



Join the Voices for Recovery: Celebrating Connections



nationalrecoverymonth.org



NATIONAL
RECOVERY
MONTH 2020



WHERE RECOVERY BEGINS

The LCADA Way celebrates the achievements of all our customers during Recovery Month. Battling addiction is no small feat and we are here to guide you in that process. During COVID-19 we have been offering our full line of treatment programs through Tele-health and some in person treatment. Our Womens residential program is ready to serve you in a safe and clean environment. We encourage anyone who needs help to let us know so they too can recover from addiction.

We continue to also support the loved ones with our Family groups. Families dealing with someone battling addiction need support and education to guide them through the process.

The LCADA Way, dedicated to transforming the lives of individuals, families and communities suffering from alcohol and substance abuse, gambling problems and behavioral health issues, is a private, non-profit organization and Center for Clinical Excellence in education, prevention and treatment and a proven leader in recovery since 1981. The LCADA Way serves those struggling and their families and loved ones in Lorain, Medina, Erie and Cuyahoga counties and surrounding communities.

If you need help or want more information please call us at 440-989-4900.

MHARS Board pays tribute to lives lost, and helps prevent future overdose tragedy

The Mental Health, Addiction and Recovery Services (MHARS) Board launched National Recovery Month by recognizing Overdose Awareness Day on August 31. More than 30 businesses and organizations displayed 89 purple flags, in tribute to the 89 lives lost to accidental overdose in Lorain County in 2019. Churches tolled their bells for 89 seconds, and other buildings remain lit with purple lights.

The MHARS Board acknowledges the pain of losing a loved one to overdose, and encourages anyone in need to seek grief or mental health care by calling the non-emergency Navigator line at 440-240-7025.

To help prevent future tragedy, the MHARS Board shares ways to be prepared to help a loved one in active addiction and recovery, including:

- Sit with your loved one while they call the local Addiction Helpline to seek treatment, available 24/7: 440-989-4900.

- Ask all friends, loved ones and colleagues to add the Crisis Text Line to the contacts list in their phone: 741741. This is a free, confidential option to help people through a moment of distress, no matter what the challenge is.

- Request a free Narcan rescue kit from Lorain County Public Health by visiting www.loraincountyhealth.com/opioids.

- Request a free medication disposal pouch to safely remove old or unused prescriptions from your home medicine cabinets, by contacting 440-282-9920.

The MHARS Board is the behavioral health authority that plans, funds and monitors mental health and addiction services in Lorain County. Learn more at mharslc.org.



MHARS staff with an Overdose Awareness Day flag display, left to right: Patrice McKinney, Elaine Georgas, Mark Johnson, Jinx Mastney, Carrie Wykrent.

MHARS Board of Lorain County www.mharslc.org

The MHARS Board of Lorain County is the local behavioral health authority responsible for planning, funding and monitoring local mental health and addiction services.

Crisis Hotline:

1-800-888-6161 or 9-1-1

Mental Health Services Non-Emergency Line (Navigator):
440-240-7025

Alcohol and Other Drug Services Non-Emergency Line:
440-282-9920



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.

