

# RECOVERY. IT'S WORTH THE FIGHT

## Addiction Resource Guide

### WHAT'S INSIDE:

3 Storied Recoveries

Educating the Next Generation

Local Resources for Recovery

What You Can Do to Help



COUNTY OF SUMMIT ALCOHOL, DRUG ADDICTION & MENTAL HEALTH SERVICES BOARD

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admboard.org

# FROM THE EXECUTIVE DIRECTOR



Summit County continues to be the epicenter of hope for those fighting addictions. We are a landmark community where trailblazers like Dr. Bob Smith and Sr. Mary Ignatia (known as “the angel of hope”) were the first to recognize and treat alcoholism as a medical condition. Together, they discovered that with the proper treatment and support, people addicted to alcohol could recover and have a promising future. We now know that people with addictions can and do recover! In fact, more than 25 million people are in active recovery across our nation.

This resource guide was designed to educate Summit County residents about the services and support available to them if they are seeking help for an addiction. The guide also provides information about innovative programming we have invested in related to prevention and outreach. There are tips for what you can do to help end this epidemic. Perhaps most importantly, you can read about people from our community who are among those in recovery and willing to share their experience to provide hope and inspiration to others who are still struggling.

Working together, we all can provide hope to brighten the prospects for those who are in the depths of addiction and looking for a light out of the darkness. Help us spread the message of hope by passing this guide along to those who may need to know where to look for support, services and encouragement.

We deeply appreciate the generous support of Cleveland Clinic Akron General, FirstEnergy Corporation and Akron Children’s Hospital in the development of this guide.

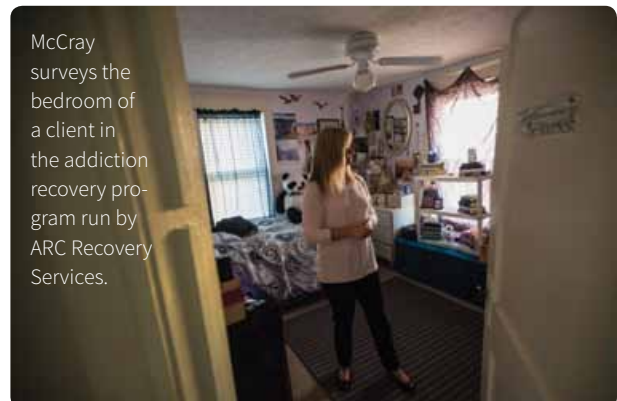
**GERALD CRAIG**  
Executive Director, County  
of Summit ADM Board

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McCray takes in the setting sunlight at the rear of the ARC Recovery Services building in Akron.



McCray surveys the bedroom of a client in the addiction recovery program run by ARC Recovery Services.

Below and left: Reba McCray addresses her team during a weekly staff meeting at the ARC Recovery Services building.

## RECOVERY STORIES

# REBA MCCRAY

by Barb Bragiel and photos by Andrew Dolph

### DESPITE MUCH OF THE NEGATIVE NEWS ABOUT THE OPIATE EPIDEMIC, REBA MCCRAY CAN PERSONALLY ATTEST THAT MORE PEOPLE ARE WINNING THE FIGHT AGAINST ADDICTION.

"I tell people that it may look bleak right now, but people are recovering, getting better, turning their lives around, and getting their parents, sons, and daughters back. We see that every day. Miracles are happening with people getting off heroin."

For McCray, who's been in recovery for eight years now, her battle with addiction began like so many others. As a teenager, she started hanging out with kids who smoked pot and from there, went down a long, dark road.

Her journey out of addiction was also a long one. It started in the '80s when she was 21, pregnant, and in treatment for the first time. While she struggled to remain clean at that time, the now fifty-something attributes her will to achieve sobriety to her children.

"When I was younger and in treatment, I couldn't quite get it," the mother of five recalls. "I didn't have anything to give them until I was clean and sober. I didn't know how to deal with life, people, and different situations, because I'd always turn to using [drugs] to cope, but I wanted to be a better example for my kids."

It's also taken three stints in detox and four different treatment programs for McCray to get where she is today. She credits a combination of the intensive outpatient program and aftercare services from Community Health Center and transitional housing at ARC Recovery Services with making her recovery possible.

