

# OPIOID Resource Guide: Community Efforts & Options

## Heroin and other Opioids are like Russian Roulette: One Needle Can Kill

Fentanyl-laced heroin is an enormous danger for anyone that uses the drug. Just a single dose of this powerful substance is enough to have life altering consequences. Fentanyl is a synthetic opioid 100 times more powerful than morphine and many times more powerful than heroin. According to the DEA, Fentanyl is potentially lethal, even at very low levels. When cut with heroin it can easily lead to overdose and, all too often, death. Any dose of heroin could potentially contain lethal levels of fentanyl. All it takes is one injection to end a life.

### GET HELP TODAY!



### ACCADA

419-289-7675

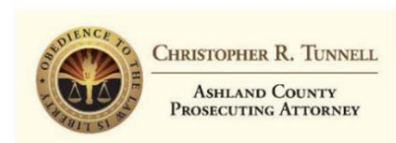
310 College Avenue

Ashland Oh 44805



Local 24-Hour Crisis Hotline:

419-289-6111



Updated: September, 2017

## **BE PREPARED**

If you suspect someone is experiencing a drug overdose, call 911 immediately and administer Naloxone (NARCAN) if available.

### **WHAT TO DO IN AN EMERGENCY**

1. Call 911 and carefully follow the operator's directions
2. Stay with the victim until help arrives
3. Tell emergency responders anything the victim consumed, or may have consumed

### **DO NOT**

1. Postpone calling 911 for any reason
2. Leave the victim alone
3. Allow victim to "sleep it off"

### **SAVE A LIFE**

You can be the difference between life or death when someone is suffering an overdose. NARCAN doses and training on how to administer this life-saving medication is available. To learn more, call the Samaritan Retail Pharmacy at 419-289-9636.

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**HEROIN HURTS**  
**MORE THAN YOURSELF**  
**GET THE HELP YOU NEED**  
**ACCADA 419-289-7675**  
The Mental Health & Recovery Board of Ashland Co.

# Local & Regional Drug/Alcohol Resources

**24/7 Crisis Hotline**  
**(419) 289-6111**

## Resources in a crisis or emergency

Organization	Contact Information	Important Information
The Office of the Sheriff Ashland County, Ohio	9-1-1  1205 East Main Street Ashland, Ohio 44805 (419) 289-3911	9-1-1 is only to be used in emergency situations. An emergency is any situation that requires immediate assistance from the police/sheriff, the fire department or an ambulance. If you are ever in doubt it's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.
Ashland County Council on Alcoholism and Drug Abuse (ACCADA)	(419) 289-7675  310 College Avenue Ashland, Ohio 44805	ACCADA is the primary drug/alcohol prevention, education and treatment agency in Ashland County. ACCADA acts as the gatekeeper for publically funded Residential and Detox (In-patient) services. ACCADA provides education sessions for family members effected by someone's drug and/or alcohol abuse.
UH Samaritan Medical Center – Emergency Department 24/7 Emergency Services	(419) 289-0491 or 1-800-257-9917  UH Samaritan Medical Center – First Floor 1025 Center Street Ashland, Ohio 44805	UH Samaritan Medical Center Emergency Department Staff will triage patients upon arrival. Patients are seen according to the severity of their condition not order of arrival.