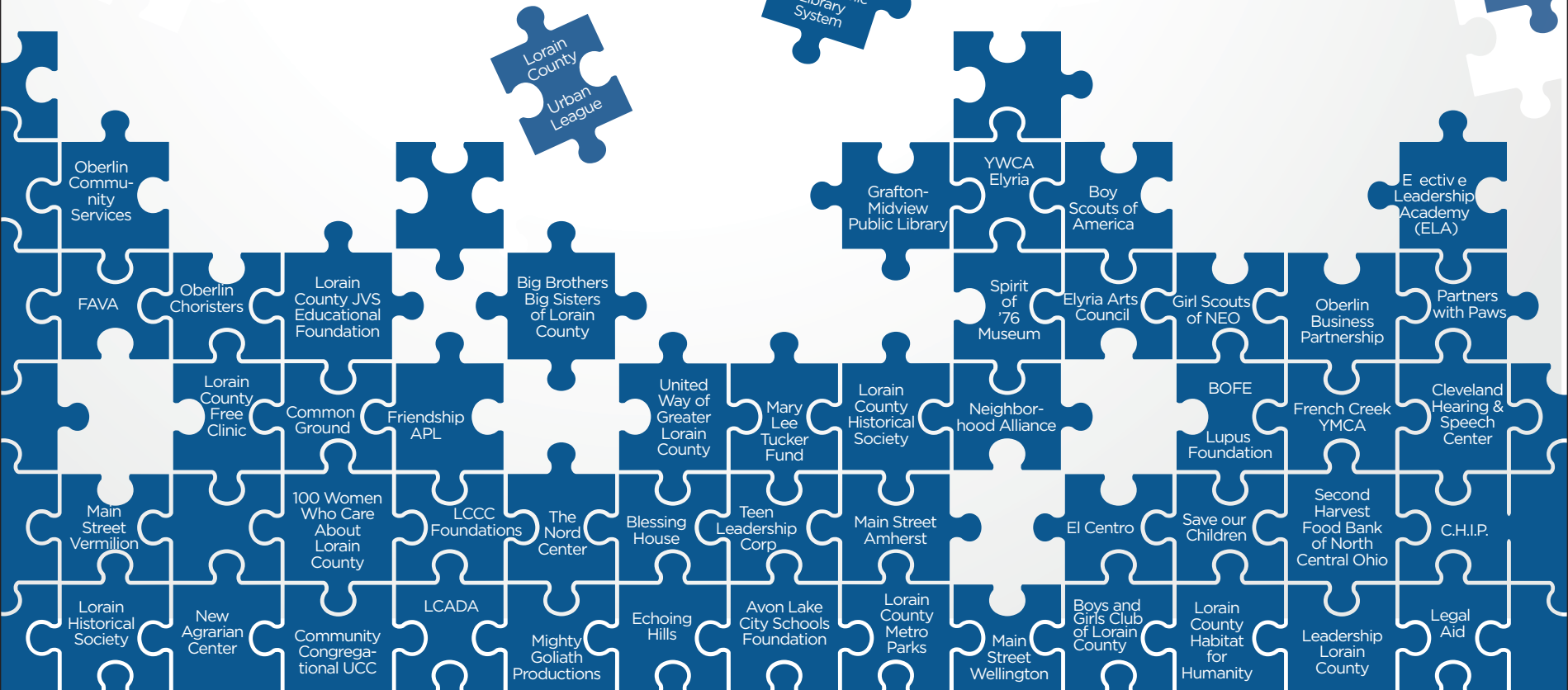


Connect to a Cause Day

September 17, 2020

8 am to 8 pm

Day of giving to
Lorain County non-profits



Dear Lorain County neighbors,



Please join me in celebrating September's National Recovery Month. Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders; celebrates people in recovery; lauds the contributions of treatment and service providers;

and promotes the message that recovery in all its forms is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover.

As the Interim Executive Director of the Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County, I see the benefits of a recovery-oriented system of care every day.

You can be part of Recovery Month, too. I have shared tips on how to support a loved one in active addiction or in recovery from a substance use disorder at mharslc.org/recovery.

**Thank you,
Elaine Georgas**

Suicide and social distancing

Suicide is a significant issue across the globe. According to SAVE (Suicide Awareness Voices of Education), nearly 800,000 people die by suicide across the globe each year, and suicide is the second leading cause of death in the world for people between the ages of 15 and 24.

Suicide poses a significant threat every year, but that threat might be even greater in 2020. The global pandemic that resulted from the outbreak of the novel coronavirus COVID-19 in the winter of 2019-20 led many governments to encourage their citizens to isolate to help prevent the spread of the virus. While such restrictions were necessary, a study published in the medical journal JAMA Psychiatry in April 2020 noted that the secondary consequences of social distancing may include an increased risk of suicide.