"The intensive outpatient program and the Women's Recovery House were key for me because I learned how to live in the world, be accountable, do treatment, and get a job," she explains. "Lots of people were watching out for me. I lived in the Recovery House for a year. All that support made a difference."

Today, McCray is the director of that same Women's Recovery House that helped turn her life around.

She readily acknowledges that her addiction made life difficult for her kids. Her family eventually split, with the older children living with their father in North Carolina while McCray and the rest of her kids moved back to Ohio. Some of the effects still linger today. Over the years, her two oldest children have struggled with their own substance abuse issues.

One of her greatest regrets is not talking about her addiction more with her children when they were younger. That changed after she got clean.

"I used to hide this from my kids," McCray says. "When I finally got clean, I was open. We all started talking about it. My son soon realized he had a problem with alcohol, and now he's been sober for three years. It's important to get that conversation going and get over that elephant in the room."

That honesty and transparency led to other positive things in McCray's life. She started working as youth director at Community of Christ Church, where she had previously resided in ARC's transitional housing. While in that capacity, her two daughters also worked with her. Together, they helped families struggling with addiction.

"My daughters understood that life and helped other kids by sharing their own experience with how to get through stuff," she says. "They let the kids know that they aren't alone."

McCray realizes how fortunate she is to have her children in her life today. The close-knit bunch gathers for holidays and takes vacations together, as their schedules permit. "Love is what has kept us all together," she shares. "I have great kids and I probably shouldn't have. I am so blessed to have such good kids today."

“It may look bleak right now, but people are recovering, getting better, turning their lives around...”





# UNDERSTANDING ADDICTION

Fighting a public health issue like opiate addiction takes cooperation. Organizations must come together at the local, state, and national levels to help prevent and reduce substance abuse in communities. At the local level, there are many initiatives to inform and assist Summit County residents trying to help loved ones stay safe.

**“ People can and do recover. The recovery movement offers a valuable opportunity for people with substance use disorders and their loved ones to get the support they need to gradually return to a healthy and productive life away from the destructive impact of substance use. ”**

Excerpt from *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs and Health, 2016*.

In his landmark report, Surgeon General Dr. Vivek Murthy reminds us that we need to change how our society views substance use disorders and addiction. He anticipates that negative social attitudes, stigma and judgement associated with addiction can change just as it has for cancer and HIV—now regarded by many as health conditions absent shame and discrimination. He urges us all to see addiction and substance use disorders not as character flaws, but as chronic illness, like diabetes and heart disease.

Addiction is a brain disease, not a sign of human weakness or inherent immorality. All highly addictive drugs, e.g. alcohol, cocaine and opiates, affect the reward system and pleasure center in every human brain. Areas of the brain responsible for judgement and decision making are also negatively impacted. Due to genetic variation, some individuals' brains are more highly affected than others, leading to the disease of addiction. Per the American Society of Addiction Medicine (ASAM), addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.

Fortunately, scientific evidence proves that treatment is effective and that, when paired with lifestyle changes and ongoing support, people with the disease can recover and live healthy, productive lives.



## SIGNS OF OPIATE ADDICTION

Oftentimes, family and friends don't know how to tell if someone is addicted to prescription pills or heroin. Here are some potential signs that may indicate someone is struggling with an opiate addiction:

- Isolation from loved ones and social events
- Continued use of prescribed opiates, even after pain has subsided
- Deceitful or illegal behaviors to obtain additional prescriptions or greater quantities of the drug
- Decline in overall performance in work, school, or social life
- Frequently nodding off in inappropriate circumstances
- Complaint of physical symptoms, such as cramping, diarrhea, itchy skin, joint and muscle pain, nausea and vomiting, anxiety, insomnia, headaches
- Neglect of personal hygiene, changes in eating habits, or ill-looking appearance

If you or a loved one is exhibiting any of these signs and you suspect an addiction to opiates, please seek assistance from a medical professional.

For more information, visit [www.summitcountyopiatetaskforce.org](http://www.summitcountyopiatetaskforce.org).



