



*Looking For
A Way Out*

*Addiction Treatment
And Education Resources
In Trumbull County*

This publication was produced by the Trumbull County Mental Health and Recovery Board and the Alliance for Substance Abuse Prevention (ASAP) Opiate Task Force. This guide to resources in Trumbull County is for individuals seeking help with substance abuse and addiction. You may be looking for help yourself or for a friend or family member. We hope this information will open some doors to finding help. Addiction is a complex and crippling condition. The needs are many, but the number of places to turn is growing and changing. Please directly contact agencies listed in this guide for the most current information.

Please Note:

These listings are not intended as recommendation of specific agencies nor can this be considered a complete list of resources. It is an evolving field and we hope to be able to update this informational guide periodically. Because of the current situation with abuse and addiction to pain pills and heroin, Trumbull County is developing resources which concentrate on this aspect of addiction. However, other drugs of abuse, including alcohol are being treated by these same institutions.

THE HUB FOR TREATMENT IN TRUMBULL COUNTY

Trumbull County Mental Health and Recovery Board

The mission of the board is to improve the well-being of our community by establishing and maintaining an effective, efficient and quality system of alcohol, drug and mental health services in Trumbull County. The board supports recovery by providing funding to agencies for education, treatment, prevention and support services. The board collaborates with many agencies and coordinates needed services.

4076 Youngstown Rd., Suite 201
Warren, OH 44484
(330) 675-2765
(330) 675-2772 fax
www.TrumbullMHRB.org

24/7 CRISIS AND REFERRAL SERVICES

Help Hotline Crisis Center

Provides non-emergency information and referral services for Mahoning, Trumbull and Columbiana Counties. Also provides basic information and referral for surrounding areas, state and national resources. Staff is trained in crisis intervention, suicide prevention and supportive listening.

Call 211
(330) 393-1565
(330) 747-2696
www.helphotline.org

Coleman Access Center

Provides 24 hour services for individuals experiencing emotional crisis. Services include consultation and referral, support and emergency mental health and substance abuse assessments.

552 N. Park Ave.
Warren, OH 44481
(330) 392-1100

www.colemanservices.org

OVERDOSE EDUCATION AND NALOXONE DISTRIBUTION

Project DAWN of Trumbull County

A community-based drug overdose education and Naloxone distribution program. Participants receive education on recognizing the signs and symptoms of an overdose, distinguishing between different types of overdose, performing rescue breathing, calling emergency medical services, and administering intranasal Naloxone. All participants receive 2 vials of Naloxone in a Project DAWN kit.

Naloxone is used to reverse opiate overdoses.

Trumbull County Health Department
176 Chestnut Ave. NE
Warren, OH 44483
(330)-675-2590, Option #3

MEDICALLY SUPPORTED SERVICES

In the treatment of opioid addiction (which includes pain pills and heroin), there are supervised treatments available. Methadone and buprenorphine (Suboxone) are increasingly prescribed as an aide to getting clean and maintaining sobriety. Ideally, these medications are used in conjunction with traditional psychological and social treatments like group or individual counseling.

Meridian Community Care

527 North Meridian Rd.
Youngstown, OH 44509
(330) 797-0070

www.meridiancommunitycare.org

Neil Kennedy Recovery Clinic

160 Clifton Dr. NE
Warren, OH 44484
(330) 609-5441

www.nkrc.org

Windsor Laurelwood Center for Behavioral Medicine

35900 Euclid Avenue
Willoughby, OH 44094
24 hour referral line – (440) 953-3000

Addiction Medicine Specialists

Doctors can be certified as specialists in Addiction Medicine. There are also psychiatrists who are specialists in this area. Check with your primary care doctor and/or your insurance carrier for professionals who practice Addiction Medicine.

Also

A new treatment drug gaining usage in other parts of Ohio is Vivitrol. It is administered by injection, is effective for a month and is used to block cravings for opiates. Its efficiency and cost-effectiveness are still being reviewed but our area could see its widespread usage soon.

