

# OPIATES: Community Efforts & Options

October 28, 2016

Ashland University – Convocation Center  
638 Jefferson Street, Ashland, Ohio 44805

## Sponsors



CHRISTOPHER R. TUNNELL

ASHLAND COUNTY  
PROSECUTING ATTORNEY



## Planning Partners

Ashland County Council on Alcoholism and Drug Abuse

Ashland County-City Health Department

Ashland County Ministerial Association

University Hospitals Samaritan Medical Center



Ashland County Council  
on Alcoholism and Drug Abuse



# Summit Schedule

Time	Ashland University – John C. Myers Convocation Center
7:15am – 8:00am	Registration & Breakfast Buffet
8:00am – 8:15am	Welcoming Remarks, Purpose & Organization of Day Chris Tunnell, <i>Ashland County Prosecutor</i> Steve Stone, <i>Executive Director Mental Health &amp; Recovery Board of Ashland County</i>
8:15am – 8:55am	Brief Review of the Scope of the Program (Local – State – National) & Addictions 101 Dennis Dyer, <i>Executive Director Ashland County Council on Alcoholism and Drug Abuse (ACCADA)</i>
9:00am – 9:45am	Responding to an Overdose or Crisis Situation – Moderator, Chris Tunnell Bryan Evans, <i>Ashland Sheriff's Office</i> Ken Gardner, <i>Ashland Fire Department</i> Tanya Mounts, <i>University Hospital – UH Samaritan Medical Center</i> Tina Swartz, <i>Appleseed Community Mental Health Center</i> Dennis Dyer, <i>Ashland County Council on Alcoholism and Drug Abuse (ACCADA)</i>
9:50am – 10:35am	How to Help Part I (Low Readiness) – Moderator, Steve Stone Brad Wise, <i>Faith Community</i> Dennis Dyer, <i>ACCADA</i> Chris Tunnell, <i>Prosecutor's Office</i> Jon Hall, <i>Faith Community</i>
10:35am – 10:45am	Morning Break! Please Visit our Exhibitors
10:45am – 11:30am	How to Help Part II (High Readiness) – Moderator, Chris Tunnell Dennis Dyer, <i>ACCADA</i> Jim Mooney, <i>University Hospitals – UH Samaritan Medical Center</i> Dan Mager, <i>Intensive Probation</i> Brad Wise, <i>Faith Community</i>
11:35am – 12:20pm	Securing the Future: Prevention, Education & Awareness – Moderator, David C. Ross Laura Huvler, <i>ACCADA</i> Kris Hickey, <i>ACCADA</i> Deb Gilson, <i>Career Center School-Community Liaison</i> Jean Roberts, <i>Tri-County ESC</i> Katelyn McGookey, <i>Crestview Schools</i>
12:20pm – 12:30pm	Final Questions and Concluding Remarks

# Local & Regional Drug/Alcohol Resources

**24/7 Crisis Hotline**  
**(419) 289-6111**

## Panel I – What to do in a crisis or emergency?

Organization	Contact Information	Important Information
The Office of the Sheriff Ashland County, Ohio	9-1-1  1205 East Main Street Ashland, Ohio 44805 (419) 289-3911	9-1-1 is only to be used in emergency situations. An emergency is any situation that requires immediate assistance from the police/sheriff, the fire department or an ambulance. If you are ever in doubt it's better to be safe and let the 9-1-1 call taker determine if you need emergency assistance.
Appleseed Community Mental Health Center	(419) 289-6111  2233 Rocky Lane Ashland, Ohio 44805 (419) 281-3716	Appleseed is the lead agency in Ashland County for responding to individuals experiencing a psychiatric crisis.
Ashland County Council on Alcoholism and Drug Abuse (ACCADA)	(419) 289-7675  310 College Avenue Ashland, Ohio 44805	ACCADA is the primary drug/alcohol prevention, education and treatment agency in Ashland County. ACCADA acts as the gatekeeper for publically funded Residential and Detox (In-patient) services. Call ACCADA for the most up to date self-help (AA, NA, etc.) schedule.
UH Samaritan Medical Center – Emergency Department 24/7 Emergency Services	(419) 289-0491 or 1-800-257-9917  UH Samaritan Medical Center – First Floor 1025 Center Street Ashland, Ohio 44805	UH Samaritan Medical Center Emergency Department Staff will triage patients upon arrival. Patients are seen according to the severity of their condition not order of arrival.

