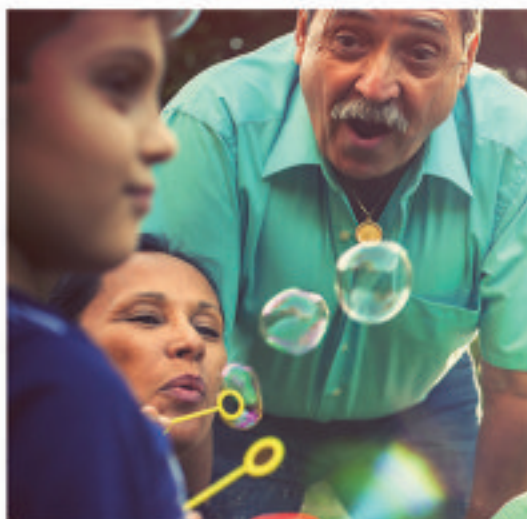


JOIN THE VOICES FOR RECOVERY:

OUR FAMILIES,
OUR STORIES,
OUR RECOVERY!

**THE
MORNING
JOURNAL**



MESSAGE FROM THE PRESIDENT

“ Join the Voices for Recovery – OUR FAMILIES, OUR STORIES, OUR RECOVERY! ”

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 celebrates people in recovery, as well as those working in the behavioral health field. It promotes the message that behavioral health is essential to health, prevention works, treatment is effective, and people do recover from these conditions.

The 2016 Recovery Month theme,

“Join the Voices for Recovery: OUR FAMILIES, OUR STORIES, OUR RECOVERY!” encourages people to be visible in their 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 promote increased understanding about the many effective treatment and recovery support options that are available to help individuals recover

from these illnesses and achieve wellness.

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. Inter-

vening early, before behavioral health problems progress, is also among the best and most cost-effective ways to improve health.

Treatment for substance use disorders leads to positive outcomes. Research shows that treatment helps people stop substance use, avoid relapse, and lead active lives engaged with their families, workplaces and communities.

This year, the ADAS Board is seeking public local support to increase treatment, prevention and recovery support services through Issue 35 – Strong Families, Safe Communities. This \$1.2

CONTINUED ON PAGE 3

JOIN US

**Get Involved in Keeping
Lorain County Youth
and Families
Healthy and Safe....**

Communities That Care of Lorain County:

Working to reduce and prevent underage substance abuse.



Teen Institute of Lorain County:

leadership for junior and high school students promoting drug-free lifestyles.

STOP Task Force:

focusing on underage drinking through compliance checks, surveillance activities, Town Hall meetings, prevention campaigns and responsible retailing.

SOLACE Lorain County:

support, education, advocacy for families coping with substance abuse – especially prescription drugs/opiates/heroin.

YAADA (Young Adult Alcohol & Drug Awareness Coalition):

focusing on 18-25-year-old substance abuse issues.

For information on CTC of Lorain County and our outreach efforts listed, contact us at 440-282-9920

Addiction – A Mother’s Story

My daughter is 28 years old and our family of 4 has lived in Elyria, Ohio her whole life. Her addictions started with marijuana and alcohol and had included other substances as well. Over the course of 10+ years of drug abuse, heroin became her ‘drug of choice’. After two in-house stays of rehab, several times in jail, and almost one year in prison, Marissa has completed a third time of in-house rehab and is working on graduating the LCADA Way’s class. She is pregnant and due to deliver her baby in just a few months. While she has been working her recovery, her father and I have taken the Family Education Class at The LCADA Way. This consists of education on the drugs available, their availability and cost, and the effects they have on both the addict, their family and loved ones. Very informative, this class also includes education how to help without enabling, how to take care of yourself in the

midst of the havoc addiction can play on your life, emotions and health and helps with not feeling alone in the situation. After class, there is a family group setting where we, as loves one’s of an addict, can talk and share. Open discussions (without complaining about our loved one) helps to alleviate the alone feelings and gives us all a chance to ask questions or add input on what has and hasn’t worked or helped each of us and can further encourage others. All of this has helped me with gaining peace with decisions on how not to enable. While still early in recovery, our daughter is strong in her wish to stay clean and sober. She has been using the tools given to her from The LCADA Way and is focused on continuing her recovery. We have hope for the future and feel more like we too have been given tools to help her succeed. One day/moment at a time.