**Resources in a crisis or emergency  
(Additional Resources)**

<b>Organization</b>	<b>Contact Information</b>	<b>Important Information</b>
QUEST – Regional Center for Opiate Recovery (ReCOR)	(330) 837-9411  1660 Nave Rd. SE Massillon, Ohio 44646	ReCOR is an opiate detox facility located on Quest’s Regional Recovery Campus in Massillon. The facility features both an inpatient and outpatient component and will serve clients from an 8-county region including Ashland County.
Ashland Fire Department	911 – Emergency (419) 289-6511  274 Cleveland Ave. Ashland, Ohio 44805	The Ashland Fire Department provides emergency fire, medical, and rescue services to the City of Ashland, Milton, and Montgomery Townships in Ashland County, Ohio.
UH Samaritan Retail Pharmacy	(419) 289-9636  1025 Center Street Ashland, Ohio 44805 (Located within Hospital)	NARCAN (naloxone HCL) can be purchased at this location.  NARCAN doses Training on how to administer is available to learn more call UH Samaritan Retail Pharmacy
Ashland County Prosecutor’s Office	(419) 207-8666  24/7 Tip Line	The Tip Line is available 24/7. Tips are completely anonymous. All information provided will be reviewed by law enforcement.
Mental Health & Recovery Board of Ashland County (MHRB)	(419) 281-3139  1605 County Road 1095 Ashland, Ohio 44805	The MHRB oversees publically funded mental health and addictions services in Ashland County.

## Resources To Educate & Protect Young People

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Ashland County Council on Alcoholism and Drug Abuse (ACCADA)	(419) 289-7675  310 College Avenue Ashland, Ohio 44805	ACCADA is the primary drug/alcohol prevention, education and treatment agency in Ashland County. ACCADA acts as the gatekeeper for publically funded Residential and Detox (In-patient) services. ACCADA provides education sessions for family members effected by someone’s drug and/or alcohol abuse.
Start Talking	<a href="http://www.Starttalking.ohio.gov">www.Starttalking.ohio.gov</a>	Online resource that gives parents, guardians, educators and community leaders the tools to start the conversation with Ohio’s youth about the importance of living healthy, drug-free lives. Used by ACCADA in Ashland Schools.
Too Good for Drugs	<a href="http://www.toogoodprograms.org">www.toogoodprograms.org</a>	Online overview of research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, drug abuse, and violence. Used by ACCADA in Ashland Schools.
Catholic Charities	(419) 289-1903  34 West 2 <sup>nd</sup> Street Ashland, Ohio 44805	Catholic Charities offers the “Ashland Connects to Teens” teen mentoring program to reduce the risks of alcohol, tobacco, and drug abuse.
Drug Free Clubs of America	<a href="http://www.drugfreeclub.com">www.drugfreeclub.com</a>	DFCA’s mission is to identify drug free students, reward their good choices, and empower them with effective prevention tools to stay on the right track. This program has started at both the Ashland Career Center and Hillsdale School District.
Ashland County D.A.R.E. Program (The Office of the Sheriff Ashland County, Ohio)	(419) 289-3911  1205 East Main Street Ashland, Ohio 44805	Deputy Angie Hamilton is the School Resources Officer and D.A.R.E. Officer for the county.

## Inpatient Residential & Detox Resources

Organization	Contact Information	Important Information
Rosary Hall – St. Vincent Charity Medical Center	(216) 363-2580 Press 4 2351 East 22 <sup>nd</sup> Street Cleveland, Ohio 44115	Detox Services – a 21-bed inpatient detoxification and assessment unit. Average length of stay is 3-5 days.
Glenbeigh Detox and Treatment Services	(800) 234-1001 2863 State Route 45 Rock Creek, OH 44084	Inpatient Detox & Treatment Programs are multi-disciplinary utilizing an abstinence-based, disease-concept model of treatment with the length of stay based on individual need.
Maryhaven	(614) 445-8131 1791 Alum Creek Drive Columbus, Ohio 43207	Maryhaven’s Residential Detox is a subacute program for adult men and women who need medical help to safely detoxify. Registered nurses staff this program and the facility 24 hours-a-day.
QUEST – Regional Center for Opiate Recovery (ReCOR)	(330) 837-9411 1660 Nave Rd. SE Massillon, Ohio 44646	ReCOR is an opiate detox facility located on Quest’s Regional Recovery Campus in Massillon. The facility features both an inpatient and outpatient component and will serve clients from an 8-county region including Ashland County.