OUTPATIENT TREATMENT

Outpatient therapy for addiction or substance abuse is offered through a number of agencies in Trumbull County. Outpatient treatment allows the client to continue living at home. It is hoped that the client will gain insight into reasons for their behaviors and develop coping skills. The length of time in treatment depends on the client’s needs. Referral to an outpatient program often follows an assessment. Many of these same agencies also offer assessment. Some offer medically supervised detox programs. Agencies offering outpatient therapy include:

Community Solutions, a program of Compass Family & Community Services

320 High St.
Warren, OH 44481
(330) 394-9090
www.compassfamily.org

Glenbeigh

29 North Rd.
Niles, OH 44446
(330) 652-6770
www.Glenbeigh.com

Neil Kennedy Recovery Clinic

160 Clifton Dr. NE
Warren, OH 44484
(330) 609-5441
www.nkrc.org

***St. Joseph Hospital Warren
New Start Treatment Center for Chemical Dependency***

1296 Tod Place #205

Warren, OH 44485

(330) 306-5010

www.mercy.com/youngstown/newstart.aspx

Private Counseling

If you have insurance coverage or perhaps an Employee Assistance Program through your workplace, you may want to explore the possibility of seeing a private therapist with a specialized interest in alcohol/substance abuse counseling. Contact your insurer or EAP provider.

Also, if you have concerns about your own use of alcohol, drugs, or other addictive behaviors – or the behaviors of a loved one, you may want to speak to your family doctor for a referral to a private therapist. This can be a helpful step, whether you have concerns about yourself or need to speak to someone about your relationship with a person with addictive behaviors.

“Addiction is a family disease” and its effects are widespread.

RESIDENTIAL TREATMENT

When people think of drug treatment or “rehab,” they often think of residential treatment. The patient is required to live at the facility for perhaps 1-3 months, or sometimes longer. Being there full-time allows for a more intensive treatment program. Without outside distractions, the individual is free to concentrate more fully on recovery.

Access to an inpatient program can depend on insurance coverage, or the ability to pay. Some programs are publically funded but admission may be based on referral from other agencies and waiting lists are often long. Unfortunately, the need for these services is far greater than their availability. If an individual is serious about admission to an inpatient facility, many phone calls may need to be made. Because waiting lists may be long, outpatient counseling or some other supportive plan may be advisable while waiting.

First Step Recovery

2737 Youngstown Road, S.E.

Warren, OH 44484

(330) 369-8022

www.FirstStepRecovery.net

Glenbeigh

2863 State Route 45

Rock Creek, OH 44084

(800) 234-1001

www.Glenbeigh.com

Neil Kennedy Recovery Clinic

2151 Rush Blvd.
Youngstown, OH 44507
(330) 744-1181
www.nkrc.org

Windsor Laurelwood Center for Behavioral Medicine

(Detox facility and limited stay)
35900 Euclid Avenue
Willoughby, OH 44094
(440) 953-3000
www.windsorlaurelwood.com

Also

There are additional residential treatment centers in the surrounding area. Insurance coverage varies so check with your insurer to help determine your options.

SOBER LIVING ENVIRONMENTS

Sober Housing (or what were once more commonly called Halfway Houses) is one of the fastest growing components of the “Recovery Model” continuum of services. Living with like-minded people can be a great boost to maintaining sobriety. Listed below are housing providers.

Foster Living LLC

Men’s Recovery Housing
Warren, OH
(330) 330-3264

Glenbeigh

29 North Rd.
Niles, OH 44446
(330) 652-6770
www.Glenbeigh.com

Keys 2 A 2nd Chance, LLC

Women's Sober Living Housing
(330) 506-6035
www.keys2a2ndchance.com
[E-mail: keys2a2ndchance@gmail.com](mailto:keys2a2ndchance@gmail.com)

Owens Place Community Care

“A Sober Living Facility”
(330) 307-7451
Owensplace221tod@gmail.com

Park Place Recovery Residence

701 North Park Avenue
Warren, Ohio
(330) 307-4575

Robbins House LLC

Women's Sober Living
Niles and Warren, Ohio
330-980-8845
330-369-9439

The Woman to Woman Boarding House

Neil Kennedy Recovery Clinic
800-228-8287
www.NKRC.org

More information about sober living environments is available by calling the Trumbull County Mental Health and Recovery Board (330) 675-2765.

RECOVERY SUPPORT

Support and self-education are important components of treating addiction and preventing relapse. It is important to seek out helpful resources and use them. Recovery is an ongoing process. Supportive groups are valuable for the recovering addict and for family members and loved ones. Check with local offices or group websites to find meetings convenient for you.