**Local & Regional  
Drug/Alcohol Resources**

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**Panel I – What to do in a crisis or emergency?  
(Additional Resources)**

<b>Organization</b>	<b>Contact Information</b>	<b>Important Information</b>
Ashland Fire Department	911 – Emergency (419) 289-6511  274 Cleveland Ave. Ashland, Ohio 44805	The Ashland Fire Department provides emergency fire, medical, and rescue services to the City of Ashland, Milton, and Montgomery Townships in Ashland County, Ohio.
UH Samaritan Retail Pharmacy	(419) 289-9636  1025 Center Street Ashland, Ohio 44805 (Located within Hospital)	NARCAN (naloxone HCL) can be purchased at this location.
Ashland County Prosecutor’s Office	(419) 207-8666  24/7 Tip Line	The Tip Line is available 24/7. Tips are completely anonymous. All information provided will be reviewed by law enforcement.
Mental Health & Recovery Board of Ashland County (MHRB)	(419) 281-3139  1605 County Road 1095 Ashland, Ohio 44805	The MHRB oversees publically funded mental health and addictions services in Ashland County.

**QUESTIONS & ANSWERS – PANEL I**

**Q – 1. I believe my loved one has just overdosed on an opioid. What do I do immediately, within the next few days, and how can I be prepared if it happens again in the future?**

**A – 1a.** If you’re not sure if someone you know is showing signs of an opiate overdose or simply just high on drugs call 9-1-1 for immediate help. It’s better to have made the call and later find out that the individual is overly high than to have waited and risk the person suffering lifelong consequences as a result of a heroin overdose or even potentially dying. 5 things to be aware of in an overdose situation are: #1 – Respiratory Depression. Labored breathing, shallow

breathing, a few breaths per minute. #2 – Lack of Oxygen Causes Bluening of Skin. The fingers, lips or face can begin to turn blue due to lack of oxygen. If the body goes too long without oxygen there is a risk of heart attack, stroke, brain damage, coma and even death. #3 – Vomiting. Opiate use often causes vomiting but excessive vomiting or vomiting while asleep can be deadly. #4 – Death Rattle. When an individual vomits while asleep the vomit can get lodged in the throat and seep into the lungs. This will cause a snoring-like sound that is more like gurgling. This choking sign is referred to as the death rattle and is often overlooked or mistaken for something other than a dangerous situation. #5 – Coma. This is one of the most common signs of opiate overdose and often people will mistake a loved one for sleeping when really they are in a comatose state. This warrants immediate medical attention. (**Captain Ken Gardner, Fire/EMS, Ashland Fire Department**)

A – 1b. In the August 2015, Governor John Kasich signed House Bill 4 into law, allowing pharmacists to dispense naloxone without a prescription to an at-risk opioid user or someone who can intervene in the event of an overdose. As a result, currently over 1,300 retail pharmacies in the state of Ohio, 4 in Ashland County, are offering naloxone without a prescription.

The list of participating pharmacies can be found at:

<https://pharmacy.ohio.gov/Licensing/NaloxonePharmacy.aspx>.

The opioid overdose triad of symptoms include: pinpoint pupils, unconsciousness or difficult to arouse, and respiratory depression (not breathing or gasping/labored breathing).

Please consider visiting your local pharmacy to purchase naloxone (without a prescription) if you or someone you know has a loved one struggling with opioid addiction. (**Tanya Mounts, Pharmacist, UH-Samaritan Health System**)

A – 1c. You will likely first encounter the EMTs and then your loved one will be taken to the hospital. If you are at the hospital with your loved one, tell them that you want him/her to get help.

Emergency staff may try to get the person to some kind of treatment service or at least offer to put them in contact with ACCADA. They also should give you information about ACCADA in the event that the person overdosing does not want immediate help. In some situations they may try to get the person into inpatient treatment but beds for this are limited and the cost is typically high.

