



Find your  
way back with  
just one call.

Recover  
hope.

Mental Health and  
Addiction Resource Guide



Mental Health Hotline 330-434-9144

Addiction Helpline 330-940-1133

FROM THE EXECUTIVE DIRECTOR

# The importance of hope



OUR SYSTEM PROVIDES OPPORTUNITIES FOR RECOVERY AND HOPE FOR A BETTER LIFE.

**Ask any practitioners in this field, and they could share a story that had a major influence on their career. I had such an experience when I was a social work intern at Fallsview Psychiatric Hospital in the early '80s. Jim was a young man about my age who had been admitted many times. He was tortured by his schizophrenia but was rarely consistent with his medications. He often refused to take them while in the hospital, telling me during his more lucid moments that the side effects of the medicines were worse than the illness.**

After sometimes lengthy hospitalizations, Jim was released, only to return in a week or two, more symptomatic than ever, having again stopped his medications. During one of his hospitalizations, I approached Jim to again discuss outpatient services. He told me he could tell we were close to the same age. He looked down at my wedding ring. "You are married and moving forward with your life. I will probably never have what you have," he said. As a young and inexperienced social worker, I did not know how to respond.

About a month later, I remarked that it was some time since I had seen Jim. A nurse somberly informed me that Jim had died by

suicide. It was like a punch in the gut, as I remembered our last conversation and how hopeless he appeared to be. He could not see that there could be something better for his life, and he may have decided that death might be his only escape from his prison of mental illness. His hopeless words have haunted me ever since.

So much has changed during my subsequent 35-year career. There have been new developments in the treatment of addiction and changes in pharmacological treatments for psychosis and depression. We have a better knowledge of and promote the most effective counseling therapies. We now acknowledge that

simultaneously addressing physical, addiction and mental health issues, including trauma and depression, is the gold standard of care.

I think of Jim often these days. With the benefit of hindsight, I know that his circumstances could have changed for the better. Treatments do improve, and no one can truly predict the long-term impact of any illness or addiction, even when circumstances appear to be the most hopeless.

Jim's death and the deaths of so many of our loved ones by overdose, suicide or behavioral health-related reasons should be a sobering reminder of the importance of hope. I am glad we are making progress. No matter how hopeless a situation may seem, as a system we have a responsibility to be purveyors of hope to enable people to live the kind of lives that we too often take for granted. I feel privileged to be in the position to make recovery possible for persons served by ADM Board system agencies. May our past advances be a harbinger of hope for our future.

**GERALD CRAIG**  
Executive Director





### THE ADM BOARD

system of care offers many different programs to help people recover from addiction. Programs include inpatient and outpatient detox, ambulatory detox for adolescents, residential treatment, medically assisted treatment, outpatient counseling and case management, sober housing and peer support.

Since addiction has been recognized as a disease, the drug of choice is not important. All drugs have the potential to be lethal; some may kill more slowly than others.

In the community, we are seeing a change in substance use trends. While not as lethal as opioids, methamphetamines are making a resurgence, and other street drugs laced with fentanyl are present in the area. Additionally, alcohol continues to be the most abused substance among those patients seeking services for addiction.



### READY TO START TREATMENT?

ADDICTION HELPLINE  
**330-940-1133**

ADM CRISIS CENTER  
Open 24 hours a day  
**330-996-7730**

understand

# addiction

ADDICTION IS A DISEASE, NOT A CHARACTER FLAW.

### RECOVERY STORIES

## Janis BECKETT

By Kelly Petryszyn

**Homeless, pregnant and addicted to drugs at 35, Janis Beckett made a desperate plea to God that if she didn't get arrested, she would end up dead. Just one week later, police took her in on a warrant for cocaine possession.**

"I tried on my own. I couldn't do it," says the now 48-year old Akron resident. Her mind always talked her out of stopping, conjuring up the pain her substance use had caused her family. "My disease literally had to be arrested."

Jail forced her body to quit her heavy drug habit that developed out of teenage drinking. A volunteer from Broken Chains Ministry, who had her own history with addiction, visited Beckett and showed her faith could lead to recovery. "God is forgiving. He loves me. Look



what he did for her. He can do that for me," says Beckett, who completed residential treatment before giving birth to a healthy daughter.

