



JOIN THE VOICES
FOR RECOVERY:

**TOGETHER
WE ARE
STRONGER**

recoverymonth.gov



NATIONAL
**RECOVERY
MONTH 2019**
30th Anniversary



Message from the President

“Join the Voices for Recovery – TOGETHER WE ARE STRONGER!”

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services sponsors National Recovery Month (Recovery Month) to increase awareness and understanding of mental health and/or substance use disorders. This initiative is held to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. It also is a time to celebrate people in recovery, as well as those working in the behavioral health field.

Now in its 30th year, the 2019 Recovery Month theme, “Join the Voices for Recovery: TOGETHER WE ARE STRONGER!” celebrates the gains made by those in recovery, just as we celebrate improvements made by those who are managing other health conditions, such as hypertension, diabetes, asthma, and heart disease. This is also a time for communities to help reduce the stigma of alcohol and other drug addiction and mental illness, to be vocal about how communities can work together to support those needing treatment and progressing through recovery and to allow individuals and their families to continue being valuable residents in our communities.

National Recovery Month aims to

VOICES FOR RECOVERY

“I am so grateful to all of those who stuck by my side and didn’t give up on me, even after I had given up on myself. Every day is a new opportunity to learn and grow, and I do not take any of it for granted. I am so grateful to be on this journey and to have found this new way of life.”

– Jenna

promote increased understanding and awareness of mental and substance use disorders and promotes the message that behavioral health is essential to health, prevention works, treatment is effective and people recover. The 2019 Recovery Month theme emphasizes the need to share resources and build networks across the country to support recovery. It reminds us all that mental and substance use disorders affect us all, and that we are all part of the solution.

A person with a mental health and/or substance use disorder may find it difficult to take the first step toward finding help, but reaching out for support can have a positive impact. Recognizing the signs and

symptoms of a mental health or substance use problem is the first step toward obtaining help and getting better. Once individuals are aware of their health condition, they can take the necessary steps to seek assistance. Investing in one’s recovery through treatment improves an individual’s quality of life, as well as their caregiver’s life. Intervening early, before behavioral health problems progress, is also among the best and most cost-effective ways to improve health.

We invite you to join us for our 14th Annual Voices for Recovery 5K Family Run, 1 Mile Walk on Saturday, September 28, 2019 at Lorain County Metroparks- Black River Reservation – Bur Oak Pavilion. Race registration begins at 8 am, the kids run begins at 8:45 am, and the run/walk starts at 9:00 am. An awards ceremony will immediately follow. You can register for the race online at: www.hermescleveland.com (look for our race).

Mark your calendars for Saturday, September 28, 2019 and join us at the Black River Reservation for a fun community event that highlights the positive impact that recovery has on our community.

Timothy Carrion

Chair – Mental Health, Addiction and Recovery Services Board of Lorain County

JOIN THE VOICES FOR RECOVERY:

TOGETHER WE ARE STRONGER

FOLLOW RECOVERY MONTH ON SOCIAL MEDIA

FACEBOOK

<https://www.facebook.com/RecoveryMonth>

TWITTER

<https://www.twitter.com/RecoveryMonth>

YOUTUBE

<https://www.youtube.com/RecoveryMonth>

National Recovery Month

(Recovery Month) increases awareness and understanding of mental and substance use disorders and encourages individuals in need of treatment and recovery services to seek help. *Recovery Month* celebrates individuals living their lives in recovery and recognizes the dedicated workers who make it possible. For more information visit www.recoverymonth.gov.



Mental Health, Addiction and Recovery Services Board (MHARS) is governed by an eighteen member volunteer board all of whom are Lorain County residents appointed

by the Lorain County Commissioners or the Director of the Ohio Mental Health and Addiction Services.

The **mission** of the Mental Health, Addiction and Recovery Services Board of Lorain County is to improve the well-being of our community by establishing and maintaining an effective, efficient, and quality system of addiction and mental health services in Lorain County.