*God’s Blessings,
Nancy*

RECOVERY FROM PAGE 2

mill, five-year levy will

- Save Lives through additional treatment and recovery supports resulting in less wait time for treatment of alcoholism, heroin and other drug addiction

- Help Families by providing education and support in dealing with their loved one’s addiction

- Ensure that our youth are drug-free through increased school-based outreach, prevention and early intervention

- Strengthen Communities by reducing drug-related crime.

We invite you to join us for our 11TH Annual 5K Family Run, 1 Mile Walk on Saturday, September 24, 2016 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 and brunch will immediately follow. You can register for the race online at: www.hermescleveland.com (look for our race).

Mark your calendars for Saturday, September 24, 2016 and join us at the Black River Reservation for a fun community event that highlights the positive impact that recovery has on our community.

Curtis Tuggle

President – Alcohol and Drug Addiction Services Board of Lorain County



3 FREE
Ways to
**Boost
your Skills**

**Get certifications
that look great on
your résumé.**

**And possibly
SAVE A LIFE.**

3 FREE TRAININGS:

Elder Support: Sept. 13 (Closed Out - join our e-news list to hear about the next opportunity)

Youth Mental Health First Aid Certification for adults who live or work with youth: Sept. 20 + 21.
Must attend both days.

ASIST Certification (Applied Suicide Intervention Skills Training): Sept. 22 + 23
Must attend both days.

During Suicide Prevention Awareness Month, the Lorain County Board of Mental Health is offering 3 free trainings to help you help others.

**Open to anyone in Lorain County
ages 16+ but seating is limited!
Requires NO PRIOR KNOWLEDGE.**

**ONLY 5 SEATS LEFT!
REGISTER NOW!**

**More details and to REGISTER:
lcbmh.org or 440.233.2020**



ADAS Board Staff

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Administrative Assistant
sasimou@lorainadas.org

www.lorainadas.org
440-282-9920



Treatment and Recovery Support

By Elaine Georgas, Executive Director, Alcohol and Drug Addiction Services Board of Lorain County

There are many paths to recovery from a mental and/or substance use disorder and several ways to get help. If you, a family member, or friend needs help, resources are available. You are not alone. In our community, there are professionals who are trained and experience in providing help to individuals and family members with behavioral health conditions. If you or someone you care about needs help, reach out.

Can addiction be treated successfully? Yes. Addiction is a treatable disease. Research in the science of addiction and treatment of substance use disorders has led to the development of evidence-based interventions that help people stop abusing drugs and resume productive lives.

Can addiction be cured? Not always – but like other chronic diseases, addiction can be managed successfully. Treatment enables people to counteract addiction's powerful disruptive effects on their brain and regain control of their lives.

Does relapse to drug abuse mean treatment has failed? No. The chronic nature of the disease means that relapsing to drug abuse at some point is not only possible, but likely. Relapse rates (i.e. how often symptoms recur) for people with addiction and other substance use disorders are similar to relapse rates for other well understood chronic medical illnesses such as diabetes, hypertension, and asthma, which also have both physiological and behavioral components. Treatment

of chronic diseases involves changing deeply imbedded behaviors, and relapse does not mean treatment has failed. For a person recovering from addiction, lapsing back to drug use indicates that treatment needs to be reinstated or adjusted or that another treatment should be tried.

A person with a substance use disorder and/or mental illness may find it difficult to take the first step toward finding help, but reaching out for support is worth it. Individuals may find that taking the first step is easier when talking to a trusted confidant such as a doctor, nurse, school or religious counselor, family member or friend. People should not wait until they are in crisis to seek help. Seeking treatment

CONTINUED ON PAGE 10

Redirect. Rebuild. Renew.