After treatment she worked to rebuild a life with her family and went on to earn a bachelor's degree and a Masters of Business Administration. Her faith in God and being around others in recovery has helped Beckett maintain sobriety and heal.

Today, her experience has come full circle through

her work with the Women's Recovery Program at CHC Addiction Services. As a program development coordinator, she gets to be a part of other expectant mothers' recovery journeys.

Understanding she has a disease allowed Beckett to let go of shame and offer hope to others that they can, too. "When we are at the end of ourselves, we don't think there is hope," she says, "but there is life after addiction."

encourage

# prevention

SAFEGUARD  
AGAINST  
ADDICTION  
AND MENTAL  
ILLNESS.



The County of Summit Alcohol, Drug Addiction and Mental Health Services Board invests in prevention, early intervention and health promotion across the lifespan to stop or reduce the impact of mental illness and/or addiction. We fund programming for pre-schoolers through adults, including in-school prevention for substance abuse, suicide and mental health.

### TALK TO YOUR KIDS

Parents who regularly talk with their kids about the harmful effects of substance abuse are 50 percent less likely to use. The **START TALKING** initiative provides free tools, visit [starttalking.ohio.gov](http://starttalking.ohio.gov).

### THE PARTNERSHIP FOR DRUG-FREE KIDS

provides peer-to-peer support and guidance to families dealing with substance abuse issues. For more info, call 855-DRUGFREE (855-378-4373) or visit [drugfree.org](http://drugfree.org).

### SUICIDE PREVENTION

Suicide is the second leading cause of death for youth ages 10-24. Talking about suicide does not “plant” the idea; it starts a dialogue that lets youth know it is safe to discuss their feelings. Learn more at [sptsusa.org](http://sptsusa.org)

### DISPOSING OF UNUSED MEDICATIONS

D.U.M.P. (Dispose of Unused Medications Properly) boxes are a safe way to dispose of pills, capsules or liquids. D.U.M.P. boxes are located at most police departments, and the medications are safely destroyed, no questions asked. For a full list, visit [scph.org/medication-disposal](http://scph.org/medication-disposal).

### SUMMIT COUNTY COMMUNITY PARTNERSHIP

makes Deterra drug disposal pouches available to all Summit County residents for free. The pouch deactivates prescription drugs and renders remaining contents safe for landfills. Get pouches at Acme Fresh Markets and Discount Drug Marts in Summit County or at [sccp.com](http://sccp.com).

**ADM Board supports a patient-centered system, focused on comprehensive treatment and recovery management that recognizes many paths to healing and recovery.**

The County of Summit ADM Board is responsible for planning, funding, monitoring and evaluating treatment, prevention and support services for people who experience alcoholism, drug addiction and/or mental illness. The ADM Board does not provide direct service, but contracts with local agencies to provide quality, affordable services for people throughout their lifespan.

The hope for a healthy and full life is our greatest wish for the over 50,000 people who receive treatment and prevention services through the ADM Board system every year.

Successful long-term recovery is built on a foundation of hope, and we are extremely grateful to the Summit County residents who generously support the ADM Board with their tax dollars. Together, we ensure a healthier, more hopeful future for all.

**125**  
SCHOOLS

**in 17 school districts across Summit County implement ADM Board funded prevention programs**



Learn more about these programs at [admbd.org/prevention](http://admbd.org/prevention).



**78%**  
of ADM Board funding comes from our local levy

**94%**  
of the ADM Board budget is spent on direct treatment services, community supports and education

**70%**  
of all the patients  
in our system are  
diagnosed with a  
mental illness



#### THE ADM BOARD

system of care offers programs that include residential and respite services, psychiatric and medication management, partial hospitalization, outpatient counseling and case management, homeless outreach, employment services, peer support and supportive housing.

The ADM Board also funds comprehensive mental health services for early childhood through adolescence. Learn more at [admboard.org/kids](http://admboard.org/kids).