— IF YOU GAMBLE —
GET SET
BEFORE
YOU BET

Always remember to use the Responsible Gambling Checklist to stay on track for fun and responsible gambling.

- TAKE THE QUIZ**
- SET LIMITS**

- PAY BILLS**
- KNOW THE RISKS**

Think you're a responsible gambler? Take the Responsible Gambling Quiz at BeforeYouBet.Org. It takes less than two minutes.

BeforeYouBet.Org **GAMBLING PROBLEM? 440-989-4900**



Vision Statement:

Lorain County residents will have access to the most progressive mental health and substance use disorder treatment, prevention and recovery support services available. Based on our core values:

- We believe that mental illness and substance use disorders are treatable diseases.
- We believe treatment works and people can recover from mental illness and substance use disorders.
- We work to build a system of care that has the best services, is recipient-driven and encourages people to participate in their own care.
- We fund services based on performance measures and outcomes.
- We promote cooperation between the Board, the community and provider agencies.
- We advocate for consumers and support service accountability.

Contact us:

North Ridge Site:

1173 North Ridge Road East,
Ste 101,
Lorain, 44055
440.233.2020

Oberlin Avenue Site:

4950 Oberlin Avenue
Lorain 44053
440.282.9920

MHARSloraincounty.org



Support in Lorain County

Support for Families

Families often feel forgotten in this epidemic. Despite the progress that has been made in addressing addiction, the suffering of families is often silent. Friends don't understand. They avoid the name of the loved one in conversation. Sadly, stigma and blame still abound. When we find out our son, sister, dad, wife, partner or other loved one is using, we don't know what to do and don't know where to turn. We don't know how help them get help. We don't know how to take care of ourselves when they refuse that help. We don't understand what they need in their recovery.

There are several options for family support in Lorain County:

The LCADA Way:

The LCADA Way Family Education & Support Group provides a structured, caring group environment for individuals seeking support for making healthier choices for themselves and those they love. The group is open to the community. Your loved one does not need to be a client of The LCADA Way to attend. The group is offered on Tuesdays (120 East Ave., Elyria) and Thursday (1882 E.32nd St., Lorain). The Education group begins at 6:00 pm and the Support portion follows from 7:00 pm to 8:30 pm. You can reach The LCADA Way at (440) 989-4900.

Education Group

The goal of The LCADA Way Education Group is to provide participants with basic information about alcohol and other drug addiction. Related topics assist family members in establishing healthy boundaries, recognizing the difference between responding to, rather than taking responsibility for, the addicted loved one.

VOICES FOR RECOVERY

"Recovery is a gift that I get to open again and again, everyday. I am living proof that recovery is possible."
— Curtiss

Family Group

The LCADA Way Family Group is an open-ended support group designed and conducted primarily for parents, spouses and other family members who are concerned about a loved one's harmful use of alcohol and other drugs. Discussion is led by a moderator. The group is encouraged to share stories and discuss healthy behaviors. The Group is not a 12-step self-help group.

Grief Support:

The LCADA Way partners with the Hospice of the Western Reserve to offer a grief support group for those that have lost loved ones to addiction. It is a closed group that meets in cycles several times per year. Please contact The LCADA Way for information on the next group offering: (440) 989-4900.

Let's Get Real:

Let's Get Real is a Recovery Community Organization that offers a variety of recovery supports. They offer a Family Support and Children's support group weekly. While the adults meet, the children meet concurrently. The group meets on Tuesdays at 6pm. Let's Get Real has recently moved, they are now located