Alcohol & Other Drug Treatment Services for Adults & Adolescents

Our treatment program incorporates several evidence-based approaches to support the recovery of adults and adolescents from alcohol and other drug addictions. We utilize:

- **Motivational Interviewing**
A collaborative, person-centered form of guiding to strengthen the motivation for change
- **Therapeutic Interventions**
Tailored to match each client's readiness for change
- **The Matrix Model**
Recognized by the Substance Abuse and Mental Health Services Administration as an evidence-based outpatient program for persons suffering from addiction including opiates
- **Cognitive Behavior Therapy**
An evidence-based practice with decades of research proving its effectiveness for helping people cope with challenges through examining the relationship between their thoughts, feelings and behaviors
- **12-step Model of Recovery**
Supported by Alcoholics Anonymous
- **Medication Assisted Therapy**
For opioid addiction combining medication, counseling, and social support

24/7 Crisis Hotline
800-826-1306



Counseling & Recovery Services

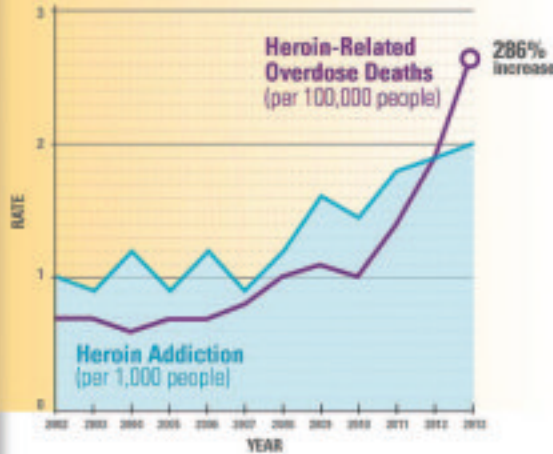
Funded in part by Mental Health and Recovery Board of Erie & Ottawa Counties, Huron County Board of Mental Health & Addiction Services, Lorain County Board of Mental Health, Alcohol and Drug Addiction Services Board of Lorain County, and the Mental Health & Recovery Services Board of Seneca, Sandusky, and Wyandot Counties.

To learn more, visit firelands.com/mentalhealth

Heroin Use Has INCREASED Among Most Demographic Groups

	2002-2004*	2011-2013*	% CHANGE
SEX			
Male	2.4	3.6	50%
Female	0.8	1.6	100%
AGE, YEARS			
12-17	1.8	1.6	--
18-25	3.5	7.3	109%
26 or older	1.2	1.9	58%
RACE/ETHNICITY			
Non-Hispanic white	1.4	3	114%
Other	2	1.7	--
ANNUAL HOUSEHOLD INCOME			
Less than \$20,000	3.4	5.5	62%
\$20,000-\$49,999	1.3	2.3	77%
\$50,000 or more	1	1.6	60%
HEALTH INSURANCE COVERAGE			
None	4.2	6.7	60%
Medicaid	4.3	4.7	--
Private or other	0.8	1.3	63%

Heroin Addiction and Overdose Deaths are Climbing



SOURCES: National Survey on Drug Use and Health (NSDUH), 2002-2013; National Vital Statistics System, 2002-2013

MISSION STATEMENT

“The mission of the Alcohol and Drug Addiction Services Board of Lorain County is to evaluate program quality and continuity of care, as well as, plan, coordinate, fund and contract for services to prevent, educate and treat alcoholism and other drug addiction that will result in the well-being of Lorain County residents. The Board will assess programs and provide feedback to ensure that all services are of high quality, efficient and effective in recovery and prevention.”

Recovery is a gift that I get to open again and again, every day. I am living proof that recovery is possible.
 Curtiss Kolodney,
 Recovery Support Services Consultant, Washington DC

Let's Get Real Inc

RECOVERY COMMUNITY ORGANIZATION

3509 Liberty Ave Vermilion

440-963-7042



Weekly Groups:

All meetings take place at our NEW facility at 3509 Liberty Ave in Vermilion just west of the Vermilion Farm Market

Monday:

HA meeting 6:30 pm

Tuesday:

Family/Children Support Group
 6:00 pm

Wednesday:

Women's Open Discussion
 7:00 pm

Friday:

HA Open discussion meeting
 6:30 pm

www.LetsGetRealInc.com

Struggling with opiate or painkiller addiction? We Can Help!



Physician Supervised Suboxone Programs available to the first 30 qualifying patients.