**Recognizing an Opioid Overdose-  
Know the Signs**

(Information from the State of Ohio Board of Pharmacy)

- Slow Breathing (less than 1 breath every 5 seconds) or no breathing.
- Gaspings for air
- Nausea or vomiting
- Face is pale and clammy.
- Blue tint to the lips and fingertips
- Slow, erratic, or no pulse.
- Snoring or gurgling noises while asleep or nodding out.
- Extreme drowsiness or an inability to stay awake
- No response when you yell the person’s name or rub the middle of their chest with your knuckles

## Self-Help & Jail Resources

Organization	Contact Information	Important Information
<p>Self Help – Alcoholics Anonymous (AA)</p>	<p>Trinity Lutheran Church 508 Center Street Ashland, Ohio 44805</p> <p>First Presbyterian Church 320 Church Street Ashland, Ohio 44805</p> <p>St. Edward Catholic Church 501 Cottage Street Ashland, Ohio 44805</p> <p>New Hope Community Church 637 N. Market Street Loudonville, Ohio 44862</p>	<p>Various Meeting Types – Call for complete schedule at: (419) 289-2126</p> <p>Call for additional information: (419) 289-6205</p> <p>Thursday Night Meeting (419) 289-7224</p> <p>Friday Night Meeting (419) 994-1112</p>
<p>Self Help – Narcotics Anonymous (NA)</p>	<p>Trinity Lutheran Church 508 Center Street Ashland, Ohio 44805</p> <p>Ashland County Professional Building 221 Church Street Ashland, Ohio 44805</p>	<p>Various Meeting Types – Call for complete schedule at: (419) 289-2126</p> <p>Thursday Night Meeting starting at 6:30pm</p>
<p><b>Mental Health &amp; Drug Alcohol Services Available at the Ashland County Jail</b></p> <p>(419) 289-6552</p>	<ul style="list-style-type: none"> <li>• Drug and Alcohol Education</li> <li>• Mental Health Assessment &amp; Counseling</li> <li>• Medication Assisted Treatment for Those addicted to Opiates</li> <li>• Community Linkage Services for those being released to the community</li> <li>• Faith Based Counseling &amp; Support</li> </ul>	

## FREQUENTLY ASKED QUESTIONS & ANSWERS

**QUESTION: I believe my loved one has just overdosed on an opioid. What do I do immediately, within the next few days, and how can I be prepared if it happens again in the future?**

**Answer:** If you're not sure if someone you know is showing signs of an opiate overdose or simply just high on drugs call 9-1-1 for immediate help. It's better to have made the call and later find out that the individual is overly high than to have waited and risk the person suffering lifelong consequences as a result of a heroin overdose or even potentially dying. 5 things to be aware of in an overdose situation are: *#1 – Respiratory Depression.* Labored breathing, shallow breathing, a few breaths per minute. *#2 – Lack of Oxygen Causes Bluening of Skin.* The fingers, lips or face can begin to turn blue due to lack of oxygen. If the body goes too long without oxygen there is a risk of heart attack, stroke, brain damage, coma and even death. *#3 – Vomiting.* Opiate use often causes vomiting but excessive vomiting or vomiting while asleep can be deadly. *#4 – Death Rattle.* When an individual vomits while asleep the vomit can get lodged in the throat and seep into the lungs. This will cause a snoring-like sound that is more like gurgling. This choking sign is referred to as the death rattle and is often overlooked or mistaken for something other than a dangerous situation. *#5 – Coma.* This is one of the most common signs of opiate overdose and often people will mistake a loved one for sleeping when really they are in a comatose state. This warrants immediate medical attention. (**Captain Ken Gardner, Fire/EMS, Ashland Fire Department**)

**Answer:** In the August 2015, Governor John Kasich signed House Bill 4 into law, allowing pharmacists to dispense naloxone without a prescription to an at-risk opioid user or someone who can intervene in the event of an overdose. As a result, currently over 1,300 retail pharmacies in the state of Ohio, 4 in Ashland County, are offering naloxone without a prescription.

