outpatient treatment. Medications reduce, and sometimes eliminate, physical cravings, and interfere with the brain’s ability to experience pleasure from the harmful drug. Medication assisted recovery is used for both alcohol and opioid addiction. Medication assistance is just that – assistance. People with addictions still need to learn new coping skills and develop a recovery lifestyle. It is most effective when it is part of a comprehensive recovery plan that may include treatment, self-help, and other recovery supports.

# Recovery Supports

## Recovery Coaching:

A Recovery Coach is a peer supporter in recovery from substance abuse who uses personal experience to provide support, hope and guidance. Recovery coaches have at least 2 years continuous abstinence and specialized training. Coaches are not therapists. They are mentors and supporters who assist people on the path from a life of addiction to a life in recovery. Coaches share their “insider” knowledge of treatment and recovery. They may accompany people to 12 step and other recovery support meetings.

## Sober Living (“Recovery”) Housing:

Recovery houses are group residences for people striving to maintain abstinence and advance their recovery. Residents make a commitment to abstinence and a commitment to support their fellow housemates in maintaining abstinence and advancing their recovery. Recovery housing provides an alcohol and drug-free living environment with various levels of supervision and recovery supports. Typically individuals residing in recovery housing receive services at local agencies, participate in peer support and self-help groups. Some individuals receive a temporary rent subsidy and are then required to obtain employment to assume the cost of room and board.

## Self-Help/Support Groups:

Peer support and self-education are important components of recovery and useful in preventing relapse. Many people who maintain abstinence and achieve recovery attend support meetings on a regular basis, indefinitely.

A current list of meeting times and locations can be obtained by calling 211, Help Hotline’s Information and Referral line, by phoning Help Hotline at 330-424-7767, or 1-800-427-3606, or Family Recovery Center at 330-424-1468. This information is also available on the following websites:

## Alcoholics Anonymous:

To locate meetings in your area: Youngstown Area Intergroup Inc. 330-270-3000  
<http://www.aayaig.org/meeting-finder.html>

## Narcotics Anonymous:

Information and local meeting locations are on their website: <http://www.na.org/meetingsearch/>

## Heroin Anonymous:

Information and local meeting locations [www.heroinanonymous.org](http://www.heroinanonymous.org)

## Celebrate Recovery:

12 Step Christ-Centered Recovery Support Program and approach. To locate a Chapter, visit [www.celebraterecovery.com](http://www.celebraterecovery.com). Damascus Friends Church, 28857 Walnut St., Damascus, 44619, hosts Celebrate Recovery in Columbiana County on Thursday evenings 330-537-2581.

## Smart Recovery:

This is a self-empowerment science based support group that does not follow the 12 step model. In person group meetings, online groups, and online resources are offered. Visit [www.smartrecovery.org](http://www.smartrecovery.org) for resources and information about groups in this region.

## Supports for Family and Loved Ones

**Al-Anon Family Groups:** provide support and education for persons who have a family member with an alcohol problem or other drug addiction. To find a local meeting: [www.al-anonohiodist4-9.org](http://www.al-anonohiodist4-9.org) 330-270-9441.

**Nar-Anon Family Groups:** provides support and education for persons who have a family member with a drug problem or addiction. To find a local meeting: <http://www.nar-anon.org/find-a-meeting/>

**The Parents Toll-Free Helpline, 1-855-DRUGFREE (1-855-378-4373),** is staffed by clinical social workers with practical experience in substance abuse prevention and treatment. It is sponsored by the Partnership for Drug Free Kids. The service offers guidance and resources for youth and adults.

**Ohio Can Change Addiction Now (CAN).** State Chapter of a non-profit national organization whose vision is to bring the family a voice to addiction and recovery. Its mission is to embrace, educate, and empower families living with substance use disorders.  
[www.facebook.com/groups/OhioCan](http://www.facebook.com/groups/OhioCan).

**“Why Can’t You Just Quit?”** Family Recovery Center provides this support and education group for family or loved ones of people who abuse substances. Meetings are free of charge and are held at the Lisbon Office, 964 N. Market St., Lisbon. Contact Family Recovery Center at 330-424-1468 for the current schedule of meetings.

**Family Night: Substance Abuse Education for Family Members Of Persons With Addictions:** The Counseling Center offers free group education to family members and loved ones, age 14 or older living in Columbiana County. The goal is to help people better understand the disease of addiction and to familiarize them with treatment and recovery resources in Columbiana County. These sessions are held on the **first Tuesday evening of each month, 6 – 8 p.m., at the Center’s Lisbon location, 40722 St. Rt. 154.** Please call 330-424-9573, Ext. 367, and leave a message if you plan to attend, so the Center can plan for refreshments

## OPIATE OVERDOSE REVERSAL

Naloxone (also known as Narcan) is a medication that can reverse an overdose caused by an opioid drug. Opiates include heroin and many prescription pain medications. Narcan works by reversing the effects of opioids on the brain and respiratory system in order to prevent death. If it is given to a person who is not experiencing an opioid overdose, it is harmless. If it is given to a person who is dependent on opioids, it will produce withdrawal symptoms, which are uncomfortable but not life-threatening. Narcan does not reverse overdoses caused by cocaine, benzodiazepines such as Xanax, Klonopin, or valium, methamphetamines, or alcohol.