Located in Amherst, OH
 (in the Beaver Creek Plaza)

Call for more details!
[440-452-5637](tel:440-452-5637) or [440-864-5058](tel:440-864-5058).
 Email: sclinic16@gmail.com
24/7 Assistance: (440) 452-5637

11th Annual 5K Family Run/1 Mile Walk

Saturday, Sept. 24, 2016, Lorain County Metro Parks Bur Oak Pavilion & Bridgeway Trail



5K Family Run/Walk Entry Form

(Pre-Registration deadline: received by Wed., Sept. 21, 2016)

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

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 24 2016. 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)

Thank you to our Gold Sponsors:

**Bramhall Engineering and Surveying Company,
Buckeye Community Bank & Rowland Enterprises**

The main event will be a 5K (3.1 mile) run /1 mile walk through the beautiful Lorain County Metro Parks. The Course will begin at the Bur Oak Pavilion, follow along the Bridgeway all-purpose trail to the tram turnaround and then back to the finish line at Bur Oak.

Other activities that day will be a children's fun run (ages 9 and under), food, beverages, children's activities, raffle prizes and an awards ceremony.

What better way to celebrate recovery than a family friendly event that promotes health and fitness!!

SATURDAY, SEPTEMBER 24, 2016

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

NATIONAL RECOVERY MONTH

The 27th 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:

"Our Families, Our Stories, Our Recovery"

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:

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

National Recovery Month

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Other activities that day will be a children's fun run (ages 9 and under), food, beverages, children's activities, raffle prizes and an awards ceremony.

What better way to celebrate recovery than a family friendly event that promotes health and fitness!!

The race will be professionally managed by **Hermes Sports and Events** and include official timing, race results, race clock and runners bibs.



Race Day Schedule

Saturday, September 24, 2016

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

Registration & Entry Fees

Registration & Fees
(T-Shirt to all pre-registered participants)

Pre-Registration

- Individuals are \$20.00
- Families are \$20.00 for 1st person & \$10.00 each additional family member. (*Mail-in only, mail family entries together, one form per person.)

Mail in Registration

(must be received by Wednesday, September 21, 2016)
Complete the entry form and mail with a check payable to:

Hermes Sports & Events
2425 West 11th St., Suite #2
Cleveland, OH 44113
(216) 623-9933

Online Registration

www.hermescleveland.com
Deadline: Friday, September 23, 2016, 9:00 am.

Race Day Registration

- Individuals are \$25.00
- Families are \$25.00 for 1st person & \$10.00 each additional family member



Age Groups/Results/Awards

We're on Facebook!

www.facebook.com/adastloraincounty

Age Groups

9 & under/ 10-13 / 14 -16 / 17-19 / 20-24 / 25-29 / 30-34
35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65 and over

Results

Results will be posted on the
ADAS Board website (www.lorainadas.org) and
Hermes Sports & Events (www.hermescleveland.com).

Awards

Awards will be presented to the overall male and female
finisher and the top three male and female finishers in
each age category.

\$50 Dick's Sporting Goods Gift Certificate to
overall male and female finishers.

5K Family Run/Walk Entry Form

(Pre-Registration deadline: received by Wednesday, September 21, 2016)

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 \$ _____

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 24 2016. 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)

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Enclosed is my donation of \$ _____

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advocacy in my community.

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ADAS Board, 4950 Oberlin Ave. Lorain OH 44053.

In
Celebration of National
Recovery Month . . .

The Alcohol and
Drug Addiction
Services Board of
Lorain County

invites you to join
us for the

11th Annual!

Lorain County's
Voices for Recovery



5K FAMILY RUN 1 MILE WALK

Saturday, September 24, 2016

Lorain County Metro Parks

Bur Oak Pavilion & Bridgeway Trail

Official Sponsor



Signature Sponsors



Diamond Sponsors



Event Sponsors

Platinum and Family Fun Sponsors

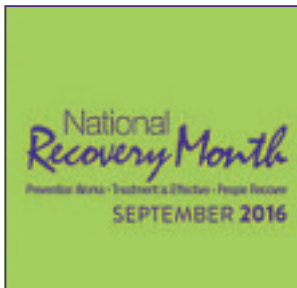
Big Brothers, Big Sisters
Lorain UMADAOP
The Nord Center
Sheffield Village Lion's Club
UH-EMC
Don Mould's Plantation Garden Center & Nursery