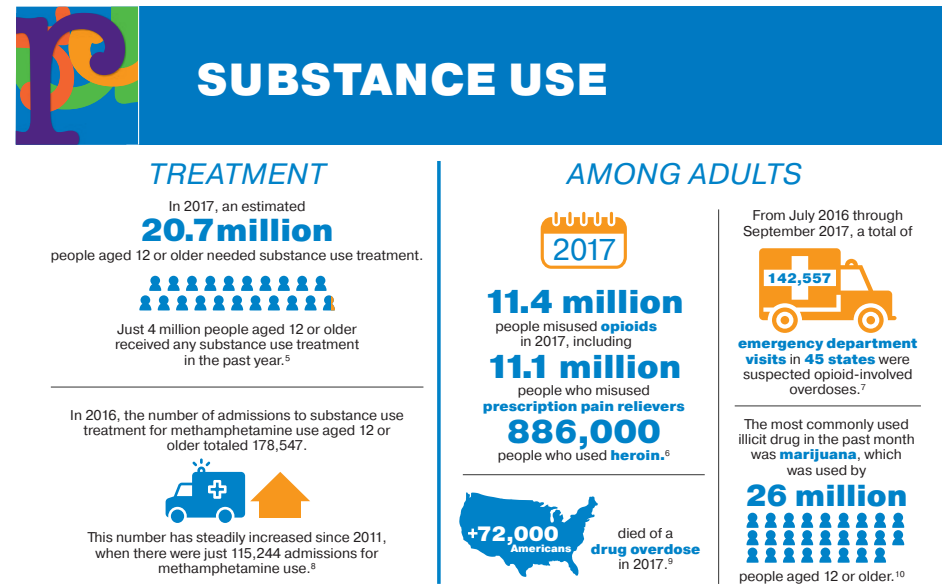


at 1939 Oberlin Ave., Lorain. Please contact them for more information (440) 963-7042.

SOLACE:

SOLACE is a support group for family members whose loved ones are struggling with active addiction or early recovery. It is a peer led group focused on open sharing. The group meets on the second and fourth Wednesdays of the month at the LCCC CARE Center, located in the Business Building (BU 113D).

For more information call the Mental Health, Addiction and Recovery Services Board of Lorain County at (440) 282-9920.



⁵ Vivolo-Kantor AM, Smith P, Gladden RM, et al. "Vital Signs: Trends in Emergency Department Visits for Suspected Opioid Overdoses — United States, July 2016–September 2017." *Morbidity and Mortality Weekly Report*. 2018;67:279–285. 2018. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6709a1.htm>

⁶ Center for Behavioral Health Statistics and Quality. "Treatment Episode Data Set (TEDS): 2016: Admissions to and Discharges from Publicly Funded Substance Use Treatment." Rockville, MD: Substance Abuse and Mental Health Services Administration; 2018. Accessed February 28, 2019. Retrieved from: https://www.samhsa.gov/data/sites/default/files/2016_Treatment_Episode_Data_Set_Annual.pdf

⁷ Johnson FB, Rossen LM, Spencer RC, Warner M, Sutfin P. Centers for Disease Control and Prevention National Center for Health Statistics. Provisional drug overdose death counts. Accessed February 28, 2019. Retrieved from: <https://www.cdc.gov/nchs/data/tables/2019-provisional-drug-overdose-deaths.html>

⁸ www.recoverymonth.org

The Mental Health, Addiction and Recovery Services Board of Lorain County invites you to join us for the

14th Annual 5K Family Run/1 Mile Walk

Saturday, September 28, 2019

Lorain County Metro Parks Bur Oak Pavilion & Bridgeway Trail

5K Family Run/Walk Entry Form

(Pre-Registration deadline: received by Wed., Sept. 25, 2019)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

T-Shirt Size (Circle) **S** **M** **L** **XL** **XXL**

Event: 5K Run 1 Mile Walk

Male Female Birth Date _____ Age _____

Amount Enclosed: \$ _____

Register Online at www.hermescleveland.com
Online registration will close Friday September 27, 2019 at 9:00 am.

