

**Mental Health
and Recovery
Services Board**

419-448-0640
www.mhrsbsw.org



Resources for Pregnant Women Addicted to Heroin/Opiates

Medication Assisted Treatment

There are three recommended medical options at this time. Methadone maintenance and Subutex are the two most common medications for pregnant women who are addicted to heroin or other opiate drugs. Suboxone providers change with some frequencies therefore you can visit a website called www.suboxone.com/find a doctor to find a more current list of Suboxone physicians. You will need to call them to determine if they will accept you as a patient.

Agency	Location	Phone Number	Payment Source	Comment
The Ohio State University	McCampbell Hall 1581 Dodd Drive Columbus, OH 43210	614-721-0009	Medicaid, Private Insurances	STEPP Clinic is a high risk pregnancy clinic so they take over the OB care as well as the MAT
Dr. Musa	1043 Harding Memorial Pkwy Marion, OH 43302	740-383-4090	Must ask if your insurance is covered when you call the office or check with your insurance plan	
Dr. Mahjabeen Islam	845 Commerce Drive, Suite A1 Perrysburg, OH 43551	419-872-0500	Case by case basis, does not take Paramount or Buckeye	Depending on term and addiction issues, they are screened for admission.

Inpatient Treatment

Hospital	Location	Phone Number	Payment Source	Comment
Lutheran Hospital	1730 West 25 th St. Cleveland, OH 44113	866-588-2264	Medicaid, Private Insurances	Must be less than 20 weeks gestation
Marymount	12300 McCracken Road Garfield Heights, OH 44125	216-581-0500	Medicaid, Private Insurances	Will detox for opiates and alcohol
Summa Health System Ignatia Hall Detox Unit	3730 Whipple Avenue NW#5 Canton, Ohio 44718	330-379-5257	Medicaid, Private Insurances	Case Manager can take calls regarding questions at 330-375-4075

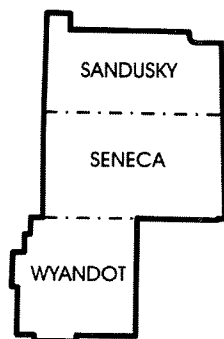
Residential Treatment

Agency	Location	Phone Number	Payment Source	Comment
Zepf Center - Ashland	2005 Ashland Avenue Toledo, OH 43620	419-841-7701	Medicaid, Private Insurances	Walk In Assessment M-F 9am-2pm, F 9am-12pm
The Key	1882 East 32 nd Street Lorain, OH 44055	440-989-4900	Medicaid, Private Insurances	Can complete assessment on site or be placed on a wait list, place on Subutex (no Benzos), will link with OB/GYN in Lorain
Devlac Hall The Chrysalis	1033 Devlac Grove Bowling Green, OH 43402	419-352-5387	Medicaid, Self-pay	Priority is given to pregnant women
Women's Recovery Center	515 Martin Drive Xenia, OH 45385	937-562-2405	Medicaid, Private Pay	Must already be detoxed from opiates/alcohol and have own MAT provider
Detroit Wayne Mental Health Authority	2 Woodward Avenue #902 Detroit, MI 48226	800-241-4949	To Be Determined	Limited resource, will need to call to determine eligibility if an Ohio resident
Stepping Stone House	411 Court Street Portsmouth, Ohio 45662	1-800-577-6685 M-F 8am-6pm	Medicaid, private insurance	Can bring children up to age 12 to the home.

Other Resource

A program has been developed in a partnership with Adena Health Systems and CareSource to assist Moms battling addiction during pregnancy, and to reduce the possibility of a baby being born addicted to Opioids. The program provides Treatment for Mom, counseling and support requirements. This program is supported by the State Medicaid Program and a grant from March of Dimes.

<http://adena.org/media/newsdetail.dT/healthy-babies>



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Commonly Asked Questions for Women Who Are Pregnant and Addicted to Opiates/Heroin

I just found out that I am pregnant, where can I get help?

The attached resource list provides you with resources to help you successfully carry and deliver your baby. Options range from outpatient medicated assisted treatment to residential programs to inpatient medically monitored services.

Do I have to stop using, isn't the damage already done?

It is not too late to ask for help and prevent some of the harm to your baby. While any drug use while pregnant can expose the baby to harmful effects, the sooner the mother seeks medical attention the lower the risks become and a plan can be developed on how to reduce the risks to both the mother and the baby.

Can I quit using substances cold turkey?

It is not recommended to quit without medical assistance as the effects of the withdrawal could endanger the baby.