The researchers behind the study noted that social connections play a key role in suicide prevention, which is why social distancing concerns so many mental health professionals. However, the researchers also emphasized that social distancing requires physical space between people, not social distance. By staying six feet apart and wearing masks when around friends and loved

ones, individuals at risk for suicide can maintain the social connections that are so vital to their mental health.

SAVE notes that a lack of social support and a sense of isolation are a risk factor for suicide. But other factors also can increase suicide risk, and learning to recognize those risks can be especially important at a time when social distancing may be putting more people in jeopardy.

SAVE notes that risk factors do not cause or predict suicide. However, the presence of the fol-

SEE PAGE 7 >>



SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH AND NATIONAL RECOVERY MONTH

You can help the Suicide Prevention Coalition plan for preventing suicide deaths in Lorain County. Share your thoughts and ideas by visiting mharslc.org/suicide-prevention-coalition.

As part of a statewide suicide prevention movement, the local Mental Health, Addiction and Recovery Services (MHARS) Board completed a Community Readiness Assessment for Lorain County. Find the report and other suicide prevention resources by scanning the QR code.

**JOIN THE COALITION, OR SIMPLY
SHARE YOUR THOUGHTS!**



**Share your ideas
on how to help at:
mharslc.org**

HELP LORAIN COUNTY Prevent Suicide

Local leaders respond to Black youth suicide report

A national report states that the suicide death rate among Black youth is increasing faster than any other racial or ethnic group. North-east Ohio leaders from the Mental Health, Addiction and Recovery Services (MHARS) Board, Lorain County Urban League, God's Kingdom Worship Center, Oberlin City Schools, and the Morning Journal address the report in a panel discussion available at mharslc.org/ringthealarm.

The panelists talk about how to keep our young people safe and connected to their most joyful, stable future, and what may be needed to prevent suicide deaths.

The "Ring the Alarm" report is from the Emergency Taskforce on Black Youth Suicide and Mental Health of the Congressional Black Caucus.

The MHARS Board advises parents, youth and others to add

the Crisis Text Line, 741 741, to the contacts list in their phones. The text line is free and confidential, and can be used for advice or help when the individual, a friend, or loved one is experiencing relationship concerns, suicidal thoughts, anxiety or worry, or any other type of emotional distress.

The local Mental Health Crisis Hotline is 1-800-888-6161.

If you want to help prevent suicide deaths in Lorain County, share your thoughts with the Suicide Prevention Coalition through the survey form here: mharslc.org/suicide-prevention-coalition, or join the Coalition by sending a request to outreach@mharslc.org.

September is National Suicide Prevention Month and National Recovery Month. Find resources to share at facebook.com/mharslc.



Your mental health is just as important as your physical health.

COVID CareLine: 1-800-720-9616

Help is available 24 hours a day, seven days a week

#IN THIS TOGETHER
Ohio

If You or Your Family Needs Help, Please Call Now.

LORAIN/CUYAHOGA COUNTY: 440.989.4900 | MEDINA COUNTY: 330.952.1544 | ERIE COUNTY: 419.871.8500

TRANSFORMING THE LIVES OF INDIVIDUALS, FAMILIES AND COMMUNITIES SINCE 1981.



THE **LCADA** way

WHERE RECOVERY BEGINS

LORAIN WEST PARK CENTER/ MAIN OFFICE
2115 West Park Drive,
Lorain, Ohio 44053

ELYRIA MEN'S CENTER
120 East Avenue,
Elyria, Ohio 44035

THE KEY WOMEN'S CENTER
1882 East 32nd Street,
Lorain, Ohio 44055

LORAIN ADOLESCENT CENTER
305 West 20th Street,
Lorain, Ohio 44052

AVON LAKE WELLNESS CENTER
525 Avon Belden Road, Avon
Lake, Ohio 44012

PREVENTION CENTER
1930 Reid Avenue,
Lorain, Ohio 44052

WADSWORTH WELLNESS CENTER
215 Wadsworth Road,
Wadsworth, Ohio 44281

ERIE COUNTY WELLNESS CENTER
420 Superior Street,
Sandusky, Ohio 44870

Comprehensive, results oriented programming focused on helping those suffering from alcohol and substance abuse, problem gambling and behavioral health issues.