You can call ACCADA at 419-289-7675 and ask to meet with a counselor. Let the receptionist know if you think it is an emergency and, in most cases, you can see a counselor the same day as the call. The ACCADA Director many times will talk with the addicted person as well as the family to assist you (**Dennis Dyer, Counselor/Director ACCADA**)

A – 1d. First, I would immediately recommend someone contact **911** or take the individual to a local emergency room. I would encourage loved ones to become familiar with what heroin/opioids are, what addiction looks like, including withdrawal, and how they can support the recovery of their loved one. (**Tina Swartz, Counselor at Appleseed Community Mental Health Center**)

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## Panel II – How to Help Someone Who has Low Motivation to Help Themselves?

Organization	Contact Information	Important Information
Ashland County Council on Alcoholism and Drug Abuse (ACCADA)	(419) 289-7675  310 College Avenue Ashland, Ohio 44805	ACCADA is the primary drug/alcohol prevention, education and treatment agency in Ashland County. ACCADA acts as the gatekeeper for publically funded Residential and Detox (In-patient) services.
Ashland Fire Department	911 – Emergency (419) 289-6511  274 Cleveland Ave. Ashland, Ohio 44805	The Ashland Fire Department provides emergency fire, medical, and rescue services to the City of Ashland, Milton, and Montgomery Townships in Ashland County, Ohio.
UH Samaritan Medical Center – Emergency Department 24/7 Emergency Services	(419) 289-0491 or 1-800-257-9917  UH Samaritan Medical Center – First Floor 1025 Center Street Ashland, Ohio 44805	UH Samaritan Medical Center Emergency Department Staff will triage patients upon arrival. Patients are seen according to the severity of their condition not order of arrival.
Ashland County Prosecutor’s Office	(419) 289-8857  110 Cottage Street, 3 <sup>rd</sup> Fl. Ashland, Ohio 44805	The prosecutor’s office is composed of the Civil, Criminal and Juvenile Divisions as well as Victim Services.

## QUESTIONS & ANSWERS – PANEL II

### Q – 2. I want my adult son/daughter/spouse, etc. to get help for their addiction but they don't want to. What do I do?

A – 2a. A person who is addicted will experience the consequences of the addiction in Biological, Psychological (Mental & Emotional), Social, and Spiritual ways. One starts to desire a change by experiencing the pain of these consequences. One can also chart a course of recovery by exploring and implementing a Bio-Psycho-Social-Spiritual recovery plan. (**Brad Wise, Faith Community**)

A – 2b. If all else fails, you can call the police. The alternative, in many cases, is the death of your loved one. You don't necessarily have to identify yourself. There are anonymous tip lines through the Prosecutors Office, the Ashland Police Department, the Ashland County Sheriff's Office, or the METRICH Enforcement Unit. Tips to many departments can also be submitted online.

When we're dealing with something as deadly as opiate addiction, an arrest record isn't the worst outcome. The County Jail serves as Ashland's largest residential detox facility. There's around the clock care available, as well as transitional links to ACCADA.

In most instances, if your loved one is arrested, they will receive a bond and be back out on the street. However, the additional supervision provided as a condition of bond, in some instances, may serve as the motivation to seek treatment that has been absent.

The criminal justice system has the ability to provide the leverage that you just don't possess when trying to persuade someone you love to seek treatment. Most first time offenders receive probation, and the probation officers are in a position to make folks get help. In many cases, addicts are not prepared to see the light until they hit rock bottom. For many, being arrested is that bottom. Even if they go to prison, they are at least still alive (**Chris Tunnell, Prosecutor's Office**)

A – 2c. One challenge that can be easily overlooked is to make sure that the family of the one refusing help are also taking care of themselves. Pastors are always willing to support families working through this tough issue with prayer, hope and encouragement. We also work with agencies like ACCADA and Dennis Dyer as they can provide information about how their loved one is thinking and options that other family members in a similar situation have used. There is a helpful alliance when pastors and agencies like ACCADA work together on the opiate issue. (**Jon Hall, Ashland Grace Church**)

A – 2d. Unfortunately, there are limitations on what can be done to get another person to seek help for an addiction. In the end the person must seek help. There are some actions that might make this more likely. The first is to **avoid enabling the person**. In short that means doing for them what they need to do for themselves. It also means not helping them financially when they are out of money. Addicts are endlessly inventive in finding ways to justify you giving them money.

If they need food it is because they already spent their money on opiates. If you give them money for food they either spend it on drugs or use it for food now and spend any future money they might get for buying drugs. This is a very difficult task for loved ones and it is not always easy to know when you are helping versus enabling.

