



NATIONAL RECOVERY MONTH 2021

A SPECIAL ADVERTISING SUPPLEMENT TO THE MORNING JOURNAL FOR NATIONAL RECOVERY MONTH



Who we are.
 We Are The Mental Health, Addiction and Recovery Services (MHARS) Board of Lorain County
 Mental health and substance use services are ESSENTIAL.
 If you are a client, please keep your

appointments, stay in contact with your provider and stay on your course of treatment.

If you are experiencing a mental health or addiction issue for the first or a recurring time, many providers are still taking new patients.

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

Lorain County Crisis Receiving Center

In May 2021, the Mental Health, Addiction and Recovery Services (MHARS) Board of Directors voted to allocate up to \$4 million toward the construction of a Crisis Stabilization Center. The Lorain County Board of Commissioners voted in August 2021 to allocate an additional amount up to \$4 million to fund the project. The County dollars are funded by proceeds from its opioid settlement and the American Rescue Plan Act (ARPA) funding. In addition, the MHARS Board is in the process of securing \$750,000 in funding from the Ohio Department of Mental Health and Addiction Services (OhioMHAS). Private donations and foundations such as the Nord Family Foundation (NFF), are being finalized and are expected to total approximately \$2 million. In addition, NFF has approved \$23,000 toward the cost of a project manager. While funding for this facility was secured in 2021, planning for this project has been in the works for a few years with the aid of various community partners.

The facility would be the first of its kind in Lorain County—a “no wrong door”

for those experiencing a mental health or addiction crisis to access services. The building would offer 32 beds, 16 for those struggling with mental health issues and 16 for those struggling with addiction. It would be located on The Nord Center grounds adjacent to its current facility at 6140 S. Broadway Ave. in Lorain. It would be staffed by mental health and addiction specialists who are best able to assist when a person experiences a crisis. It is proposed that the facility be completed in phases. Phase 1, a pilot program, has been in operation since the Fall 2020. Phase 2 would be full operation of the facility. It is our goal to break ground before the end of 2021.

Below are some frequently asked questions about the project:

Q: Why is this crisis center needed?

Currently in Lorain County, no such facility exists. Although there are providers who offer crisis services, they are segmented throughout the county—some specializing in mental health services and others in addiction—without a designated entry point for individuals in crisis

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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.



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



If you or someone you love is struggling with mental health or addiction

YOU'RE NOT ALONE



**Mental Health,
Addiction &
Recovery
Services Board
of Lorain County**

**Non-Emergency
Help Line:
440-240-7025**

**24/7 Crisis
Hotline:
1-800-888-6161**

**Crisis Text Line
4hope to 741 741**

mharslc.org

 [/mharslc](https://www.facebook.com/mharslc)





NATIONAL RECOVERY MONTH 2021

September is National Recovery Month. The stories of those who have walked the road to recovery demonstrate that recovery is possible, recovery is beautiful. Below are a few stories of people who are in recovery thanks to several Mental Health, Addiction and Recovery Services Board of Lorain County providers dedicated to helping those struggling with substance use disorder. For more information about addiction and how to get help or support a loved one in active addiction, visit mharslc.org.

Felicia's Story

For the past three years, Felicia has been in recovery after more than 20 years of struggling with an addiction to crack cocaine and alcohol.

Raised in Elyria, Felicia found herself living a lifestyle enmeshed with substance use disorder.

"I got arrested and while I was in the Lorain County jail, I knew that I was

broken," she said. "I had to do something different...I was at my bottom."

She added, "I was homeless. My spirit was truly broken. I didn't have a relationship with my family and children. And I wanted help. I had a moment of clarity."

During her incarceration, a representative from the LCADA Way helped her secure a bed at The KEY, a women's residential treatment facility. Ultimately, she completed the 60-day program.

"That's when my life began to change and things started improving," she said. "My life has just gotten better and better."

After her stay at The KEY, she went to a transitional house in Kentucky where she stayed for two and a half years. Like many who struggle with substance use disorder, Felicia attempted recovery a few times but relapsed before she began her three-year recovery journey. She

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CRISIS RECEIVING CENTER FROM PAGE 2

to access emergency services. This leaves those in crisis and their families without a clear path to access mental health and addiction services at a critical time. This facility modernizes our approach to crisis care in Lorain County. Our goal is to ensure no one in need of mental health or addiction services is turned away.

