

Recovery Resource Packet

Blue Ash, OH





Addiction Recovery Resources

www.CommunityRecoveryProject.org

HOTLINES

Addiction Services Council	Clermont County Crisis Hotline	Substance Abuse Mental Health Service Administration (SAMHSA)	Narcotics Anonymous
513-281-7880	513-528-7283	1-800-662-HELP	513-820-2947
addictionservicescouncil.org	www.528SAVE.org	findtreatment.samhsa.gov	www.nacincinnati.com

TREATMENT SERVICES LOCAL

<p>Center for Chemical Addictions Treatment (CCAT) (513) 381-6672 http://www.ccatsober.org/</p> <p>Talbert House (513) 281-2273 http://www.talberthouse.org/</p> <p>Bethesda Hospital (513) 569-6116 http://www.trihealth.com/institute-s-and-services/alcohol-and-drug-treatment/</p> <p>The Ridge Addiction Recovery Center 866-902-9846 http://www.addictiontreatmentrehabcenterohio.com/</p> <p>Northland Center 513-753-9964 http://www.northlandaddictiontreatmentrehabcenter.com/</p> <p>DECLARE Therapy Center LLC (513) 834-7050 http://declaretherapycenter.org/</p> <p>Central Clinic (513) 651-9300 http://www.centralclinic.org/</p> <p>First Step Home (513) 961-4663 http://www.firststephome.org/ Treatment – Women & Children</p> <p>Gateways Recovery (513) 861-0035 http://gatewaysrecovery.com/</p> <p>Modern Psychiatry & Wellness 513-868-0055 www.modernpsych.com</p>	<p>Brightview Health (513)834-7063 http://brightviewhealth.com/</p> <p>Cincinnati Behavioral Health Service (513) 354-7000 http://www.gcbhs.com/</p> <p>Joseph House http://josephhouse.com/ (513) 241-2965 Treatment, Housing - Veterans</p> <p>Community Behavioral Health (513) 887-8500 cbh-services.org</p> <p>Lighthouse Youth Services Inc (513) 487-7181 (513) 221-3350 http://www.lys.org/</p> <p>New Direction Treatment Services (513) 541-7111 http://www.newdirectiontreatment.com/</p> <p>Adolescent Substance Abuse Programs (513) 792-1272 http://asapcincinnati.com/</p> <p>The Children's Home of Cincinnati (513) 272-2800 http://www.thechildrenshomecinti.org</p> <p>The Crossroads Center (513) 475-5359 www.thecrossroadscenter.com/ Treatment, Inpatient, Outpatient</p> <p>Cincinnati Teen Challenge (513) 248-0452 www.teenchallengecincinnati.org Treatment, inpatient, Faith Based</p>	<p>Beckett Springs 513-942-9500 http://www.beckettsprings.com/</p> <p>Camelot Community Care (513) 961-5900 http://www.camelotcommunitycare.org/behavioral-health.aspx</p> <p>Abraxas Counseling Center (513) 221-4500 http://www.abraxasyfs.com/facility-search2.cfm?f_id=52 Treatment, Inpatient</p> <p>Sojourner Recovery Services (513)868-7654 http://sojournerrecovery.org/ Treatment, Inpatient</p> <p>Hillcrest Training School (513) 552-1200 Treatment, Housing - Criminal</p> <p>City Gospel Mission (513) 345-1094 http://citygospelmission.org/ Treatment, Inpatient</p> <p>Shelters</p> <p>Lighthouse Youth Services Inc (513) 487-7181 (513) 221-3350 http://www.lys.org/</p> <p>Shelterhouse Shelter (513) 721-0643 http://www.shelterhousecincy.org/</p> <p>Interfaith Hospitality Network of Greater Cincinnati (513)381-7233 www.ihncincinnati.org/homeless.html</p>