The second thing you can do is **take care of yourself** and your other loved ones. That means avoiding spending all of your energy to focus on trying to help the addict. It is impossible for you to manage the behavior of the addict and trying to do so will result in you neglecting your own needs. You will want to consider attending a helping group like Alcoholics Anonymous. If you are involved with a church you may want to seek pastoral counseling. There may be other types of supports that you may access in your church. Also, be open with your close friends about the nature of the problem and seek their support. Try to maintain your personal life and social activities. This may help you avoid excessive anger toward the addict and preserve you and your family during this difficult time.

Thirdly, **educate yourself about the impact of addiction** on families. You may want to consider calling ACCADA at 419-289-7675 to get some input from an ACCADA counselor. Educational sessions are available.

Make it clear to the addict that his/her behavior is painful to you and that you **advocate that they seek help** to deal with their addiction. Support them if they decide to do so but make sure that they actually seek assistance with their opioid addiction. Letting them move home with only broad statements of wanting help may end in disappointment. Link your willingness to help with what you expect from them if they want to return home. It is OK to help them get to counseling sessions and helping them look for a job. But remember relapses do happen and take measures to protect you and your loved ones from disappointment. (***Dennis Dyer, Counselor/Director at ACCADA***)

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## Panel III – How to Help Someone Who has High Motivation to Help Themselves

Organization	Contact Information	Important Information
Ashland County Council on Alcoholism and Drug Abuse (ACCADA)	(419) 289-7675 310 College Avenue Ashland, Ohio 44805	ACCADA is the primary drug/alcohol prevention, education and treatment agency in Ashland County. ACCADA acts as the gatekeeper for publically funded Residential and Detox (In-patient) services.
QUEST – Regional Center for Opiate Recovery (ReCOR)	(330) 837-9411 1660 Nave Rd. SE Massillon, Ohio 44646	ReCOR is an opiate detox facility located on Quest’s Regional Recovery Campus in Massillon. The facility features both an inpatient and outpatient component and will serve clients from an 8-county region including Ashland County.
Windsor Laurelwood	(800) 438-4673 25900 Euclid Avenue Willoughby, Ohio	Offers several levels of inpatient care to assist individuals on the road to recovery including Inpatient Detox and Rehabilitation
Starfish Project of Richland County	(419) 512-6877 9 North Mulberry St. Mansfield, Ohio 44902	Faith-based organization associated with Teen Challenge. Provides youth, adults and families with an effective & comprehensive Christian faith-based solution to life-controlling drug and alcohol problems.

# QUESTIONS & ANSWERS – PANEL III

## Q – 3. **What treatment options are available to those persons wanting help for their addiction(s)? What about family members?**

A – 3a. ACCADA provides outpatient assessment, treatment planning, individual and group counseling.

We can refer to area doctors for medication to assist treatment (M.A.T.) this can be effective for those addicted to opiates.

In some cases the person may need to go to detox and inpatient treatment. Medicaid has begun to pay for detox which has allowed more opportunity to access detox. Detox alone is not effective so it is important to make sure the person has ongoing community based treatment.

We have limited access to longer term residential treatment. There are some facilities around the state that provide these services.

We also have a recovery house to assist the person in maintaining sobriety and developing a stable lifestyle. Those entering this facility must be working and demonstrating high motivation for personal recovery.

ACCADA also operates a jail treatment program in the Ashland County jail. Our Community Linkage counselor can meet with persons incarcerated in the jail and help them make the transition when released. This includes the support of a Recovery Coach.

Family: Some education is available for family members at ACCADA. You can come in as a family to talk to a counselor about how the family can support each other and develop a strategy to encourage your loved one to seek help. You may also want to attend Al-anon which is a self-help group modeled on the 12 Steps of AA.

There are many books available for family members. A few online searches will yield many options. Try to find books endorsed by legitimate persons or organizations. **(Dennis Dyer, Counselor/Director of ACCADA)**

A – 3b. A person who is addicted will experience the consequences of the addiction in Biological, Psychological (Mental & Emotional), Social, and Spiritual ways. One starts to desire a change by experiencing the pain of these consequences. One can also chart a course of recovery by exploring and implementing a Bio-Psycho-Social-Spiritual recovery plan. **(Brad Wise, Faith Community)**

A – 3c. There are a variety of options available. Outpatient and Inpatient. The use of drugs to assist therapy or just therapy. All have their advantages. It's important to work with the family/friends of the person receiving help and critical to ask about adverse childhood experiences (ACEs) and how they are related to the current addiction **(Jim Mooney, Physician, UH-Samaritan Medical Center)**

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## Panel IV – What Are We Doing To Educate/Protect Young People?