## Q+A: DR. ANN DIFRANGIA

**It is important to realize that addiction is a disease and not merely a poor choice. Dr. Ann DiFrangia is a board-certified physician specializing in the treatment of substance use disorders. She practiced family medicine in Stow for 30 years and has been with Cleveland Clinic Akron General since 2011, where she is medical director of the chemical dependency division. Dr. DiFrangia shares her insights on addiction, how it affects communities, and what is being done to combat it.**

### **How is addiction an illness?**

**AD:** Addiction is a typical chronic disease. It is caused by a combination of behavioral, environmental, and biological factors. The entire body—not just the brain—is affected. It can be controlled, but never cured, like diabetes and hypertension.

### **How does heroin affect the brain?**

**AD:** Heroin, like most drugs of abuse, causes a rapid surge of the chemical dopamine to flood the brain. This surge causes an intense euphoria, often described as a “trip to heaven.” Chronic use of heroin usually leads to an obsessive craving to achieve this feeling. Eventually the body experiences a classic withdrawal syndrome when the body is deprived of heroin. This withdrawal is frequently described as a “trip to hell.”

### **What causes some people to become addicted, but not others?**

**AD:** As with all chronic diseases, some are more susceptible than others. The biggest risk factor for developing an addiction is genetic predisposition. Addiction runs in families. Other risk factors include a history of trauma in childhood, traumatic brain injury, and presence of a mental health disorder.

### **What prevents people from seeking help?**

**AD:** Denial is a hallmark of the disease of addiction. Friends, family members, co-workers will often see the disease before the patient does. Fear plays a big role—particularly the fear of opioid withdrawal. There is also fear of what life will be like without the drug. They fear the void that will remain after drugs are gone.

### **What can families do to help loved ones with addiction?**

**AD:** Friends and family should educate themselves about the disease of addiction. The behavior of an addict is often unpredictable and painful. I recommend support groups such as NarAnon, Al-anon. Remain available to your loved one so that you can help them navigate their treatment. Try not to judge them. They are often filled with guilt and shame, which can make asking for help very difficult.

### **What is our community doing to fight the opioid epidemic?**

**AD:** The Summit County Opiate Task Force is very active in providing community education and assisting in healthcare collaboration to meet the increased needs of patients and families suffering from addiction. Summit County Courts have developed programs to get more people into treatment. Drug take-back events have helped curb the diversion of prescription opioids. DUMP (Dispose of Unused Medications Properly) also allows for unused medications to be dropped off safely in Summit County. Hospital systems and community agencies have expanded services. Schools have increased programs to educate children about the risks and consequences of drug use. Summit County Alcohol, Drug Addiction and Mental Health (ADM) Services Board sponsors two DAWN programs. DAWN (Deaths Avoided With Naloxone) is a program that provides opioid overdose education and distribution of free naloxone to Summit County residents.

## HOW ARE PRESCRIPTION PAIN MEDS CONNECTED TO HEROIN?

Prescription pain medicine and heroin are in the same family of drugs called opiates and opioids. These drugs are prescribed by doctors to relieve pain. However, they also affect the pleasure center of the brain and, for some, may produce a state of well-being and euphoria. All opiates can lead to the disease of addiction. With continued use, any person taking opiate medications will develop tolerance, where they require increasing amounts to achieve the desired effect. Over time, the individual will also develop a physical dependence. Both tolerance and dependence occur naturally in every human. For some individuals, though—those whose genes set the stage for the disease of addiction—opiate/opioid use causes brain changes that hijack the survival instinct, which resides in structures deep within the brain. When this occurs, the “need” for the drug can become the driving force in that person’s life. When access to the prescribed pain medication runs out, the person with the addiction looks for other options. This may include buying illicit pain medication or switching to heroin, which is typically easily available and inexpensive. Coupled with tolerance and dependence, the drive to use more opiates/opioids can be lethal without treatment.



# PREVENTION

Preventing or delaying youth from experimenting with substances helps to decrease the likelihood of more serious problems later in life. Evidence-based prevention programs have been demonstrated to reduce risk factors and support protective factors, which give people the skills and resources they need to make positive decisions and avoid substance use.