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Treatment Services Regional	Buprenorphine, Methadone Treatment	Resources
Ridgeview Behavioral Hospital 844-203-7307 www.ridgeviewhospital.net	Sunrise Treatment Center (513) 941-4999 http://sunrisetreatmentcenter.net/	Alcoholics Anonymous (513) 351-0422 http://www.aacincinnati.org/
Falmouth Recovery Center (859) 301-5966 http://www.stelizabeth.com/AlcoholandDrugTreatment/	Treatment, Medically Assisted Recovery Housing	Hamilton County Mental Health and Recovery Services Board (513) 946-8600 hcmhsb.org
Louisville City of Hope 502-671-4904 http://www.paradisedivision.org/louisville/centerofhope/	Serenity Recovery Network (513) 921-1986 http://serenityrecoverynetwork.org/	National Youth Advocate Program (877) 692-7226 (513) 772-6166 http://nyap.org/ohio/4576180940
Transitions Inc (859) 291-1043 http://www.transitionsky.org/	Brian Hart – Sober Living Cincinnati (513) 681-0324 (859) 653-5380 cell http://www.soberlivingohio.com/	Foster Care Resource
Fairbanks Addiction Treatment Center (800) 225-4673 http://www.fairbanksd.org/	New Foundations 866-649-6833 http://www.nftl.org/	Specialized Alternatives for Families and Youth of Ohio, Inc. (513) 771-7239 http://www.safy.org/
Treatment Inpatient	Prospect House Inc (513) 921-1613 http://www.prospect-house.org/	Foster Care for Abusers and Victims
Recovery Works 866-570-9313 http://www.recoveryworksky.com/	Charlie's 3/4 House (513) 784-1853 http://charlies3-4.org/	Substance Abuse Mental Health Service Administration (SAMHSA) 1-800-662-HELP 24/7 referral to treatment http://findtreatment.samhsa.gov/
Treatment, Inpatient Buprenorphine Methadone Treatment	Gateway House (513) 421-9333 http://gatewayhouserecovery.org/	H.O.P.E. Program Tri-Health Hospital (513) 862-5132 http://www.trihealth.com/
Premier Care of Ohio, Inc. (513) 671-7110 (513) 671-7117 http://www.methadonecenters.com/methadone-centers/premier-care-of-ohio-inc/	Sober Living (513) 681-0324 http://soberlivingohio.com/	Pregnant Women
Treatment, Medically Assisted	Recovery Hotel (513) 381-1171 http://www.otrch.org/	Ohio treatment facilities https://prod.ada.ohio.gov/directory/
State Line Treatment Services (513) 367-4444 http://www.statelinetx.com/	Living Hope Transitional Homes 513-598-6333 http://lhth.org/	Children's Hospital Medical Center - Drug & Poison Information Center (513) 636-5111 http://www.cincinnatichildrens.org/service/d/dpic/default/
Treatment, Medically Assisted		Family Support Groups
East Indiana Treatment Clinic 866-228-0272 http://www.eastindianacclinic.com/		Nar-Anon 800-477-6291 http://nar-anon.org/
Treatment, Medically Assisted		