Alcoholics Anonymous

Youngstown Area Intergroup
(330) 270-3000

Celebrate Recovery

www.celebraterecovery.com

Families Anonymous

Neil Kennedy Recovery Center
160 Clifton Dr. NE
Warren, OH 44484
(330) 609-5441

Heroin Anonymous

www.heroinanonymous.org

Nar Anon Family Groups

(800) 477-6291
www.nar-anon.org

Narcotics Anonymous (NA) – Buckeye Regional

Provides information on local narcotics anonymous support groups within caller's area; if an addict in crisis calls this line, they can take the first name and phone number of the caller and have a recovering addict call them back. Calls are answered 24 hours/7 days week.

Local group meetings are listed at: www.nabuckeye.org/Meetings.html

(888) 438-4673

Narcotics Anonymous – Western Reserve Area

(330) 678-7564

24 Hour Helpline

(888) 438-4673

www.wrascna.org

Smart Recovery

Self-Management and Recovery Training

(866) 951-5357

www.smartrecovery.org

The Sahara Club II

The Sahara Club II is a sober club that provides education, fellowship, support and recreational services to individuals and their families who are interested in a life that is sober and free of chemical dependence.

2345 Youngstown Road

Warren, OH 44484

(330) 306-5191

SaharaClub2@gmail.com

Solace of the Valley

Solace members seek to end the crisis of drug addiction in their communities. We provide support to individuals and families affected by addiction, advocating for policy changes and mobilizing other communities to enact their own changes. Solace is an action group, not a recovery group. Solace members are encouraged to be visible in the war on addiction, working within the legal boundaries to enact positive changes to the current climate of laws and penalties to diminish the effects of addiction on our loved ones.

www.SolaceoftheValley.org

Recovery Coaches

A Recovery Coach is a person who helps remove personal and environmental obstacles to recovery, links the newly recovering person to the recovering community, and serves as a personal guide and mentor. Coaches are not therapists and do not offer counseling, therapy or any other clinical services. Instead, they are peers who assist people on the path from a life of addiction to a life in recovery. Coaches have personal experience in navigating this path and will offer "insider" knowledge. They help individuals in recovery address areas of their lives that have been negatively impacted by addiction, including housing, education and employment.

Neil Kennedy Recovery Center

5211 Mahoning Avenue #300
Youngstown, OH 44515
(330) 402-1565
www.nkrc.org

THE LEGAL SYSTEM

Legal issues often go hand in hand with substance abuse and addiction. As our legal system strives to provide a more caring response and not strictly punishment, new approaches are being tried. Local legal initiatives include:

Newton Falls Drug Court
Trumbull County Drug Court
Trumbull County Family Dependency Treatment Court

STATE AND FEDERAL GOVERNMENT RESOURCES

Ohio Department of Mental Health and Addiction Services

www.mha.ohio.gov

Ohio Department of Health/Healthy Ohio Drug Overdose in Ohio

www.health.ohio.gov/vipp/drug/dpoison.aspx

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

SAMHSA Recovery Support

www.samhsa.gov/recovery/

Medline Plus, a service of the U.S. National Library of Medicine and the National Institute of Health Drug Abuse

www.nlm.nih.gov/medlineplus/drugabuse.html

NIH National Institute on Drug Abuse

www.drugabuse.gov/

SPECIAL POPULATIONS

Every addict has their own unique story and every addict has something in common with other addicts. There are certain populations that may benefit from specialized treatment and there are agencies and programs designed to serve them in unique ways. This is not an exclusive list of agencies offering specialized support. Included are some of those emphasizing service to these groups.

ADOLESCENTS***Meridian Community Care***

Meridian Community Care offers services for adolescents specifically in the way of treatment and prevention. We provide youth and young adults with low intensity group drug and alcohol treatment, individualized alcohol and other drugs (AOD) and/or mental health outpatient treatment, and an intensive group program for AOD needs. We also provide outpatient mental health only services in our main office and in some school settings. We provide prevention services in the community through volunteer and drug-free fun activities as well as in school clubs through our Panda Leaders Program. There is a focus on more than drugs and alcohol within the clubs as our youth are facing so much more in their daily lives. We address issues such as bullying, self-esteem, healthy relationships, communication and leadership skills.

527 N. Meridian Rd.
Youngstown, OH 44509
(330) 259-7899

Neil Kennedy Recovery Clinic

Studies show that adolescents who suffer from the disease of addiction to drugs, alcohol, prescription pills or other substances require services that are different from adults. Because they require more structure and supervision, the Neil Kennedy Recovery Clinic youth programs address the needs that are specific to our younger patients. We offer specialized assessment, education, and intensive outpatient services. Our highly trained experts give adolescents, youth and young adults the tools they need to reclaim health and find recovery.