It is also important to consider that many individuals in crisis end up in the care of law enforcement. Rather than tasking the justice system and law enforcement officers with treating people who are struggling with medical behavioral health conditions, those who are non-violent offenders will have appropriate alternative to arrest or emergency room visits with access to this center. This approach will reduce the number of persons with mental illness in jails and demonstrate this community's commitment as a Stepping-Up community.

Q: Who will construct the facility?

The Lorain County Community Foundation has been designated by the MHARS Board to maintain the commitments from private donors with support from the Peg's Foundation. These funds are designated for the construction of the facility. The MHARS Board would is-

sue a request for qualifications (RFQ) for a project manager. The project manager would develop a request for proposals (RFP) to identify an architect for the project.

Q: Who will maintain the facility?

The MHARS Board would be responsible for capital repairs and maintenance of the facility and this activity will be performed under a contract with a property management entity. The Nord Center would enter into a long-term lease arrangement with the project owner.

Q: Who will operate the facility?

During Phase 1 planning, the MHARS Board has identified provider agencies to manage care of individuals at the facility to kick off this project. The providers would also focus on looking into the proper accreditation and certification requirements necessary for the delivery of behavioral health services at the new location. The providers would continue to engage private donors and outreach to the philanthropic community while the MHARS Board would engage local governments. Peg's Foundation will assist in seeking support nationally to keep this important facility operational well into the future.

Reach out to a friend about their mental health.

Find more ways to help at SeizeTheAwkward.org

SEIZE THE AWKWARD



American Foundation for Suicide Prevention



The Jed Foundation

WHAT IS NALOXONE?

Naloxone is a medication that can reverse opioid overdoses.



Very safe



Easy to administer



Not addictive



Wears off in about an hour



Only reverses overdoses caused by opioids

Naloxone (Narcan) is bystander-administered. It is so safe, that even if you're not sure whether the medical emergency was caused by opioids, some other drug, or another medical condition, administering naloxone will not cause harm.



Free Narcan Rescue Kits:

Lorain County Public Health

9880 S. Murray Ridge Rd., Elyria • Weekdays, 8 AM–4 PM.

After hours appointments available.

Call 440-322-6367 or order online at

LorainCountyHealth.com/opioids.



**Lorain County
Public Health**

For the Health of Us All



**ADDICTION
POLICY FORUM**

For information, resources, and support call 1-833-301-HELP (4357)
addictionresourcecenter.org

SAMHSA. (2018). Opioid Overdose Prevention Toolkit. <https://bit.ly/2X3ffQ5>

NIDA. (2017). Naloxone for Opioid Overdose: Life-Saving Science.
<https://bit.ly/2YxPQ1v>

Welcome to a place for healing.

The Nord Center provides industry-leading behavioral health programs, prevention, education and client advocacy that focuses on individual recovery and well-being.

Our expanded Crisis Stabilization Unit, in collaboration with The LCADA Way, helps clients who may not have a safe environment to successfully withdraw or get sober by offering:

- 24/7/365 supportive substance withdrawal management
- A safe environment for medical, nursing and crisis stabilization resources
- Peer support services

NEED HELP NOW?

Call us anytime: **800-888-6161**

Crisis Services

Behavioral Health Services
for Children & Adolescents

Behavioral Health Services
for Adults

Sexual Assault Services &
Child Advocacy

Residential & Housing
Services



The Nord Center

Transforming Lives. Together.

www.NordCenter.org



RECOVERY IS FOR EVERYONE:

Every Person, Every Family, Every Community

FROM PAGE 4

reconnected with her previous Alcoholics Anonymous sponsor who encouraged to keep going and offered her work in Lorain County when she was ready.

"I was able to get things back that I had given up and lost due to my active addiction. Then I came back to Lorain County," Felicia said. "I was able to attain things I hadn't had in a long time: housing, a car, a good job and being able to help people who are in the same position as I once was."

Felicia now works with people who have shared her struggle with substance use disorder in her role at Place 2 Recover.

"There are many different paths of recovery people can go through to change their lives," Felicia said. "I would like anyone to know, who is suffering from addiction, that there is hope."

Kelly's Story

Kelly has been in recovery for three and a half years. During her recovery journey, she has been working with Primary Purpose, residential sober housing for those struggling with substance use disorder.

"It was a long journey and it was not always easy. I still struggle but the most important thing is I do not pick up," she said. "I have to look at the bigger picture and I have all these blessings in my life today."

Kelly recalls the grim days when she was in active addiction.