What can happen to my baby when it is born?

Prenatal use of some drugs, including opioids, may cause a withdrawal syndrome in newborns called neonatal abstinence syndrome (NAS). Babies with NAS are at greater risk of seizures, respiratory problems, feeding difficulties, low birth weight, and even death. Medical staff can help prepare for these symptoms to be managed and to help ease the baby through the withdrawal process.

What medications can I take while I am pregnant?

Over-the-counter and prescription medications can also enter your baby's blood stream, causing birth defects. Some medications that are prescribed by your doctor and taken at the prescribed dosage are safe to take during pregnancy. So it is important to talk to your healthcare provider before taking or stopping any medications. And, if you believe you may be addicted to prescription medication, seek treatment immediately, as prescription medications can be harmful to you and your baby.

What medications are available to help me and my baby through my pregnancy?

Although no medications have been FDA-approved to treat opioid dependence in pregnant women, methadone maintenance combined with prenatal care and a comprehensive drug treatment program can improve many of the detrimental outcomes associated with untreated heroin abuse. Recently, another medication option for opioid dependence, buprenorphine, has been shown to produce fewer NAS symptoms in babies than methadone, resulting in shorter infant hospital stays. In general, it is important to closely monitor women who are trying to quit drug use during pregnancy and to provide treatment as needed.

I cannot take care of a baby right now, who can I talk to about my options regarding adoption or kinship care?

Mindy Stroup and Crystal Smith from the Seneca County Department of Job and Family Services is available to discuss your options. You can call them at 419-447-5011 and they will help you with information regarding the process.

<http://www.helpmegrow.ohio.gov/Resources/Safe%20Havens%20for%20Newborns.aspx>

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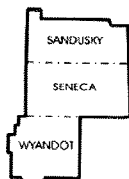
Treatment and Recovery Support Resources Seneca, Sandusky and Wyandot Counties

Christian Counseling Center	Mental Health Counseling	419-447-8111
Community Health Services	Behavioral Health Services	419-334-3869
Corporate Anointing Ministries (CAM)	Alcohol and Drugs Recovery Housing - Male and Female	419-333-0733
FACTOR	Addiction Support Group for Individuals, Families and Friends	419-294-8740
Families Recover Too	Support Group for Families and Friends Affected by Addictions	419-262-2436
Family and Children First Council - Sandusky	Wrap-around - Family Services	419-332-9571
Family and Children First Council - Seneca	Wrap-around - Family Services, SMYL - Youth Mentoring Program	419-443-0981
Family and Children First Council - Wyandot	Wrap-around - Family Services, Way - Youth Mentoring Program	419-294-6438
Firelands Counseling and Recovery Services - Fostoria	Mental Health and Alcohol and Other Drugs and Crisis	419-435-0204
Firelands Counseling and Recovery Services - Fremont	Mental Health and Alcohol and Other Drugs and Crisis	419-332-5524
Firelands Counseling and Recovery Services - Tiffin	Mental Health and Alcohol and Other Drugs and Crisis	419-448-9440
Firelands Counseling and Recovery Services - Upper Sandusky	Mental Health and Alcohol and Other Drugs and Crisis	419-294-4388
Lorain County Alcohol and Drug Abuse Services	Women's Residential Program for Alcohol and Other Drugs	440-282-4777
Liberty Center of Sandusky County	Homeless Shelter Offering Behavioral Health Treatment	419-332-8777
Life Enhancement Services of Ohio	Behavioral Health Services - Outpatient Treatment	419-552-1882
Lutheran Social Services of Northwestern Ohio	Mental Health and Chemical Dependence Counseling Services	419-334-3431
NAMI of Seneca, Sandusky and Wyandot Counties	Mental Health Family Support, Education and Advocacy	419-334-8021
New Housing Ohio, Inc. (The Cottage)	Alcohol and Drug Recovery Housing - Male	567-245-5150
New Housing Ohio, Inc.	Mental Health Housing - Male and Female	567-245-3744
New Transitions Counseling	Behavioral Health Services - Outpatient Treatment	419-448-4094
Oriana House, Inc.	Recovery Support Coach and Medication Assisted Treatment	419-447-1444
Peer Recovery Support Group	Peer Mental Health and Alcohol and Drug Recovery Support	419-448-0640
Peer to Peer Recovery	Support Group for Individuals from Mental Health or Addictions	419-552-0118
ProMedica Physicians Behavioral Health - Fremont	Behavioral Health Services	419-333-2785
Rigel Recovery Services	Opiate Specific Outpatient Treatment Services	567-220-7018
Road to Hope Project	Addiction Support Program 1-Year, Faith-Based Program - Male	419-455-5616
RU Recovery Program (Reformers Unanimous)	Addiction Support Group (Christ-Centered)	419-547-8251
Sandusky County Re-Entry	Employment Support for Sandusky County	567-201-2206
Suicide Prevention Coalition	Education and Support for the Prevention of Suicide	419-448-0640
Summit Psychological Associates, Inc.	Behavioral Health Services - Outpatient Treatment	800-967-3327
TASC - Sandusky County	Drug Testing and 12-Step Support Program	419-334-4644
Tiffin Community Health Center	Behavioral Health Services, Federally Qualified Health Center	419-455-8140
Upper Sandusky Counseling & Life Coaching	Wellness, Life Coaching and Counseling	419-294-5795
Wyandot Counseling Associates	Behavioral Health Services - Outpatient Treatment	419-294-1212