ENTRY FEES

Pre-registration

Individual - \$20

Families are \$20 for 1st person & \$10 each additional family member

(Mail in ONLY, mail family entries together, one form per person)

All mailed entries must be received by Wednesday, September 25th, 2019

Complete the entry form and mail with a check payable to:

Hermes Sports and Events
2425 West 11th St., Suite #2
Cleveland, Ohio 44113

Race Day Registration (cash or check only)

Individual - \$25

Families are \$25 for 1st person & \$10 each additional family member

I hereby acknowledge that running is a strenuous physical activity. I understand that prior to participating in this event, I should consult with my physician and if I choose not to do so, I am relying upon my own knowledge and experience regarding my personal condition and ability to participate in a 3.1 mile run or 1 mile walk. My signature below indicates that I, for myself, my executors, administrators, and assigns, hereby release the Alcohol and Drug Addiction Services Board of Lorain County, Hermes Sports and Events, and its representatives who are in any way involved in the sponsorship or conduct of this event from any and all claims, demands or causes of actions for loss, injury or damage whatsoever arising out of my participation in this event on September 28, 2019. I understand that promotional pictures may be taken during this event. I give permission for my picture to be used for promotional materials (newsletter, web page, brochures, posters, etc.) in highlighting the event.

Signature/Date (parent or guardian signature if under 18)

Bur Oak Pavilion in the Black River Reservation
1350 Ford Road, Elyria, OH 44035

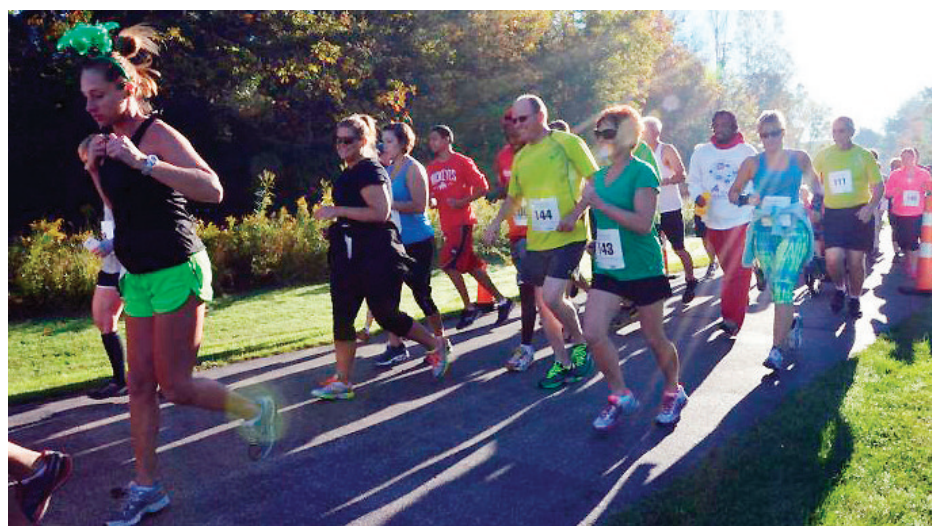
8:00 a.m. Race-day Registration

8:45 a.m. Kids Race (9 and under-free)

9:00 a.m. 5K Run /1 Mile Walk

10:00 a.m. Awards Ceremony and Brunch

Free parking is available near the Bur Oak Pavilion and at High Meadows with free shuttle service



NATIONAL RECOVERY MONTH

The 30th annual National Alcohol and Drug Addiction Recovery Month is a commemoration that will occur in cities, and towns (big and small) nationwide. We celebrate and recognize the valiant efforts of people who are in recovery from alcohol and drug addiction and mental illness disorders.

This year's theme is:

“Together We Are Stronger”

Support Treatment & Prevention

I would like to support treatment and prevention for addiction disorders and mental illness by:

_____ Making a donation in honor of someone in recovery.

_____ Enclosed is my donation of \$ _____

_____ Adding my name to those supporting recovery advocacy in my community.

**If only making a donation, submit directly to:*

MHARS Board, 4950 Oberlin Ave., Lorain, OH 44053.

