"Looking For A Way Out"

A Guide to 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](http://www.TrumbullMHRB.org)

**DRUG FREE COMMUNITY COALITION**

**Alliance for Substance Abuse Prevention (ASAP)**
ASAP is a community project of the Trumbull County Mental Health and Recovery Board. The coalition engages in strategic partnerships to solve our community’s substance abuse problems. The ASAP coalition was originally organized as a response to the underage alcohol use problem in Trumbull County. The coalition served as the catalyst behind the countywide “Parents Who Host Lose The Most” campaign. As members of the coalition became aware of the opiate epidemic in our County, they decided to tackle the issue and the ASAP Opiate Task Force was formed. The Task Force meets monthly and the group focuses on education, addressing high rates of drug related crimes, providing community education, and leading community wide change.
Alliance for Substance Abuse Prevention
4076 Youngstown Rd., Suite 201
Warren, OH 44484
(330) 675-2765, ext. 119
(330) 675-2772 fax
www.TrumbullMHBRB.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 - Free online resources

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 ANDNALOXONE 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 Combined Health District
176 Chestnut Ave. NE
Warren, OH 44483
(330)-675-2590, Option #3
www.tcbh.org
**MEDICATION ASSISTED TREATMENT (MAT)**
In the treatment of opioid addiction (which includes pain pills and heroin), there are supervised treatments available. Methadone, buprenorphine (Suboxone) and Vivitrol 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 Healthcare*
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.

**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 effective coping skills. The length of time in treatment depends on the client’s needs. 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

**First Step Recovery**
2737 Youngstown Road, SE
Warren, OH 44484
(330)369-8022
www.FirstStepRecovery.net

**Meridian Healthcare**
527 N. 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

**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

Meridian Healthcare
527 N. Meridian Rd
Youngstown, OH 44509
(330) 797-0070
www.meridiancommunitycare.org

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.

**RECOVERY HOUSES/SOBER LIVING ENVIRONMENTS**
Sober Housing 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 local 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](http://www.Glenbeigh.com)

**Keys 2 A 2nd Chance, LLC**
Women’s Sober Living Housing  
(330) 506-6035  
[www.keys2a2ndchance.com](http://www.keys2a2ndchance.com)  
E-mail: keys2a2ndchance@gmail.com

**Park Place Recovery Residence**
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](http://www.NKRC.org)

**Well Spring 1 & Well Spring 2**
Men’s Recovery Housing  
(412) 877-4916  
Dave.sams@fsrohio.com
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 person in recovery 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.

**Meridian Healthcare**
527 N. Meridian Rd
Youngstown, OH 44509
(330) 797-0070
www.meridiancommunitycare.org

**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 court initiatives include:

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

Community Legal Aid Services Inc.
160 East Market St, Suite 225
Warren, OH 44481

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

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 Healthcare
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) 797-0070
www.meridiancommunitycare.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

FAMILY PROGRAM

Meridian Healthcare
The Meridian Family Program consists of consultations, educational group topics, and individual family counseling. The Family Program is tailored to assist clients and their loved ones in improving relationship development while providing information on the disease of addiction. The Family Program is available to all clients and their loved ones, sponsors or members of their primary support group.

527 N. Meridian Rd
Youngstown, OH 44509
(330) 797-0070
www.meridiancommunitycare.org
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  
www.glenbeigh.com

**Meridian Healthcare**
Meridian Women's programs offer a comprehensive continuum of care for women to help them address their drug and/or alcohol issues in a safe and supportive environment. The program focuses on addressing issues unique to women, including dealing with complex trauma, building healthy relationships and balancing family responsibilities. Meridian offers residential, day treatment with supportive housing, and outpatient services to meet the needs of women in treatment and recovery.

527 N. Meridian Rd  
Youngstown, OH 44509  
(330) 797-0070  
www.meridiancommunitycare.org

**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
www.glenbeigh.com

Glenbeigh Outpatient Center of Niles
Caduceus meetings for medical professionals in recovery
29 North Road
Niles, OH 44446
(330) 652-6770
www.glenbeigh.com

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
www.glenbeigh.com

Meridian Healthcare
Meridian’s Co-Occurring Treatment Program is an outpatient program designed to help adults who are dealing with substance use and mental health issues at the same time. We have counselors on staff with specialized degrees and training that allow us to address both problem areas simultaneously. The co-occurring treatment program uses integrated treatment methods to help people in recovery for co-occurring disorders in one setting at the same time.
Treatment services combine medical, counseling, case management, education and social intervention to address the needs of clients and their family members.
527 N. Meridian Rd
Youngstown, OH 44509
(330) 797-0070
www.meridiancommunitycare.org

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 Combined Health District
176 Chestnut Ave. NE
Warren, OH 44483
(330) 675-2590, Option #3
www.tcbh.org

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