Media Sponsors

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18TH ANNUAL
"SUPER GUN RAFFLE"**
Saturday, October 1, 2016
9am-5pm
American Legion Pavilion
Wellington, Ohio
"50" New Rifles,
Shotguns and Handguns!
GRAND PRIZE
Cub Cadet, "Challenger"
4WD Utility Vehicle
Provided By:
Cub Cadet and
Wellington Implement Co.
Tickets are \$25.00 each
or 5 for \$100.00
Winner need not
be present to win.
How to get tickets:
Contact Information
American Legion Post 8
440-647-6334/440-667-4574



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www.danwilliamsroofing.com

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Lorain, Ohio 44053
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Support in Lorain County

There are variety of Support Groups in Lorain County to help families and individuals progress through their recovery from substance abuse and addiction. Local Community Task Forces also work to help address the opiate/heroin addiction issues in their community.

SOLACE Lorain County – “Surviving our Losses and Continuing Everyday” – recently celebrated their 3rd year anniversary. SOLACE meets two times monthly on Wednesday evenings rotating their meetings at the Lorain county Metroparks locations to reach out to all in the county. Meetings are held from 6:00 – 8:00 pm. SOLACE provides support, information, education and advocacy for families impacted by substance abuse. Many attending the groups are grieving following the death of a loved one, while others are struggling because of a loved one’s addiction and the loss of dreams they had for their loved one’s well-being and their future.

Let’s Get Real, Inc. an entity in Vermilion that provides information, education, and resource assistance to families and loved ones in their journey from addiction to recovery.

Their phone lines are open to both family members and those struggling in addiction. Weekly groups include Alanon Meeting, Family Group, Alcoholics Anonymous open discussion and Heroin Anonymous open discussion

Families Anonymous is a twelve step fellowship for families and friends who are dealing with a loved one who is struggling with drug or alcohol addiction and the related emotional problems. There are 10 groups that meet in the Northern Ohio area including one in Avon, Ohio

ASSIST Avon Lake works to connect people who are going through recovery with area resources and to present information to friends and families of addicts who are looking for guidance in getting their loved one help. As a chapter of Robby’s Voice, they expand their message of awareness to our community.

North Ridgeville Community Task Force is a group of concerned individuals working to raise awareness on drug addiction in North Ridgeville. They formed this group in Memory of Marcus Lee Hart. The mission of the Task Force is to help those who are



struggling with addiction and their families and by having events that bring awareness and resources to those in need

Amherst Community Task Force is a group of concerned citizens joining together to develop a long term framework to address at-risk social issues in our neighborhoods through education, prevention and outreach in the Amherst, Amherst Township and Amherst School District communities.

Lorain Community Task Force is a group of concerned citizens join-

ing together to reduce substance use/abuse within the City of Lorain by raising awareness of the drug epidemic, implementing effective programs/strategies to educate the community, provide intervention for those affected by the epidemic and encourage healthy lifestyle choices within the schools and the community.

Contact the Alcohol and Drug Addiction Services Board of Lorain County at 440-282.9920 for more information about these support groups and task force groups.



Alcohol and Drug Addiction Services Board of Lorain County (ADAS)

The ADAS Board 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 Ohio Mental Health and Addiction Services.

VISION & VALUE STATEMENTS

We believe through our contract provider- and collaborative-partnerships (locally, statewide and nationally), consumers can move towards abstinence with positive life-style changes.

We believe that as stewards of public funds for alcohol, tobacco and other drug prevention, intervention and treatment services, our system needs to continually refine and learn from the behaviors and activities of our consumers and their families – as affected by the disease of alcoholism and other drug addiction.

We believe that a full continuum of care, including prevention, intervention and treatment is only the beginning of the foundation of recovery from the disease of alcoholism and other drug addiction.

Responding to the Heroin Epidemic



PREVENT
People From Starting Heroin

Reduce prescription opioid painkiller abuse. Improve opioid painkiller prescribing practices and identify high-risk individuals early.



REDUCE
Heroin Addiction

Ensure access to Medication-Assisted Treatment (MAT). Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.