Recovery IS Possible

Recovery is defined as a process of change, through with individuals improve their health and wellness, live a self-directed life and strive to reach their full potential. There are numerous treatment and recovery options for mental and substance use disorders and each recovery journey is unique. If you, a family member, or a friend needs help, resources are available. You are not alone.

The Substance Abuse and Mental Health Services Administration has delineated four major dimensions that support a life in recovery:

HEALTH

Overcoming or managing one's disease(s) or symptoms- for example: abstaining from use of alcohol, illicit drugs, and non-prescribed medications if one has an addiction problem – and for everyone in recovery, making informed, healthy choices that support physical and emotional wellbeing.

HOME

A stable and safe place to live.

PURPOSE

Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.

COMMUNITY

Relationships and social networks that provide support, friendship, love and hope.

Treatment and Recovery Support Services

When mental and substance use disorders go unaddressed, they become more complex and more difficult to treat. Intervening early, before behavioral health conditions progress, is among the best and most cost-effective ways to improve overall health. Addressing the mental and substance use disorders in the impacted family members is also a cost-effective way to improve

LOCAL CALLS AND OFFICES

Al-Anon	440-277-6969	Narcotics Anonymous	
Alcoholics Anonymous		OHIO HOPELINE	888-GET-HOPE
Central Office	440-246-1800	Ohio Citizen Advocates	888-229-1285
Alcohol and Other Drug Services		Ohio Mental Health and	
Non Emergency Line:.....	440-282-9920	Addiction Services	614-466-3445
Crisis Hotline	1-800-888-6161	Ohio Problem Gambling	
	or 9-1-1	Hotline	800-589-9666
Families Anonymous	440-781-0408	Recovery Coaches	440-282-9920
Lorain County		STOP Underage Drinking	
Commissioners	440-329-5000	Task Force	440-282-9920
Lorain County		Surviving our Loss and Continuing Every Day	
Health and Dentistry	440-240-1655	(SOLACE) Lorain County	440-938-4817
Mental Health Services Non-Emergency		Young Adult Alcohol & Drug Awareness	
Line (Navigator)	440-240-7025	(YAADA)	440-282-9920

health and will support whole family recovery. Most communities have trained professionals who can help individuals with behavioral health conditions. Treatment can be provided in different settings – including outpatient, residential and inpatient – based on the disorder and the in-

tensity of care required. Examples of proven and effective treatments include Cognitive-Behavioral-Therapy (CBT), Community Reinforcement Approach and Medication-Assisted Treatment (MAT) for opioid or alcohol use disorder using and FDA-

CONTINUED ON PAGE 7

Medication Safes are Available for Lorain County Residents



*A Medication Safe is an effective tool for your home to **safeguard** medications that have potential for abuse.*

- Do you have **any controlled substance(s)** (such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, stimulants, anti-anxiety meds, sleep meds) or **Medical Marijuana**, by prescription, or any medication with the potential for abuse?
- Do you live with someone who has a substance use disorder?
- Do you have **many different people** coming into your home (family, friends, contractors caregivers)?
- Do you have **children or teens** in your home?
- Do you receive **Medication Assisted Treatment** and need to protect that medication from those at risk of an accidental overdose, such as children/teens?

If you answered “yes” to any of the above, we can provide you with a medication safe which is available at no charge for Lorain County residents.