Organization	Contact Information	Important Information
Ashland County Council on Alcoholism and Drug Abuse (ACCADA)	(419) 289-7675  310 College Avenue Ashland, Ohio 44805	ACCADA is the primary drug/alcohol prevention, education and treatment agency in Ashland County. ACCADA acts as the gatekeeper for publically funded Residential and Detox (In-patient) services.
Start Talking	<a href="http://www.Starttalking.ohio.gov">www.Starttalking.ohio.gov</a>	Online resource that gives parents, guardians, educators and community leaders the tools to start the conversation with Ohio’s youth about the importance of living healthy, drug-free lives. Used by ACCADA in Ashland Schools.
Too Good for Drugs	<a href="http://www.toogoodprograms.org/">www.toogoodprograms.org/</a>	Online overview of research-validated substance abuse prevention program proven to promote social skill development and resiliency to promote learning readiness & social emotional competency. Used by ACCADA in Ashland Schools.
Catholic Charities	(419) 289-1903  34 West 2 <sup>nd</sup> Street Ashland, Ohio 44805	Catholic Charities offers the “Ashland Connects to Teens” teen mentoring program to reduce the risks of alcohol, tobacco, and drug abuse.

**Panel IV – What Are We Doing To Educate/Protect Young People?  
(cont.)**

<b>Organization</b>	<b>Contact Information</b>	<b>Important Information</b>
Drug Free Clubs of America	<a href="http://www.drugfreeclub.com">www.drugfreeclub.com</a>	DFCA’s mission is to identify drug free students, reward their good choices, and empower them with effective prevention tools to stay on the right track. This program has started at both the Ashland Career Center and Hillsdale School District.
Ashland County D.A.R.E. Program (The Office of the Sheriff Ashland County, Ohio)	(419) 289-3911  1205 East Main Street Ashland, Ohio 44805	Deputy Angie Hamilton is the School Resources Officer and D.A.R.E. Officer for the county.

## QUESTIONS & ANSWERS – PANEL IV

**Q – 4. What are we doing to protect young people from becoming addicted? What are the signs that my loved one might be using/addicted to opioids?**

A – 4a. We protect young people through the following: Assessment, Education, and Counseling. More intensive treatments like residential and detox services are determined on a person-by-person basis. 4 traits that put kids at risk for addiction include: Sensation-seeking, Impulsivity, Anxiety Sensitivity, and Hopelessness. Warning signs include missing pills from your prescription bottles, behavioral changes, indifference or “sleepiness”, constant request for money with nothing to show for it and needle marks or use of long-sleeved shirts when the weather doesn’t indicate it. (*Laura Huvler, Counselor, ACCADA*)

A – 4b. ACCADA provides prevention services to students in several local schools including 3 schools that we are most active in – being Crestview, Hillsdale and Loudonville. We also provide services in Ashland City Schools and Mapleton.

ACCADA offers services for elementary and middle schools. We ask personnel in each school to allow us to provide services. Most services consist of multiple sessions of an evidence-based program called Too Good For Drugs.

We also have a youth prevention club at Crestview called Turbo Teens which helps to raise awareness about the drug problem in our community. Youth are supported to participate and carry out some prevention activities. It's important to remember that the best prevention is both comprehensive and multi-faceted (**Kris Hickey, Prevention Specialist, ACCADA**)

A – 4c. We provide both individual and group experiences about making good decisions when it comes to substances. Topics include: how to say “no,” how to avoid negative peer pressure, how to talk to their parents and how to get help. We've recently started the Drug Free Clubs of America program which Jean will discuss in more detail (**Deb Gilson, Liaison, Appleseed Community Mental Health Center**)