#### PSYCHIATRIC EMERGENCY SERVICES

Open 24 hours a day

**330-762-6110**

#### WORRIED ABOUT YOUR MENTAL HEALTH?

Call to schedule an  
appointment.

**330-253-3100**

understand

# mental health

ONE IN FIVE  
PEOPLE IS  
DIAGNOSED  
WITH A MENTAL  
ILLNESS. source: nami.org

#### RECOVERY STORIES

## Robert HUNT

*By Chrissy Gashash*

**As a Summit County chapter board member of the National Alliance on Mental Illness, Robert Hunt understands how mental illness impacts families. But 20 years ago, he needed help dealing with a family member who experienced a psychotic break. Now, his family member is getting treatment for schizophrenia, and Hunt uses his firsthand knowledge to raise awareness and support families managing similar situations.**

**Q:** What should people know about schizophrenia?

**A:** Schizophrenia means “split mind.” Not split personalities — but individuals are often split off from reality. In fact, a common symptom



is the unwillingness to acknowledge that you are sick. During psychotic episodes, my family member’s speech becomes erratic. Although there is no cure, you can manage it with medication, self-help strategies and supportive therapies.

**Q:** What community services should people know about?

**A:** Community Support Services treats people with severe and persistent mental illness. My family member receives counseling, case management, medication and housing at CSS.

**Q:** What should someone do if their loved one shows symptoms of mental illness?

**A:** Living with someone with mental illness can be difficult, but don’t give up. People with mental illness don’t want to be labeled, so be a safe place for them. So much stigma surrounds mental illness; it can be isolating. Find a network of supportive people and arm yourself with good information, like from NAMI. Our community has a lot of amazing resources.

#### NAMI OF SUMMIT COUNTY

supports consumers and families, including free trainings and support groups to understand and cope with mental illness.

[namisummit.org](http://namisummit.org)

# START YOUR JOURNEY TO RECOVERY

## Get the help you need



For a complete list of recovery resources, visit [admboard.org/resources](http://admboard.org/resources).



## WORDS MATTER

USING SENSITIVE LANGUAGE HELPS DESTIGMATIZE MENTAL HEALTH AND ADDICTION.

**Person with Substance Use Disorder or mental illness:** This is preferable over the words “addict,” “junkie,” “user” or “schizophrenic,” which define people by their illnesses. Say “person living with schizophrenia.”

**Substance Use Disorder:** Use this term rather than saying “habit” or “drug habit,” which ignores the medical condition and implies the person can choose to “break the habit.”

**Misuse or harmful use:** Say this instead of “abuse,” which negates the fact that an addictive disorder is a disease and blames the illness solely on the individual, absolves the drug sellers of wrongdoing and enforces stigma.

**Person in long-term recovery:** This language describes someone who is not using substances and/or is in recovery from mental illness.

**Died by suicide:** Use this term rather than “committed suicide,” which conveys shame and wrongdoing and ignores the fact that suicide is often the consequence of an unaddressed mental illness or trauma.

## RECOVERY SERVICES

### NATIONAL ALLIANCE ON MENTAL ILLNESS OF SUMMIT COUNTY

provides support groups and education for families affected by mental illness. Call 330-252-1188 or visit [namisummit.org](http://namisummit.org).

### CHOICES SOCIAL CENTER

is a local center run by consumers of mental health services. It provides social, recreational and educational opportunities to reduce stigma and create a sense of community. Learn more at [choicesakr.com](http://choicesakr.com) or call 330-762-8151.

### PEER RECOVERY COACHES

provide a conduit between treatment and the community, connecting patients to important resources that help ensure sustainable recovery. They help patients navigate the complicated and unique path each person takes on recovery. Call Catholic Charities at 330-724-9059 for more information.

### RECOVERY HOUSING

is for those who struggle to find a safe, drug-free setting to maintain their sobriety. Recovery housing is available to those willing to engage in treatment and provides a transitional living environment that promotes sobriety and independent living. Call the ADM Addiction Helpline at 330-940-1133 for more information.