These can be can be obtained by contacting: MHARS Board of Lorain County, 440-282-9920
4950 Oberlin Avenue, Lorain

Medication safes are supported through the MHARS Services Board of Lorain County via Substance Abuse and Mental Health Administration: award #SP 080284 First Response- Comprehensive Addiction and Recovery Act Cooperative Agreement



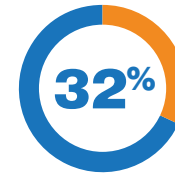
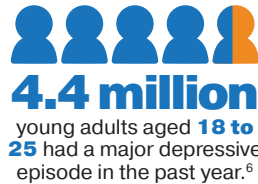
“Today I am stable and able to live the life I always wanted. I help others navigate the mental health system and advocate for themselves, stand up for their rights to be treated properly and live a healthy productive life.” – Richard

“Sometimes I feel like this fight is endless. And if we’re being totally blunt about it, it is...addiction is a disease that I’ve battled since I was 13 years old and will continue to battle for the rest of my life. The difference is that, today, I know I don’t have to suffer anymore.” – Maya



MENTAL DISORDERS

AMONG YOUTH + YOUNG ADULTS

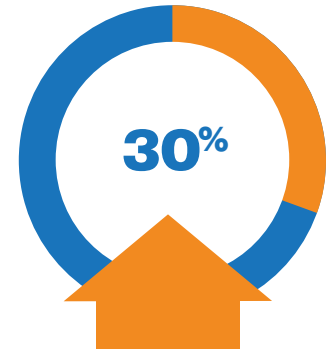


of students felt **consistently sad or hopeless** in 2017, compared to 29% in 2007.⁷



1 in 5 students
were bullied in school in 2017.⁸

SUICIDE



Suicide is a leading cause of death in the U.S. From 1999 through 2016, suicide rates increased in nearly every state, **with half the states increasing by more than 30 percent.**⁹

RECOVERY FROM PAGE 6



approved medication in combination with counseling and other services. Effective approaches to treatment address all aspects of the illness (for example: biological, psychological and social).



Get Your Tickets Today!

Lorain County Free Clinic 23RD ANNUAL STEAK FRY

Friday, October 18, 2019 • Serving 4:00 – 8:00 p.m.
Amherst Eagles #1442 • 1161 Milan Avenue, Amherst, Ohio