A – 4d. Drug Free Clubs of America (DFCA) relies on the community to reach out to every type of student and prevent drug use. The program is also an integral part of preparing local students for the workforce. Employers are continually asking for candidates who can show up on time and pass a drug test. For me, DFCA not only helps to teach students the importance of a drug-free lifestyle, it also educates the parents about their role in the prevention process. Children who have parents or a trusted adult talk to them about the dangers of drug use are 50% less likely to try an illegal substance. Positive reinforcements are used to celebrate drug free decisions and motivate members to keep making these good decisions. The program allows members to stand up to peer pressure because of the possibility of a random drug screen. This program has been successful in Wayne and Holmes Counties for some time and we're hoping Ashland sees the same kind of success (**Jean Roberts, Tri-County Educational Service Center**)

A – 4e. Today, speaking from a school counselor's perspective, much of our school's focus is on prevention. We get to build relationships with students before they face these problems. Through partnering with ACCADA programs and encouraging peer-led prevention we establish a great start to the important conversation with students. We pursue evidence based prevention in every grade level, K-8.

The school can best help a student when they are aware of issues the student may be facing. We get the benefit of building relationships with the students from a young age, and see them interact with friends and are with them through a large part of their day. The communication piece cannot be stressed enough, if a parent has concerns or fears – contact your student's school counselor or teacher. This allows for increased communication with the student, reinforcement of positive behaviors and choices, and it makes sure that he/she is getting the help and support that he/she needs (**Katelyn McGookey, School Counselor, Crestview Schools**)

# Local & Regional Drug/Alcohol Resources

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## ADDITIONAL DRUG/ALCOHOL RESOURCES

Organization	Contact Information	Important Information
Rosary Hall – St. Vincent Charity Medical Center	(216) 363-2580 Press 4 2351 East 22 <sup>nd</sup> Street Cleveland, Ohio 44115	Detox Services – a 21-bed inpatient detoxification and assessment unit. Average length of stay is 3-5 days.
Glenbeigh Detox and Treatment Services	(800) 234-1001 2863 State Route 45 Rock Creek, OH 44084	Inpatient Detox & Treatment Programs are multi-disciplinary utilizing an abstinence-based, disease-concept model of treatment with the length of stay based on individual need.
Maryhaven	(614) 445-8131 1791 Alum Creek Drive Columbus, Ohio 43207	Maryhaven’s Residential Detox is a subacute program for adult men and women who need medical help to safely detoxify. Registered nurses staff this program and the facility 24 hours-a-day.
<b>Recognizing an Opioid Overdose</b>  (Information from the State of Ohio Board of Pharmacy)	<ul style="list-style-type: none"> <li>• Slow Breathing (less than 1 breath every 5 seconds) or no breathing.</li> <li>• Vomiting.</li> <li>• Face is pale and clammy.</li> <li>• Blue lips, fingernails or toenails.</li> <li>• Slow, erratic, or no pulse.</li> <li>• Snoring or gurgling noises while asleep or nodding out.</li> <li>• No response when you yell the person’s name or rub the middle of their chest with your knuckles.</li> </ul>	

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## ADDITIONAL DRUG/ALCOHOL RESOURCES

Organization	Contact Information	Important Information
Self Help – Alcoholics Anonymous (AA)	Trinity Lutheran Church 508 Center Street Ashland, Ohio 44805	Various Meeting Types – Call for complete schedule at: (419) 289-2126
	First Presbyterian Church 320 Church Street Ashland, Ohio 44805	Tuesday Evenings. Call for additional information: (419) 289-6205
	St. Edward Catholic Church 501 Cottage Street Ashland, Ohio 44805	Thursday Night Meeting (419) 289-7224
	New Hope Community Church 637 N. Market Street Loudonville, Ohio 44862	Friday Night Meeting (419) 994-1112
Self Help – Narcotics Anonymous (NA)	A New Day Counseling Center 402 Highland Drive Lodi, Ohio 44254	Friday’s at 7pm – Call for complete schedule at: (330) 636-1741
Self Help – Faith-Based	Reformers Unanimous 21 Washington Street Shelby, Ohio 44905	Biblically based, Christ-centered recovery program. (419) 566-8667
<b>Mental Health &amp; Drug Alcohol Services Available at the Ashland County Jail</b>  (419) 289-6552	<ul style="list-style-type: none"> <li>• Drug and Alcohol Education</li> <li>• Mental Health Assessment &amp; Counseling</li> <li>• Medication Assisted Treatment for those addicted to Opiates</li> <li>• Community Linkage Services for those being released to the community</li> <li>• Faith Based Counseling &amp; Support</li> </ul>	

# NOTES