### SUPPORT GROUPS FOR ADDICTION

**Alcoholics Anonymous**  
330-253-8181, [akronaa.org](http://akronaa.org)

**NarAnon various locations**  
800-477-6291, [nar-anon.org](http://nar-anon.org)

**Narcotics Anonymous**  
888-GET-HOPE (888-438-4673), [nabuckeye.org](http://nabuckeye.org)

### Summit County Opiate & Addiction Task Force

Find resources hand-picked by families who have been affected by addiction.  
[scoatf.org/family](http://scoatf.org/family)

**The Well** A place of hope, healing and restoration for anyone who has lost a loved one to an overdose.  
[hopeunited.life](http://hopeunited.life)



## REDUCE HARM

Harm reduction is an important part of the overall health of our community. Locally, Summit County Public Health provides harm reduction measures to support the health and safety of people and families dealing with active addiction.

### SUMMIT SAFE

is a harm reduction program allowing clients to remain anonymous while receiving clean syringes and supplies, access to HIV and hepatitis C



testing, naloxone and referral to treatment (if requested).

Clinics are held weekly, and program staff encourage participants to bring used syringes so they can be disposed of properly.

### PROJECT DAWN — DEATHS AVOIDED WITH NALOXONE

— is a community-based drug overdose education and



naloxone distribution program. By attending a free clinic, family and friends of persons struggling with opioid addiction can learn how to combat an overdose by performing first aid and administering naloxone. When administered during an overdose, naloxone blocks the effects of opioids on the brain and quickly restores breathing. The effects of naloxone are temporary, and emergency medical treatment is still required.

Learn more about these programs, times and locations at [scph.org](http://scph.org).

support

# recovery

YOU AND YOUR LOVED ONES DON'T HAVE TO FIGHT ALONE.

## RECOVERY STORIES

### David MONTER

By Sharon Best

**David Monter had a college education, a family he was close with and a job as a police officer. But he had started drinking heavily in the Army, and that turned into drug use.**

“When you start smoking crack, [it] all goes away really fast,” says David Monter.

A stint in jail broke his pattern. After rebuilding his own life, the 42-year-old Green native became a peer recovery coach to help others find a path out of addiction. Recovery coaches support multiple pathways to recovery and connect people with the recovery community.



“We connect with them on a basic level to support their recovery journey,” says Monter, a recovery support program administrator for Catholic Charities Recovery Outreach Center. “What that looks like is really individualized.”

In recovery for 10 years, Monter now manages a program that connects people with recovery

coaches who are trained to help individuals find treatment, a place to stay, food, clothes or other basic necessities — whatever they need to keep from veering off track.

“We make sure their needs are being met,” he says. “Sometimes it’s just being there when somebody’s ready.”

IN CRISIS?

Get help fast

**24-hour Crisis Hotline  
and Text Line**

Free confidential crisis support

**330-434-9144 or  
TEXT 4HOPE to 741-741**

**ADM Addiction Helpline**

Get connected for first-time appointments.

Monday through Friday from 8 a.m. to 4:30 p.m.

**330-940-1133**

**ADM Crisis Center**

Inpatient and outpatient detox and observation.

Open 24 hours a day, seven days a week.

15 Frederick Ave., Akron

**330-996-7730**

**Portage Path Psychiatric  
Emergency Services**

Inpatient observation and stabilization.

Open 24 hours a day, seven days a week.

10 Penfield Ave., Akron

**330-762-6110**

**Akron Children's Hospital  
Psychiatric Intake Response Center**

Provides emergency assessment, counseling and referral  
for children and adolescents with mental health concerns.

Open 24 hours a day, seven days a week.

**330-543-7472**

**National Suicide Prevention Hotline**

Free confidential crisis intervention and suicide prevention

**800-273-TALK or 330-434-9144**

**Summa Health:**

**First Step Addiction Program**

Initiate addiction treatment right in the  
Emergency Department, including care coordination  
and connection to community providers.

**330-615-4500**

County of Summit



**Alcohol, Drug Addiction &  
Mental Health Services Board**



Scan code  
with your  
camera  
to open this  
guide on  
your phone.

[admboard.org](http://admboard.org)