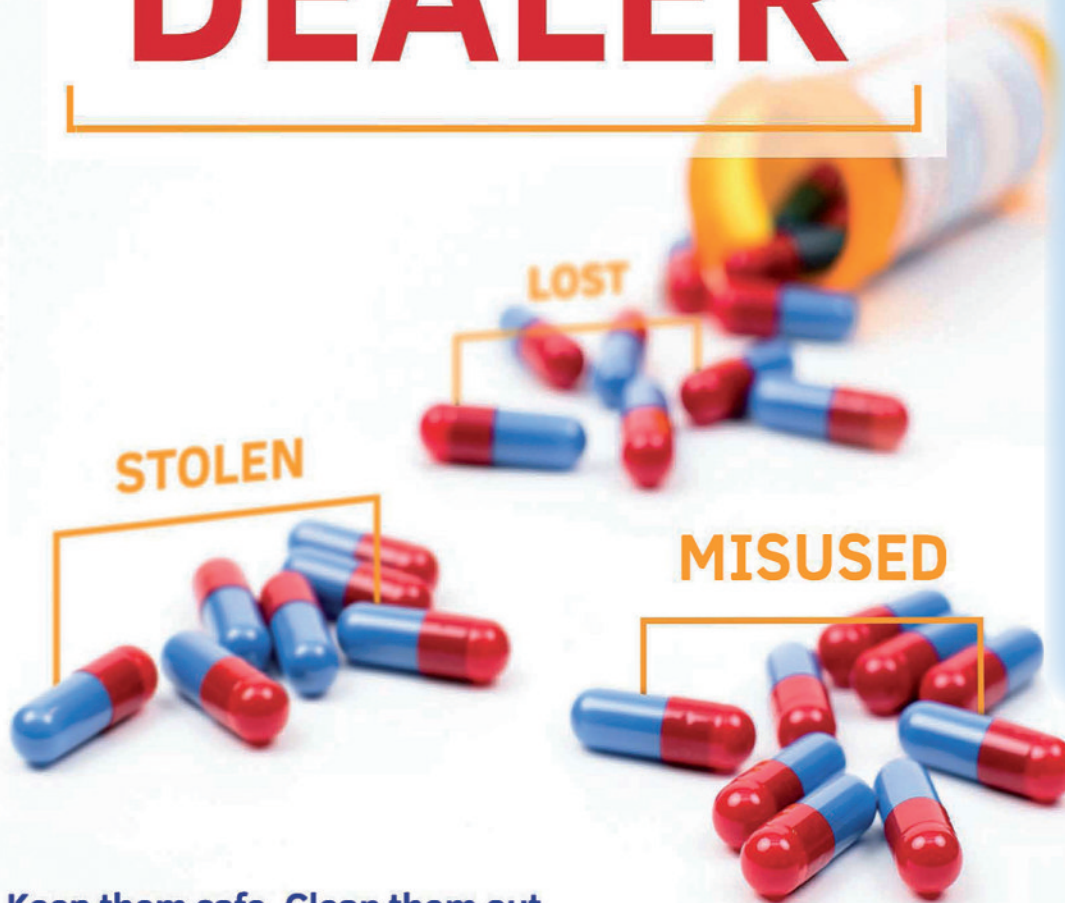
Tickets \$25.00 per person

Dinner includes: Steak, Salad, Potato, Beverages & Desserts
Raffles and Auctions! • Music until 10:00 p.m.

Medically Uninsured? Underinsured? **Call 440-277-6641 www.lcfreeclinic.org**
Patient Centered ♦ Exceptional Care Team ♦ Proud Community Partner

Table sponsorships available. To reserve your spot, please call (440) 277-7602 • paul@lcfreeclinic.org • www.lcfreeclinic.org
This event sells out every year. Please purchase your tickets today!

DON'T BE THE DEALER



Keep them safe. Clean them out.
Take them back.

Turn in your unused or expired medication for safe disposal
Saturday, October 26, 2019



Visit DEATakeBack.com for a collection site near you.

COLLECTION LOCATIONS: MEDICATION DROP BOXES IN LORAIN COUNTY

- Drop off medications - Prescription or over-the-counter (pills only)
- 24-7
- No questions asked
- Please remove all labels from medications

Lorain County Police Departments:

- **Amherst** 911 North Lake St., Amherst (440) 988-2625
- **Avon** 36145 Detroit Rd., Avon (440) 934-1234
- **Avon Lake** 32855 Walker Rd., Avon Lake (440) 933-4567
- **Elyria** 18 West Ave., Elyria (440) 323-3302
- **Grafton** 1009 Chestnut St., Grafton (440) 926-2261
- **LaGrange** 355 S. Center St., LaGrange (440) 355-4469
- **Lorain** 100 W. Erie Ave., Lorain (440) 204-2100
- **North Ridgeville** 7307 Avon Belden Rd., North Ridgeville (440) 327-2191
- **Oberlin** 85 S. Main St., Oberlin (440) 774-1061
- **Sheffield Lake** 609 Harris Rd., Sheffield Lake (440) 949-7131
- **Sheffield Village** 4340 Colorado Ave., Sheffield Village (440) 949-6155
- **Vermilion** 5791 Liberty Ave., Vermilion (440) 967-6116
- **Wellington** 117 Willard Memorial Sq., Wellington (440) 647-2244
- **The Lorain County Sheriff's Office** 9896 Murray Ridge Rd., Elyria (440) 329-3703 7 am to 11pm

OR

- **Cleveland Clinic Ambulatory Pharmacy**
33100 Cleveland Clinic Blvd., Avon (440) 695-4100
Monday - Friday 8 am to 6 pm

This program keeps expired or no longer needed medication out of the water supply and away from unintended users. No personal information will be asked. Please remove all labels. Medication will be kept by law enforcement until disposed of.

The Lorain County Sheriff's Office Drug Task Force