800-228-8287
www.NKRC.org

Windsor Laurelwood Center for Behavioral Medicine

Windsor Laurelwood provides inpatient and outpatient services to assist children and adolescents ages 6-18 with primary mental health diagnosis and/or substance abuse disorders. Treatment includes: crisis stabilization; psychiatric evaluation; medication evaluation and management; individual, family and group therapy; art and recreation therapy; comprehensive discharge planning.

(440) 953-3000
www.windsorlaurelwood.com

WOMEN***Glenbeigh Rock Creek***

Glenbeigh offers special facilities and services for women in inpatient treatment and extended residential care including housing in a separate wing of the hospital, where they have their own lounge areas to ensure privacy. Female therapists and all female counseling groups provide the opportunity to gain support from other women in order to deal with sensitive issues and begin the healing process.

PO Box 298
2863 State Route 45
Rock Creek, OH 44084
800-234-1001

Neil Kennedy Recovery Clinic

Neil Kennedy Recovery Clinic partnered with Junior League of Youngstown in 1988 to assess the availability of treatment services for women in our area. Through this partnership the Woman to Woman Program was formed. The program includes residential rehabilitation, partial hospitalization, intensive outpatient, and continuing care as well as early intervention, outreach and referral for women and their children.

The Woman to Woman boarding house provides a safe, supportive place for women to live while they are gaining the skills necessary for ongoing recovery. Women living at the house participate in intensive treatment at the Youngstown site from 8am to 8pm daily. A typical stay is approximately four weeks.

800-228-8287
www.NKRC.org

TREATMENT FOR LICENSED PROFESSIONALS

Addiction is a disease that affects all people and does not discriminate by race, class or profession. Addiction is particularly destructive for skilled and licensed professionals due to the demands and expectations of their work.

Glenbeigh Rock Creek

The consequences of addiction experienced by professionals are a primary focus of this specialty group. Patients work on developing a healthy recovery program within their professional role and address the requirements mandated by their respective licensure and monitoring boards. Glenbeigh is an approved provider with most professional boards.

PO Box 298
2863 State Route 45
Rock Creek, OH 44084
(800) 234-1001

Glenbeigh Outpatient Center of Niles

Caduceus meetings for medical professionals in recovery
29 North Road
Niles, OH 44446
(330) 652-6770

DUAL DIAGNOSIS

Dual-diagnosed patients have been diagnosed with both a mental health and substance use disorder. Those with co-occurring disorders face complex challenges. They have increased rates of relapse, hospitalization, homelessness, and HIV and Hepatitis C infection compared to those with either mental or substance use disorders alone.

Glenbeigh

Dually-diagnosed patients participate in specialized groups designed to promote positive self-image and help the patients understand their mental and emotional disorders and how they influence recovery.
PO Box 298
2863 State Route 45
Rock Creek, OH 44084
(800) 234-1001

Windsor Laurelwood Center for Behavioral Medicine

Inpatient dual diagnosis program for adults with co-occurring mental health and substance abuse disorders.

35900 Euclid Avenue
Willoughby, OH 44094
(440) 953-3000
www.windsorlaurelwood.com

TOBACCO CESSATION TREATMENT

Baby and Me Tobacco Free

A smoking cessation program that uses support tools specific to pregnant women. Participants attend 4 prenatal quit smoking sessions and agree to take a monthly breathe test. Participants that remain tobacco free after the baby is born, receive a monthly voucher for free diapers for up to 1 year.

Trumbull County Health Department
176 Chestnut Ave. NE
Warren, OH 44483
(330)- 675-2590, Option #3

St. Joseph Hospital Warren***New Start Treatment Center for Chemical Dependency***

Those seeking help for substance use disorders smoke cigarettes or use tobacco products at a rate that is 3-4 times the average population. Programs at St Joseph Hospital Warren/New Start Treatment Center & the Regional Tobacco Treatment Center treat both addictions simultaneously or one after the other. Our tobacco programs are certified through Ohio Department of Mental Health & Addiction Services and the Joint Commission for hospitals. It is a grant funded program with no out of pocket costs to the participant. This includes both behavioral counseling provided by a licensed chemical dependency counselor who is also certified as a Tobacco Treatment Specialist and 6 weeks of prescription and/or over the counter medication.

1296 Tod Place #205

Warren, OH 44485

(330) 306-5010

www.mercy.com/youngstown/newstart.aspx