REVERSE
Heroin Overdose

Expand the use of naloxone. Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.

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

LORAIN COUNTY: 440.989.4900 | MEDINA COUNTY: 330.952.1544



Where Recovery Begins



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

LORAIN COUNTY

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

WELLINGTON - PITTSFIELD CHURCH

17026 State Route 58, Wellington, Ohio 44053

MEDINA COUNTY

MEDINA WELLNESS CENTER

740 E. Washington Street, Medina, Ohio 44256

WADSWORTH WELLNESS CENTER

215 Wadsworth Road, Wadsworth, Ohio 44281

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

LORAIN COUNTY: 440.989.4900 • MEDINA COUNTY: 330.952.1544 • www.thelcadaway.org • Visit us on Facebook www.facebook.com/LCADAOHIO

SUPPORT FROM PAGE 4

immediately after a noticeable change in functioning or thinking can make a difference.

Research confirms that most people who seek help feel better and manage or overcome their diseases. More than 80 percent of people treated for depression improve and 90 percent of people treated for panic disorders see improvement. Treatment can also help people with a substance use disorder – which includes problems with alcohol, illicit drugs and/or prescription drugs. This is a medical problem that affects brain circuits that control reward and motivation, learning and memory and behaviors. Because drug dependency alters brain functioning, treatment is not always simple. However research shows that treatment can help people stop substance abuse, avoid relapse and lead active lives engaged with their families, workplaces and communities.

What are the principles of effective substance use disorder treatment?

Research shows that combining treatment, medications (where available) with behavioral therapy is the best way to ensure success for most. Treatment approaches must be tailored to address each person's drug use patterns and drug-related medical, psychiatric and social problems.

How can medications help treat drug addiction? Different types of medications may be useful at different stages of treatment to help a patient stop abusing drugs, stay in treatment and avoid relapse.

• **Treating withdrawal:** When patients first stop using drugs, they can experience a variety of physical and emotional symptoms, including depression, anxiety or other mood disorders, as well as restlessness, or sleeplessness. Certain treatment medications are designed to reduce these symptoms, which makes it easier to stop the drug use.

• **Staying in treatment:** Some treat-

ment medications are used to help the brain adapt gradually to the absence of the abused drug. These medications act slowly to stave off drug cravings and have a calming effect on body systems. They can help patients focus on counseling or other psychotherapies related to their drug treatment.

• **Preventing relapse:** Science has taught us that stress, cues linked to the drug experience (such as people, places, things and moods) and exposure to drugs are the most common triggers for relapse. Medications are being developed to interfere with these triggers to help patients sustain recovery.

MEDICATIONS USED TO TREAT DRUG ADDICTION**Tobacco Addiction**

- Nicotine replacement therapies (available as a patch, inhaler or gum)
- Bupropion
- Varenicline