CRISIS HOTLINE - 24/7 1-800-826-1306

CRISIS TEXT LINE |

**Text 4hope
to 741741**



For specific service information please call Mental Health and Recovery Services
Board of Seneca, Sandusky and Wyandot Counties

419-448-0640

or visit our website at www.mhrsbssw.org.

ALCOHOL AND DRUG SUPPORT GROUPS

Name	Area	Information
4CR Four County Recovery Huron, Erie, Sandusky and Seneca Counties 419-577-4331	Bellevue Norwalk	Huron, Erie, Sandusky and Seneca Counties. Four County Recovery is a new non-profit group committed to assisting those struggling with addiction and their families. <u>Bellevue Meetings for Addicts and Recovered Addicts</u> , City Council Chambers, 3000 Seneca Industrial Parkway, Bellevue: Monday-10:00 a.m.; Tuesday-6:00 p.m.; Wednesday 10:00 a.m.; Thursday-6:00 p.m.; Sunday-11:00 a.m. (group yoga session). <u>Bellevue Meeting for Family and Loved Ones</u> , Bellevue Public Library, 224 East Main Street, Bellevue: Saturday-11:00 a.m. (biweekly). <u>Norwalk Meetings for Addicts and Recovered Addicts</u> , Norwalk Recreational Center, 100 Republic Street, Norwalk: Contact Rory McClain at 614-907-1030.
Al-Anon	Ohio	http://www.ohioal-anon.org/
Alcoholics Anonymous	NW Ohio	www.area55aa.org
Alcoholics Anonymous	North Central Ohio	www.ncoa:aa.org
Narcotics Anonymous	Ohio Region	http://bmlt.naohio.org/
Celebrate Recovery	Fremont	Celebrate Recovery is a biblically balanced program that helps overcome hurts, habits, and hang-ups. Grace Community Church, 900 Smith Road, Fremont: Wednesday-6:30 p.m. in "The Block", Childcare provided.
FACTOR 419-294-8740	Tiffin	Support group for individuals in recovery, families and friends affected by addictions. A Little Faith Ministries, 230 S. Washington Street, Tiffin: Monday 7:00-8:30 p.m.
Fight for Recovery 419-603-8963	Clyde	Families dealing with addictions: focus to bridge the gap between families and the mind of an addict. Also offering support group for individuals in recovery. <u>Young People's Recovery Meeting</u> , Clyde City Building Basement, 222 Main Street, Clyde: Friday-7:00 p.m. <u>Opiate Addiction Support Group</u> for family members and loved ones, Clyde City Building Basement, 222 Main Street, Clyde: Tuesday-7:30 p.m.
Families Recover Too 419-262-2436	Woodville	Support group for families and friends affected by addictions. Solomon Lutheran Church, 305 W. Main Street, Woodville: Thursday-7:30 p.m.
Family Matters 567-280-4023	Fremont	The Family Matters Education Program provides encouragement and support to family members and friends of those affected by addiction. Positive family involvement can assist in continued sobriety. Oriana House Family Matters, 101-103 S. Front Street, Fremont: Wednesday 6:00-8:00 p.m.
Family Matters 567-220-7018	Tiffin	The Family Matters Education Program provides encouragement and support to family members and friends of those affected by addiction. Positive family involvement can assist in continued sobriety. Oriana House Family Matters, 65 St. Francis Avenue, Tiffin: Thursday 6:00-8:00 p.m.
Life Coaching 419-294-5795	Upper Sandusky	An educational support group for families and loved ones of someone suffering from addiction. Call to register.
Peer to Peer Recovery 419-552-0118	Fremont	Support group for individuals in recovery from addictions. Corporate Anointing Ministries (CAM), 604 W. State Street, Fremont: First Saturday of the month at 9:00 a.m.
Recovery Coach 567-280-4023 x 4321	Fremont Tiffin	For Sandusky and Seneca County residents. A personal guide and mentor for people seeking or already in recovery. This program promotes recovery by removing barriers and obstacles. Oriana House, 101 S. Front Street, Fremont and Oriana House, 65 St. Francis Avenue, Tiffin.
Road to Hope Project 419-455-5616	Tiffin	Family members and friends support group. 3484 S Township Road 151, Tiffin. Meetings are 3rd Thursday of each month. 7:00-9:00 p.m.
RU Recovery Program 419-547-8251	Clyde	Christ-center addiction support group. Kidz Club. Harvest Baptist Temple, 1022 S. Main Street, Clyde: Meets every Friday at 7:00 p.m.