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What is Addiction?

A neurological impairment that leads to continuous repetition of a behavior despite adverse consequences.

People with Addiction do things that defy explanation. Despite all the bad things that happen or could happen when they take drugs, they continue to seek out, procure and imbibe in substances that their brain craves. This craving is so intense, the brain justifies irrational behavior that might include theft, prostitution, starvation, neglect, and reckless actions.

It is a chronic relapsing disease, the same as diabetes or asthma.

Addiction is a disease. It has specific symptoms that are created by using drugs. It is Chronic because there is no cure. With treatment, an addict can be in recovery and manage their disease, but they will never fully be free. It is relapsing, addicts that are clean for short and long periods of time will find "Triggers" that cause their brain to seek out old stimuli that include drugs.

Physiological dependence occurs when the body has to adjust to the substance by incorporating the substance into its normal functioning. This creates the tolerance and withdrawal effects.

The "High" that is achieved from drugs, results from flooding the brain with dopamine. The brain adjusts to these abnormal levels to replace balance. This new balance, or tolerance, requires the greater quantities of the drug to create a "High". This cycle progresses quickly and the new balance requires a continuous presence of the drugs. Without the presence of the drugs the brain and the body go into withdraw.

How do I treat Addiction?

The first step in treatment is realizing you have a disease. This is not a personal failing or a choice, but a medical disease.

Get Education. Understanding the genetic, behavioral and environmental causes and the physiological, and psychological effects of this disease will help you, and your family as you progress through treatment. www.CommunityRecoveryProject.org is a great place to start.

Get help. There are treatment facilities for the disease. This can include medical treatments that can help mitigate the effects of withdraw and support you in the early stages of recovery. Space at treatment facilities can be tight, and costly. Don't panic, don't give up. There are some that take Medicaid, there are some that offer 'Scholarships'. If you can't get into treatment, get support. That can help you until you can get treatment.

Get Support. Don't try to overcome the disease of addiction alone. There are people who understand the disease, understand the road you have traveled and know the road you must take. Their love, understanding and support will carry you through recovery, each and every day. Support can come from hotlines and professionals but the best support is found in groups. Narcotics Anonymous, Alcoholics Anonymous, Not One More, and SMART Recovery are a few examples.

Recovering from the disease of addiction is difficult, but with knowledge, desire, love and support you can overcome the cravings, the drugs, the disease.



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Harm Reduction

Using illegal drugs such as heroin poses many health risks. Because addiction is a disease, the addict will continue to use despite the negative consequences. Therefore reducing risk for an addict will assist them in their ultimate recovery from this disease. By focusing on the health of an active user we support the addict, we support recovery.

Blood-borne pathogens, such as bacteria and viruses, are present in blood and body fluids and can cause disease in humans. The blood-borne pathogens of primary concern are hepatitis B, hepatitis C and HIV.

Direct contact. Infected blood or body fluid from one person enters another person's body at a correct entry site, such as infected blood splashing in the eye.

Indirect contact. A person's skin touches an object that contains the blood or body fluid of an infected person, such as picking up soiled dressings contaminated with an infected person's blood or body fluid.

Respiratory droplet transmission. A person inhales droplets from an infected person, such as through a cough or sneeze.

Vector-borne transmission. A person's skin is penetrated by an infectious source, such as a needle.

Potential Risks of Injecting Drugs:

Overdose/Sudden Death – Whether from overdose or still mysterious reactions, it is not uncommon for people to die suddenly after injecting.

Embolism – blood clot, usually in the lungs, that can kill you or make you seriously ill.

Viral Infections – HIV, Hepatitis, and other blood-borne infections from using contaminated equipment, including syringes, cookers, cottons and injection water.

Fungal Infections – using lemon juice to dissolve e your shot. These can cause blindness.

Bacterial infections – Endocarditis, Tetanus, Flesh-eating Bacteria, Wound Botulism and blood poisoning (Septicemia) are all serious, and often life-threatening, medical conditions.

Abscesses – and other injuries are often caused by bacteria or cuts in street heroin. This is a particular risk for skin and muscle-poppers, or when mainliners miss the vein (or a shot leaks out). If you notice redness and swelling around a site and it feels warm or hot, it's best to see a doctor. An untreated abscess can lead to blood poisoning, and injecting through one can bring on endocarditis.

The [Cincinnati Exchange Project](http://www.cincyep.org) provides free, confidential testing, counseling, naloxone education and distribution and clean needles to addicts. Anonymity is assured, information is shared and harm is reduced. **Monday 3-6pm near corner of Colerain Ave & Cooper St. Northside, Wednesday 3-7pm at 65 E Hollister, Cincinnati, OH** www.cincyep.org

Learn more about Harm Reduction at the Harm Reduction Coalition: HarmReduction.org