The list of participating pharmacies can be found at:

<https://pharmacy.ohio.gov/Licensing/NaloxonePharmacy.aspx>.

The opioid overdose triad of symptoms include: pinpoint pupils, unconsciousness or difficult to arouse, and respiratory depression (not breathing or gasping/labored breathing).



Please consider visiting your local pharmacy to purchase naloxone (without a prescription) if you or someone you know has a loved one struggling with opioid addiction. (*Tanya Mounts, Pharmacist, UH-Samaritan Health System*)

**Answer:** You will likely first encounter the EMTs and then your loved one will be taken to the hospital. If you are at the hospital with your loved one, tell them that you want him/her to get help.

Emergency staff may try to get the person to some kind of treatment service or at least offer to put them in contact with ACCADA. They also should give you information about ACCADA in the event that the person overdosing does not want immediate help. In some situations they may try to get the person into inpatient treatment but beds for this are limited and the cost is typically high.

You can call ACCADA at 419-289-7675 and ask to meet with a counselor. Let the receptionist know if you think it is an emergency and, in most cases, you can see a counselor the same day as the call. The ACCADA Director many times will talk with the addicted person as well as the family to assist you (*Dennis Dyer, Counselor/Director ACCADA*)

**Question:** **I want my adult son/daughter/spouse, etc. to get help for their addiction but they don't want to. What do I do?**

**Answer:** A person who is addicted will experience the consequences of the addiction in Biological, Psychological (Mental & Emotional), Social, and Spiritual ways. One starts to desire a change by experiencing the pain of these consequences. One can also chart a course of recovery by exploring and implementing a Bio-Psychosocial-Spiritual recovery plan. (*Brad Wise, Faith Community*)

**Answer:** If all else fails, you can call the police. The alternative, in many cases, is the death of your loved one. You don't necessarily have to identify yourself. There are anonymous tip lines through the Prosecutors Office, the Ashland Police Department, the Ashland County Sheriff's Office, or the METRICH Enforcement Unit. Tips to many departments can also be submitted online.

When we're dealing with something as deadly as opiate addiction, an arrest record isn't the worst outcome. The County Jail serves as Ashland's largest residential detox facility. There's around the clock care available, as well as transitional links to ACCADA.

In most instances, if your loved one is arrested, they will receive a bond and be back out on the street. However, the additional supervision provided as a condition of bond, in some instances, may serve as the motivation to seek treatment that has been absent.

The criminal justice system has the ability to provide the leverage that you just don't possess when trying to persuade someone you love to seek treatment. Most first time offenders receive probation, and the probation officers are in a position to make folks get help. In many cases, addicts are not prepared to see the light until they hit rock bottom. For many, being arrested is that bottom. Even if they go to prison, they are at least still alive (*Chris Tunnell, Prosecutor's Office*)

Answer: One challenge that can be easily overlooked is to make sure that the family of the one refusing help are also taking care of themselves. Pastors are always willing to support families working through this tough issue with prayer, hope and encouragement. We also work with agencies like ACCADA and Dennis Dyer as they can provide information about how their loved one is thinking and options that other family members in a similar situation have used. There is a helpful alliance when pastors and agencies like ACCADA work together on the opiate issue. (*Jon Hall, Ashland Grace Church*)

Answer: Unfortunately, there are limitations on what can be done to get another person to seek help for an addiction. In the end the person must seek help. There are some actions that might make this more likely. The first is to **avoid enabling the person**. In short that means doing for them what they need to do for themselves. It also means not helping them financially when they are out of money. Addicts are endlessly inventive in finding ways to justify you giving them money. If they need food it is because they already spent their money on opiates. If you give them money for food they either spend it on drugs or use it for food now and spend any future money they might get for buying drugs. This is a very difficult task for loved ones and it is not always easy to know when you are helping versus enabling.