CRISIS TEXT LINE |

Text 4HOPE to 741741

A free, 24/7 text line for people in crisis.

What is Crisis Text Line?

Crisis Text Line provides free support at your fingertips, 24/7. It is a free, confidential service available via text on mobile devices. It is intended to broaden the options available through current community crisis hotlines. Crisis Text Line's goal is to move people from a hot moment to a cool calm.

Message

Any person may need help in coping with a stressful situation. Crisis Text Line believes that everyone who reaches out for help deserves a human response. No one should feel alone. Crisis Text Line is there any time, day or night, to help those in need.

How does Crisis Text Line work?

Anyone should feel free to use Crisis Text Line. It serves all ages. An individual may text the keyword "4HOPE" to 741741 and expect a reply from a trained Crisis Counselor within five minutes. The message is confidential, anonymous and secure. Crisis Text Line does not charge texters if your cell phone plan is with AT&T, T-Mobile, Sprint or Verizon, and nothing will appear on a phone bill. If your plan is with another carrier, standard messaging rates apply, and the short code 741741 will appear on your billing statement. An algorithm reviews text for severity and messages that are determined to be from someone at imminent risk are placed at the top of the queue.

Crisis Text Line in Ohio

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) has entered in to a contract with the national Crisis Text Line to provide Ohioans with a state-specific keyword to access its free service. Throughout Ohio, individuals can text the keyword "4HOPE" to 741741 to be connected to a trained Crisis Counselor. This keyword was originally chosen by the Stark County Mental Health and Addiction Recovery Board. The Ohio Association of County Behavioral Health Authorities (OACBHA) is working with OhioMHAS to roll out statewide promotion of this state-specific keyword.

What can I do to spread Crisis Text Line?

Anyone can share the word about this resource with individuals and community members. School personnel, social workers, treatment providers and media outlets are especially encouraged to promote information about Crisis Text Line. OACBHA has developed a resource toolkit of digital, print, and physical materials that can enable you to share the word with your community. Helping spread the word in your community is incredibly valuable.

How can I volunteer for Crisis Text Line?

Crisis Text Line always welcomes new volunteers to be trained Crisis Counselors. To become a trained Crisis Counselor, you must be over 18. You will go through a rigorous application process that includes a background check. This is to ensure that the best quality people are on the other end of a text from someone in a Crisis. Successful applicants will receive 34 hours of web-based training. You may apply through CrisisTextLine.org. There are over 2,000 trained Crisis Counselors responding to over 50,000 texters per month, and those numbers are growing every day. On average, there are 10 active rescues each day by trained Crisis Counselors preventing users from hurting themselves.

Data

All data is auto-scrubbed for personally identifiable information. NO personal information of texters or Crisis Counselors is shared. CrisisTrends.org shares aggregated data, revealing general trends. These trends include data by state, by time of day, and by type of crisis. It is, in essence, the world's first real time data stream for crises, as well as the world's largest mental health data set. Universities or research institutions who pass a very rigorous application process can apply to access a limited subset of enclave data for learning about mental health in general.



Get Started

There are a number of easy ways to get started promoting Crisis Text Line in your community. Some organizations have put artwork and information on their social media pages. Some have printed out fliers and put them up in their communities. Some organizations have reached out to schools in their district. It is important to look at the Crisis Text Line Communications Guide to read about best practices for using the Crisis Text Line logo and how to approach promoting the service. If you have questions and/or would like to access the Crisis Text Line Ohio Resource Toolkit that OACBHA has created, please contact Cody Williams at cwilliams@oacbha.org or at (614) 224-1111. Thank you for your interest in sharing Crisis Text Line throughout Ohio!

