

Recovery Resource Packet

Mt. Healthy, Ohio



Working together to connect people with the right resources for the assistance they need.



Addiction Recovery Resources

www.CommunityRecoveryProject.org

HOTLINES

Hamilton County Mental Health
and Recovery Services Board
Recovery Health Access Center
(513) 281-7422
<http://hcmhrsb.org/>

Clermont County Crisis Hotline
513-528-7283
<http://www.528SAVE.org>

Narcotics Anonymous
(513) 820-2947
<http://www.nacincinnati.com>

TREATMENT SERVICES LOCAL

Abraxas Counseling Center
(513) 221-4500
http://www.abraxasyfs.com/facility-search2.cfm?f_id=52
Treatment, Inpatient

Adolescent Substance Abuse
Programs
(513) 792-1272
<http://asapcincinnati.com/>
Treatment, Outpatient

Bethesda Hospital
(513) 569-6116
<http://www.trihealth.com/institute-s-and-services/alcohol-and-drug-treatment/>

Camelot Community Care
(513) 961-5900
<http://www.camelotcommunitycare.org/behavioral-health.aspx>

Center for Chemical Addictions
Treatment (CCAT)
(513) 381-6672
<http://www.ccatsober.org/>

Central Clinic
(513) 651-9300
<http://www.centralclinic.org/>

DECLARE Therapy Center LLC
(513) 834-7050
Treatment

First Step Home
(513) 961-4663
<http://www.firststephome.org/>
Treatment – Women & Children

Gateways Recovery
(513) 861-0035
<http://gatewaysrecovery.com/>
Treatment, Inpatient

Cincinnati Behavioral Health Service
(513) 354-7000
<http://www.gcbhs.com/>

Joseph House
<http://josephhouse.com/>
(513) 241-2965
Treatment, Housing - Veterans

LifePoint Solutions
(513) 921-6300
<http://www.lifepointsolutions.org/>
Counseling

Lighthouse Youth Services Inc
(513) 487-7181
(513) 221-3350
<http://www.lys.org/>
Treatment

New Direction Treatment Services
(513) 541-7111
<http://www.newdirectiontreatment.com/>

Talbert House
(513) 281-2273
<http://www.talberthouse.org/>
Treatment, Housing

The Children's Home of Cincinnati
(513) 272-2800
<http://www.thechildrenshomecinti.org>
Treatment, Outpatient

The Crossroads Center
(513) 475-5359
www.thecrossroadscenter.com/
Treatment, Inpatient, Outpatient

Cincinnati Teen Challenge
(513) 248-0452
www.teenchallengecincinnati.org
Treatment, inpatient, Faith Based

The Ridge Addiction Recovery
Center
866-902-9846
<http://www.addictiontreatmentrehabcenterohio.com/>
Treatment, Inpatient

Northland Center
513-753-9964
<http://www.northlandaddictiontreatmentrehabcenter.com/>
Treatment, Outpatient

Beckett Springs
513-942-9500
<http://www.beckettsprings.com/>
Treatment, Outpatient

Sojourner Recovery Services
(513) 868-7654
<http://sojournerrecovery.org/>
Treatment, Inpatient

Hillcrest Training School
(513) 552-1200
Treatment, Housing - Criminal

City Gospel Mission
(513) 345-1094
<http://citygospelmission.org/>
Treatment, Inpatient

Shelters

Lighthouse Youth Services Inc
(513) 487-7181
(513) 221-3350
<http://www.lys.org/>

Drop Inn Center
Shelter (513) 721-0643x127
Recovery (513) 562-1965
<http://www.dropinn.org/shelter-and-recovery/default.aspx>



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Treatment Services Regional

Falmouth Recovery Center
(859) 301-5966
<http://www.stelizabeth.com/AlcoholandDrugTreatment/default.aspx>
Treatment, Inpatient

Louisville City of Hope
502-671-4904
<http://www.paradisedivision.org/louisville/centerofhope/>
Treatment, Inpatient

Transitions Inc
(859) 291-1043
<http://www.transitionsky.org/>
Treatment, Inpatient

Fairbanks Addiction Treatment Center
(800) 225-4673
<http://www.fairbanksd.org/>
Treatment Inpatient

Recovery Works
866-570-9313
<http://www.recoveryworksky.com/>
Treatment, Inpatient

Buprenorphine Methadone Treatment

Premier Care of Ohio, Inc.
(513) 671-7110
(513) 671-7117
<http://www.methadonecenters.com/methadone-centers/premier-care-of-ohio-inc/>
Treatment, Medically Assisted

State Line Treatment Services
(513) 367-4444
<http://www.statelinetx.com/>
Treatment, Medically Assisted

East Indiana Treatment Clinic
866-228-0272
<http://www.eastindianacclinic.com/>
Treatment, Medically Assisted

Buprenorphine, Methadone Treatment

Sunrise Treatment Center
(513) 941-4999
<http://sunrisetreatmentcenter.net/>

Treatment, Medically Assisted

Recovery Housing

Serenity Recovery Network
(513) 921-1986
<http://serenityrecoverynetwork.org/>

Brian Hart – Sober Living Cincinnati
(513) 681-0324
(859) 653-5380 cell
<http://www.soberlivingohio.com/>

New Foundations
866-649-6833
<http://www.nftl.org/>

Prospect House Inc
(513) 921-1613
<http://www.prospect-house.org/>

Charlie's 3/4 House
(513) 784-1853
<http://charlies3-4.org/>

Gateway House
(513) 421-9333
<http://gatewayhouserecovery.org/>

Sober Living
(513) 681-0324
<http://soberlivingohio.com/>

Recovery Hotel
(513) 381-1171
<http://www.otrch.org/>

Resources

Alcoholics Anonymous
(513) 351-0422
<http://www.aacincinnati.org/>

Alcoholism Council of Cincinnati
(513) 281-7880
<http://www.alcoholismcouncil.org/>

National Youth Advocate Program
(877) 692-7226
(513) 772-6166
<http://nyap.org/ohio/4576180940>
Foster Care Resource

Specialized Alternatives for
Families and Youth of Ohio, Inc.
(513) 771-7239
<http://www.safy.org/>
Foster Care for Abusers and Victims

Substance Abuse Mental Health
Service Administration (SAMHSA)
1-800-662-HELP
24/7 referral to treatment
<http://findtreatment.samhsa.gov/>

Partnership at Drug Free.org
1-855-DRUGFREE (1-855-378-4373)
www.drugfree.org

Ohio treatment facilities
<http://odadas.ohio.gov/Directory>

Children's Hospital Medical Center -
Drug & Poison Information Center
(513) 636-5111
<http://www.cincinnatichildrens.org/service/d/dpic/default/>
Information- Referral

Family Support Groups

Nar-Anon
800-477-6291
<http://nar-anon.org/>



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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 Needle Exchange](#) provides free, confidential testing, counseling, naloxone education and distribution and clean needles to addicts. Anonymity is assured, information is shared and harm is reduced. **Wednesday 3-7pm at 65 E Hollister, Cincinnati, OH**

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