"I was addicted last time around to heroin and I pretty much was living in places that didn't have running water, electricity," Kelly recalled. "I didn't know when I was going to be able to shower, eat or wash my clothes which I thought was very normal but clearly is not. But everyone I hung out with was doing the same thing so I didn't see a problem with it."

Then Kelly had a moment of realization that steered her toward recovery.

"I just woke up one day and something was different," she said. "I didn't have anything and other people I'm seeing them buy houses, cars, have kids and I barely have two outfits to put together."

"So I decided at that point that something's gotta change," Kelly said.

During her active addiction, she went through detox several times before she

found Primary Purpose.

"Going from detox to being where I am at today is something that I have only ever dreamed about and I never thought was possible," Kelly said.

She credits finding faith in a higher power with helping her stay in recovery. Her advice to those in active addiction?

"It takes time. Work from the inside out. Anyone can dress the outside up but are you really looking at yourself and all the stuff you need to work on to get past all the things you've done to others and yourself?"

Sarah's Story

For almost two years, Sarah has been in recovery after years of struggling with an addiction to alcohol, pills and heroin.

"The moment I knew I needed help was when I couldn't last at a job. My family started to notice it and question it and I would deny it. I was in and out of jails and institutions," she said. "Nothing could keep me sober. So I knew I had an addiction and I knew I needed help further than what I was doing."

But there was a moment on the horizon that would change the course of her life.

"The way I felt inside, I will never forget it," she said. "It was like the drugs had stolen my soul. I hurt so bad inside that I literally just wanted to die."

Seeing how her active addiction hurt her family aided her in seeking the help she needed. She started Alcoholics Anonymous and found the support she needed. Sarah also improved her relationships with family and friends, making new friends along the way who shared her struggles and offered support. Not all of the friends she made while in recovery have stayed on the recovery path. Sarah is now a sponsor to other women in her recovery program. She hopes those who are struggling with addiction will get the help they need.

"Don't wait too long," she cautions through a shaky tearful voice. "I've lost a lot of friends and they didn't think they were gonna die and sadly they're gone."

She added this message for those in active addiction, "Your family is waiting for you. They love you. Go home. Get sober. You don't want to end up dead."

But she is most proud of being a better mother to her son.

"Recovery is beautiful," Sarah said. "What motivates me to stay on track is being a mother. I get to see the smiles from my son every day. At one point, my son, I wasn't the best mother to him so just being there for him today just makes me want to keep staying sober and be the best possible mother I can be to him."

Sarah has also learned to love herself. "I can look at myself and know I'm beautiful today," she said. "At one point I hated myself very badly. My family doesn't have to worry about me. My mom doesn't have to worry that she's going to get a call at night saying that I'm dead. Everything about recovery is amazing."

Sarah added, "Today I get to wake. I'm not sick. I'm happy. I get to start off my day on a good note."

Dale's Story

When Dale was in his teens he began struggling with substance use disorder. In his 20s and 30s, it got more serious as he struggled with alcoholism and use of crack cocaine, among other substances.

"I was homeless at different points in time. I would be getting arrested and always in and out of trouble," he said. "No matter what I did, I always seemed to drink or would use and trouble always seemed to follow me."

Dale said that one of the reasons that drove him to use was escaping the pain of the reality around him. During his

treatment at Primary Purpose, he found the will to change.

"My car was gone. My clothes were gone. I hadn't showered in weeks. I hadn't eaten in weeks," he said. "Then it got to a point that I was so desperate and didn't want to feel that way anymore. I knew there was help there I could get to change my life."

Since completing the program, he has been in recovery for nearly three years. He hopes his journey shows others that recovery is possible.

"There's plenty of different programs for recovery. There's plenty of places like Primary Purpose that they can go and get that help," Dale said. "But you've gotta start somewhere and make the choice."

Since beginning his recovery journey, he has his own home – the first time he has ever had his name on a lease.

"It might sound funny but I actually bought a garbage can for my kitchen for the first time ever and it seems like something so small but it's extremely significant because I've never had one before," Dale said. "I have my own car that's paid for. I'm not running around in fear anymore. I don't worry about where my next meal is going to come from. I see my kids on a regular basis...I have a full-time job that is going really well."

Recovery has brought "A lot of little miracles like that," he added.

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



ADDICTION?
There is help.
There is hope.



**WITHDRAWAL MANAGEMENT
& DETOXIFICATION CENTER**

CALL NOW - (419) 624-3353