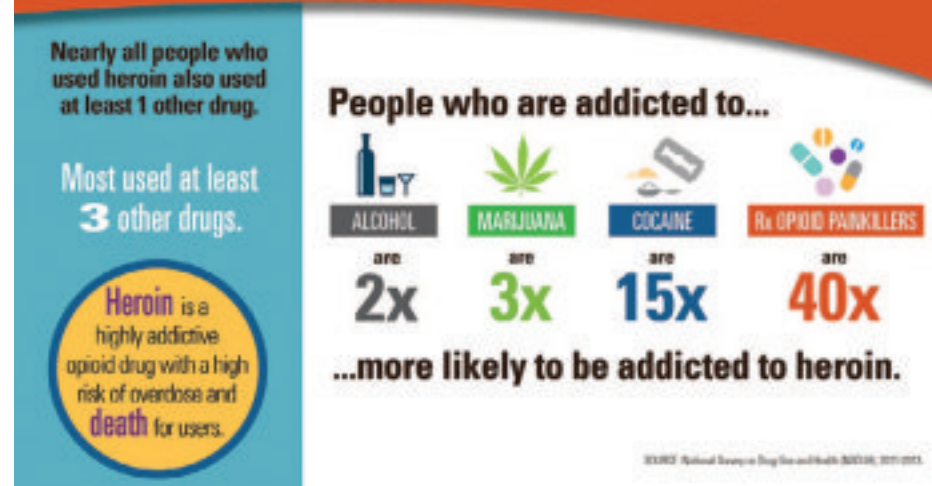
Opioid Addiction

- Methadone
- Buprenorphine
- Naltrexone

Alcohol and Drug Addiction

- Naltrexone
- Disulfiram
- Acamproaste

How do behavioral therapies treat drug addiction? Behavioral treatments help engage people in substance use disorder treatment, modifying their attitudes and behaviors related to drug use and increasing their life skills to handle stressful circumstances and environmental cues that may trigger intense craving for drugs and prompt another cycle of compulsive use. Behavioral therapies can also enhance the effectiveness of medications and help people remain in treatment longer.

Heroin use is part of a larger substance abuse problem.**TREATMENT MUST ADDRESS THE WHOLE PERSON.**

How do the best treatment programs help patients recover from the pervasive effects of addiction? Gaining the ability to stop abusing drugs is just one part of a long and complex recovery process. When people enter treatment for a substance use disorder, addiction has often taken over their lives. The compulsion to get drugs, take drugs, and experience the effects of drugs has dominated their every waking moment, and abusing drugs has taken the place of all the things they used to enjoy doing. It has disrupted how they function in their family lives, at work and in the community, and has made them more likely to suffer other serious illnesses. Because addiction can affect so many aspects of a person's life, treatment must address the needs of the whole person to be successful. This is why the best programs incorporate a variety of rehabilitative services into their comprehensive treatment regimens. Treatment counselors may select from a menu of services for meeting specific medical, psychological, social, vocational and legal needs of their patients to foster their recovery from addiction.

- **Cognitive Behavioral Therapy** seeks to help patients recognize, avoid and cope with the situations in which they are most likely to abuse drugs.
- **Contingency Management** uses positive reinforcement such as providing rewards or privileges for remaining drug free, for attending and participating in counseling sessions or for taking treatment medications as prescribed.
- **Motivational Enhancement Therapy** uses strategies to evoke rapid and internally motivated behavior change to stop drug use and facilitate treatment entry.
- **Family Therapy** (especially for youth) approaches a person's drug problems in the context of family interactions and dynamics that may contribute to drug use and other risky behaviors.

How can Recovery Support Services Support Treatment and Recovery? Recovery Support Services are provided in conjunction with treatment, and as a separate services, to individuals and families. The functions of Peer Recovery Support Services span the stages of recovery initialization/stabilization, recovery maintenance, and enhancement of quality of life in long-term recovery. Recovery Support services are provided within treatment agencies, recovery community organizations, faith based organizations and allied systems. Recovery Coaches, base their own life experiences and help to remove barriers to recovery and serve as a personal guide and mentor for people seeking or in recovery from substance use disorders.

A decorative graphic at the top of the page features a central arrangement of five yellow stars on a dark red background. This is surrounded by blue and red curved shapes, and the entire composition is set against a background of light gray and white diagonal stripes radiating from the center.

2016

VOTER GUIDE

**Early voting in Ohio begins on
Wednesday, October 12th.**

On **October 11th**, The Morning Journal will be publishing a special edition in time for you to get the information you need.

The 2016 Voter Guide will focus on local candidates and issues to help you make the best decision when you cast your ballot.