The second thing you can do is **take care of yourself** and your other loved ones. That means avoiding spending all of you energy to focus on trying to help the addict. It is impossible for you to manage the behavior of the addict and trying to do so will result in you neglecting your own needs. You will want to consider attending a helping group like Alcoholics Anonymous. If you are involved with a church you may want to seek pastoral counseling. There may be other types of supports that you may access in your church. Also, be open with your close friends about the nature of the problem and seek their support. Try to maintain your personal life and social activities. This may help you avoid excessive anger toward the addict and preserve you and your family during this difficult time.

Thirdly, **educate yourself about the impact of addiction** on families. You may want to consider calling ACCADA at 419-289-7675 to get some input from an ACCADA counselor. Educational sessions are available.

Make it clear to the addict that his/her behavior is painful to you and that you **advocate that they seek help** to deal with their addiction. Support them if they decide to do so but make sure that they actually seek assistance with their opioid addiction. Letting them move home with only broad statements of wanting help may end in disappointment. Link your willingness to help with what you expect from them if they want to return home. It is OK to help them get to counseling sessions and helping them look for a job. But remember relapses do happen and take measures to protect you and your loved ones from disappointment. (*Dennis Dyer, Counselor/Director at ACCADA*)

**Question: What treatment options are available to those persons wanting help for their addiction(s)? What about family members?**

**Answer:** ACCADA provides outpatient assessment, treatment planning, individual and group counseling.

We can refer to area doctors for medication to assist treatment (M.A.T.) this can be effective for those addicted to opiates.

In some cases the person may need to go to detox and inpatient treatment. Medicaid has begun to pay for detox which has allowed more opportunity to access detox. Detox alone is not effective so it is important to make sure the person has ongoing community based treatment.

We have limited access to longer term residential treatment. There are some facilities around the state that provide these services.

We also have a recovery house to assist the person in maintaining sobriety and developing a stable lifestyle. Those entering this facility must be working and demonstrating high motivation for personal recovery.

ACCADA also operates a jail treatment program in the Ashland County jail. Our Community Linkage counselor can meet with persons incarcerated in the jail and help them make the transition when released. This includes the support of a Recovery Coach.

Family: Some education is available for family members at ACCADA. You can come in as a family to talk to a counselor about how the family can support each other and develop a strategy to encourage your loved one to seek help. You may also want to attend Al-anon which is a self-help group modeled on the 12 Steps of AA.

There are many books available for family members. A few online searches will yield many options. Try to find books endorsed by legitimate persons or organizations. (*Dennis Dyer, Counselor/Director of ACCADA*)

**Question: What are we doing to protect young people from becoming addicted? What are the signs that my loved one might be using/addicted to opioids?**

**Answer:** We protect young people through the following: Assessment, Education, and Counseling. More intensive treatments like residential and detox services are determined on a person-by-person basis. 4 traits that put kids at risk for addiction include: Sensation-seeking, Impulsivity, Anxiety Sensitivity, and Hopelessness. Warning signs include missing pills from your prescription bottles, behavioral changes, indifference or “sleepiness”, constant request for money with nothing to show for it and needle marks or use of long-sleeved shirts when the weather doesn’t indicate it. *(Laura Huvler, Counselor, ACCADA)*

**Answer:** ACCADA provides prevention services to students in several local schools including 3 schools that we are most active in – being Crestview, Hillsdale and Loudonville. We also provide services in Ashland City Schools and Mapleton.

ACCADA offers services for elementary and middle schools. We ask personnel in each school to allow us to provide services. Most services consist of multiple sessions of an evidence-based program called Too Good For Drugs.

We also have a youth prevention club at Crestview called Turbo Teens which helps to raise awareness about the drug problem in our community. Youth are supported to participate and carry out some prevention activities. It’s important to remember that the best prevention is both comprehensive and multi-faceted *(Kris Hickey, Prevention Specialist, ACCADA)*

<b>WHAT TO DO IN AN EMERGENCY</b>
1. Call 911 and carefully follow the operator’s directions 2. Stay with the victim until help arrives 3. Tell emergency responders anything the victim consumed, or may have consumed
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