www.thelcadaway.org • Visit us on Facebook www.facebook.com/LCADAOHIO

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 Rd East
 Suite 101
 Lorain 44055
 440-233-2020

Oberlin Avenue Site:

4950 Oberlin Ave.
 Lorain 4405
 440-282-9920

MHARSloraincounty.org



The LCADA WAY PRESENTS



Saturday, September 19th 4-7pm

Crushers Stadium 2009 Baseball Blvd, Avon, OH 44011
 (rain date Sept. 20th)

\$40 Adults \$20 Kids (ages 6-17) Children 5 & Under FREE
\$100 Family 4 Pack (two Adults and two Kids)

Admission includes:

- Run the Bases & On-field Activities
- Live Motown Music by the band Crusin'
- Meet-n-Greet with Joe Charboneau
- Photobooth
- Auctions & Raffles
- Team Mascots
- Giveaways
- Burgers, Hot Dogs, Ice Cream & More
- Celebrity Softball Game

This Outdoor Event will follow CDC Guidelines on Temperatures, Facemasks & Social Distancing.



Bring Your Mitt!

For tickets go to: <https://thelcadaway.org/homepage/diamond-day>
 Sponsorship and Advertising Opportunities encouraged.
 To learn more please contact Joe Matuscak at 440-989-4919 or jmatuscak@thelcadaway.org.

Due to COVID-19 this event replaces our fall Pearls of Wisdom Benefit & Recognition Dinner, returning in 2021.

Following factors can increase the likelihood a person will consider, attempt or die by suicide.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical or chronic illnesses
- Previous suicide attempt
- Family history of suicide
- Recent job or financial loss
- Recent loss of relationship
- Easy access to lethal means
- Local clusters of suicide
- Stigma associated with asking for help
- Lack of health care, especially mental health and substance abuse



treatment

- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

People concerned about themselves or a loved one in crisis can call the National Suicide Prevention Lifeline at 1.800.273.8255 in the United States or contact Crisis Services Canada at 1.833.456.4566.

Watch out for the warning signs of suicide

- Poor performance at work/school
- Extreme changes in eating habits
- Withdrawal from family/friends
- Feelings of anger/agitation
- Sleeping too much or too little
- Increasing use of drugs or alcohol
- Feeling disconnected and lonely
- Dangerous or self-harmful behavior



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

Need help Getting Social Security Disability Benefits? We can help!

FIGHTING FOR YOUR SOCIAL SECURITY DISABILITY BENEFITS FOR OVER 25 YEARS!

You Could Be Eligible To Receive:



Steady monthly income depending on your paid in amount



A lump sum payment of benefits owed from back-pay



Annual cost of living increases

- We simplify the process & strive for quick claim approval
- Starting the process is easy and takes only minutes to complete



877-926-1316

Helping thousands get the benefits they deserve

Bill Gordon & Associates, a nationwide practice, represents clients before the Social Security Administration. Member of the TX & NM Bar Associations. Mail: 1420 NW St Washington D.C. Office: Broward County, FL. Services may be provided by associated attorneys licensed in other states.



HEALTH
DEPARTMENT

ERIE COUNTY

COMMUNITY
HEALTH CENTER



NATIONAL
RECOVERY
MONTH 2020

Inpatient Detox

Outpatient Treatment

Recovery Housing

Individual Counseling

Medical & Dental

"Visit our Federally Qualified Health Center for all your healthcare needs."

CALL TODAY (419) 624-3353

www.echdohio.com