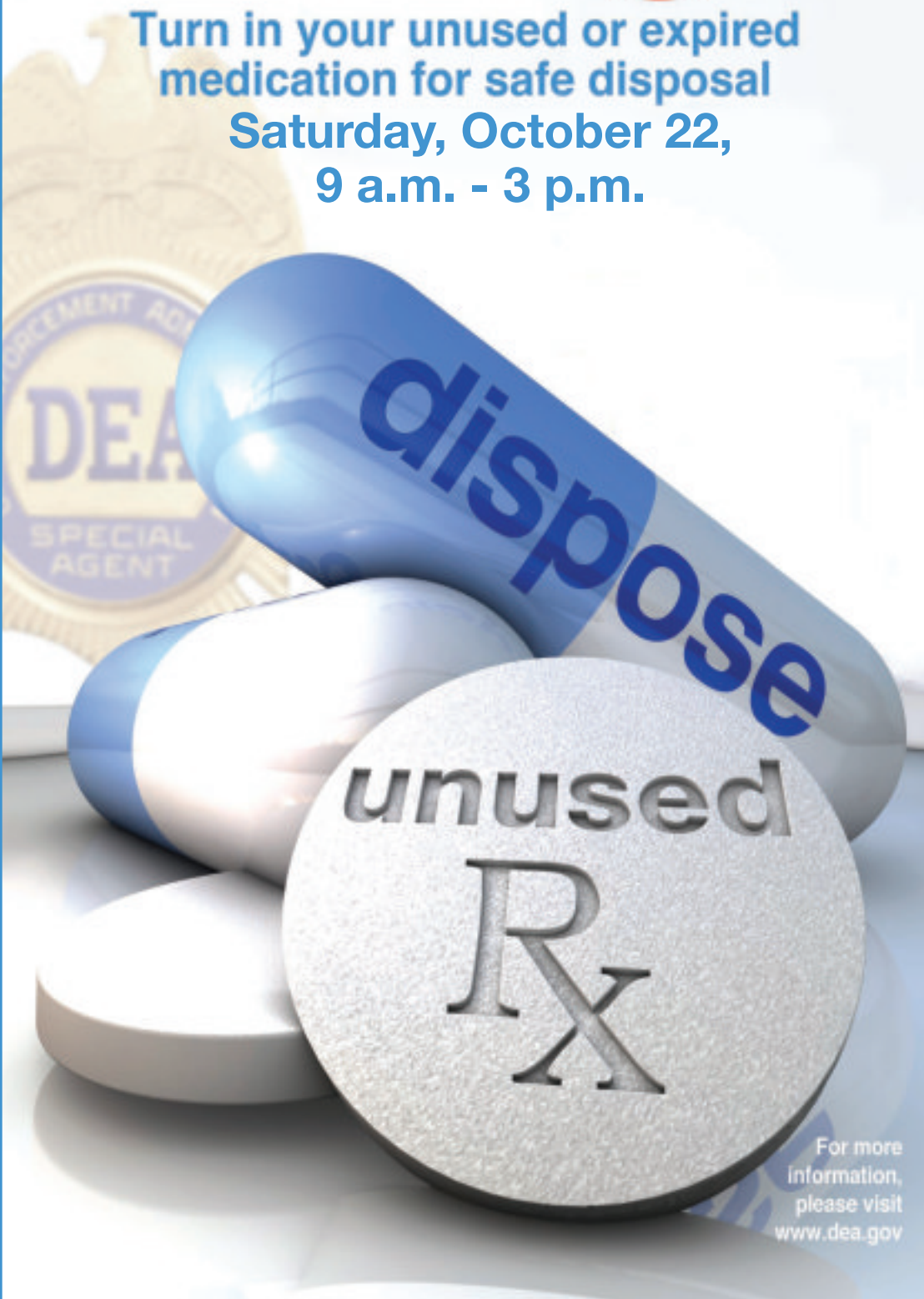
THE MORNING JOURNAL



Got Drugs?

Turn in your unused or expired medication for safe disposal

**Saturday, October 22,
9 a.m. - 3 p.m.**



For more information, please visit www.dea.gov

COLLECTION LOCATIONS:

Amherst Police Department, 911 North Lake Street
Avon Police Department, 36145 Detroit Road
Avon Lake Police Department, 32855 Walker Road
Columbia Township Fire Station, 25540 Royalton Road
Elyria Police Department, 18 West Avenue
Grafton Police Department, 1009 Chestnut Street
Kipton Village Hall, 299 State Road
LaGrange Police Department, 355 South Center Street
Lorain City Hall, 200 West Erie Avenue
Lorain County Sheriff's Office, 9896 Murray Ridge Road
North Ridgeville Police Department, 7307 Avon Belden Road
Oberlin Police Department, 85 South Main Street
Sheffield Lake Police Department, 609 Harris Road
Sheffield Village Police Department, 4340 Colorado Avenue
Vermilion Police Department, 5791 Liberty Avenue
Wellington Police Department, 117 Willard Memorial Square

Most departments have 24-7 drop boxes as well

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**