Family Recovery Center operates a Project DAWN (Deaths Avoided with Naloxone) program in Columbiana County, in partnership with the Columbiana County Health Department. Kits are available, and training is held upon request for individuals and organizations. Contact FRC

at 330-424-1468 for more information. There is no cost for this program.

Narcan is also available without a prescription at many pharmacies in Columbiana County. They are listed at the end of this document.

Most insurances are accepted, including Medicaid, The person obtaining Narcan uses his or her insurance. Persons using opiates, their loved ones or friends can obtain Narcan without a prescription. There is an out of pocket charge if people do not have insurance or if they have insurance deductibles. Check with the pharmacy for pricing.

An overdose is a medical emergency. Even if Narcan is available at the location of the overdose, call 911 before administering it.

## **PAYMENT FOR SERVICES**

Columbiana County residents receiving services at the Counseling Center or Family Recovery are served based on ability to pay. At CAA Health, Behavioral Health, and Dental Centers, patients receive care regardless of their ability to pay. A sliding fee scale is available for those who qualify. Individuals who are eligible for Medicaid or subsidized health insurance through the Affordable Care Act who have not previously applied, must apply. CAA Health Centers have staff available that can assist in enrolling people in Medicaid or insurance through the Marketplace. Individuals can apply online at <http://www.Benefits.Ohio.gov>, by completing an application at the Department of Job and Family Services, located at 7989 Dickey Drive, Lisbon, OH 44432 or by calling 1-844-640-6446. Agency staff can assist with the Medicaid application process. Individuals may have out of pocket costs, depending on their income and insurance coverage.

Nearly all provider organizations certified by Ohio MHAS, and many treatment professionals in private practice accept clients with Medicaid and Medicare coverage. Most accept clients with private insurance coverage.

## **ADDITIONAL RESOURCES**

**Help Network of Northeast Ohio:** provides telephone crisis intervention, and information and referral service, 24 hours a day, 7 days a week. Call the information and referral line, 211, or phone 330-424-7767 or 1-800-427-3606. Help Network maintains a data base of resources in the region that is available for anyone to use. For more information, visit Help Hotline's website at [www.helphotline.org](http://www.helphotline.org)

**Alcohol and Drug Abuse Prevention Team (ADAPT) Coalition of Columbiana County:** [www.adaptcoalition.org](http://www.adaptcoalition.org)

**National Institute on Alcohol Abuse and Alcoholism:** [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

**National Institute on Drug Abuse:** [www.drugabuse.gov](http://www.drugabuse.gov)

**Ohio Citizens Advocates for Addiction Recovery:** [www.oca-ohio.org](http://www.oca-ohio.org)

**Ohio Recovery Housing:** [www.ohiorecoveryhousing.org](http://www.ohiorecoveryhousing.org)

**Partnership for Drug Free Kids:** [www.drugfree.org](http://www.drugfree.org)

**Substance Abuse and Mental Health Services Administration:** [www.samhsa.gov](http://www.samhsa.gov)

## Columbiana County Pharmacies

License Number	Business Name	Phone	Address	County
20652800	GIANT EAGLE PHARMACY #1475	3303852328	15937 ST. RT. 170 EAST LIVERPOOL, OH 43920	Columbiana
021393100	GIANT EAGLE PHARMACY #1479	3303857554	619 BRADSHAW AVENUE EAST LIVERPOOL, OH 43920	Columbiana
021230150	GIANT EAGLE PHARMACY #4064	3303320141	2401 E. STATE STREET SALEM, OH 44460	Columbiana
021017400	MARC'S PHARMACY	3303377358	2487 EAST STATE STREET SALEM, OH 44460	Columbiana
020590300	RITE AID #2449	3304269291	25 WEST MAIN STREET EAST PALESTINE, OH 44413	Columbiana
020140400	RITE AID DISCOUNT PHARMACY #2357	3303373494	2229 E. STATE STREET SALEM, OH 44460	Columbiana
020499100	RITE AID DISCOUNT PHARMACY #2418	3304247743	7844 STATE ROUTE 45 LISBON, OH 44432	Columbiana
020405650	RITE AID DISCOUNT PHARMACY #3060	3303866210	614 BRADSHAW AVENUE E. LIVERPOOL, OH 43920	Columbiana
020362750	RITE AID DISCOUNT PHARMACY #3181	3304823854	14973 SOUTH AVENUE COLUMBIANA, OH 44408	Columbiana
020766050	RITE AID DISCOUNT PHARMACY #3603	3305325889	220 THIRD STREET WELLSVILLE, OH 43968	Columbiana
021985250	THE HOMETOWN PHARMACY	3304829080	1108 VILLAGE PLAZA COLUMBIANA, OH 44408	Columbiana
020659400	WAL-MART PHARMACY 10-1707	4792042258	16280 DRESDEN DRIVE EAST LIVERPOOL, OH 43920	Columbiana
021354500	WAL-MART PHARMACY 10-2910	4792042258	2875 EAST STATE STREET SALEM, OH 44460	Columbiana
021546400	WALGREENS #09377	3303378001	2124 E. STATE STREET SALEM, OH 44460	Columbiana