## THE PAX GOOD BEHAVIOR GAME MAKES LASTING IMPACT

In 2015, the Summit County ADM Board partnered with the Summit County Educational Service Center to bring the PAX Good Behavior Game (PAX GBG) to the Akron Public Schools. Compelling research and impressive outcomes convinced the ADM Board that PAX could make a long-term, positive impact on Akron's elementary school students.

Invented in 1967 and used in school districts across the country, the program has been shown to increase academic engagement, reduce disruptive behavior, and reduce the later development of conduct disorder, substance abuse, and suicidal ideation.

According to David Feola, a retired Akron Public Schools principal and PAX partner who oversees the game's implementation at six elementary schools, the way it works is fairly simple. The game can be played before teaching a lesson, completing a worksheet, going to recess, or taking a restroom break. At the start, the teacher asks the teams what "PAX" (or good) behaviors are expected and what "spleems" (or bad behaviors) are not acceptable in that set period of time. The team with the fewest spleems is rewarded by winning prizes or doing a fun activity for a brief time.

The PAX GBG is played several times throughout the day, and the length of each game increases as the school year progresses. Students learn self-regulation, self-control, and self-management in the context of working with others and have shown improved attention and reduced impulsivity.

Bill Holko is another retired Akron Public Schools principal who has worked as a PAX partner with Feola. At all the schools he's traveled to, he's sure of one thing: the kids love it. "They enjoy playing the game and winning prizes," he observes. "Not one teacher has been disappointed. Everyone has high praise for it."

And that includes Camille Bivens, a kindergarten teacher at Voris Community Learning Center who has been using PAX GBG for a little over a year. So far, she likes what she sees.

"PAX GBG is based around clearly stating expectations and thinking before you act," Bivens says. "This teaches kids early on to make better choices and weigh their options. They learn how to cooperate and look for the good in others. Research has shown that this has a lasting, positive impact into adulthood."

More than 35 teachers are trained and nine administrators act as support to employ the PAX GBG approach, says Holko. The program is currently offered at Barber, David Hill, Hatton, McEbright, Seiberling, and Voris elementary schools.



## PREVENTING FUTURE RISKY BEHAVIOR

It's never too soon for your child to adopt healthy habits. Numerous community programs support early intervention and prevention efforts.

### EARLY CHILDHOOD:

**Child Guidance & Family Solutions** offers two early intervention and prevention programs. **Incredible Years** is designed for children up to 8 years of age and their parents or guardians. This social skills training program helps build strong bonds between parents and young children. **Toddlers and Pre-Schoolers Succeeding (TAPS)** serves preschools, childcare centers, and Head Start programs by focusing on the emotional and social needs of children from birth to age 6 and those who care for them. The TAPS program prepares children for school and later success by equipping them with positive communication and development skills. For more information, visit [www.cgfs.org](http://www.cgfs.org).

Mayor Don Walters  
Cuyahoga Falls





## Q+A: DR. BRITTNEY BECKER

**Unfortunately, addiction doesn't only affect adults. Adolescents can also find themselves in the grips of addiction. Dr. Brittney Becker works in the adolescent treatment program at Community Health Center. She is a graduate of Northeast Ohio Medical University who performed her residency in family medicine and a fellowship in addiction medicine at Summa Health System.**

### **How does addiction typically start in adolescents and which factors increase risk?**

**BB:** They often start by experimenting with substances that seem harmless in our culture today. Inhibition is impaired for harder substances. Adolescents then pursue the next bigger or better high, use escalates, and you don't know if you are prone to addiction until you are addicted. Risk factors for addiction include early age at time of first exposure, family history, co-morbid psychiatric conditions, and history of trauma. However, even those who seemingly have no risk factors are not immune to the disease.

### **What are some of the warning signs of drug use that parents should be aware of?**

**BB:** "Being a teenager." Unfortunately, addiction is overlooked early-on in adolescents because warning signs—such as increased moodiness, secluding oneself, hiding details about activities with friends, lying, and erratic sleeping patterns—are all things we contribute to being a "normal teenager." Other non-specific warning signs include frequent episodes of "not feeling well," struggling in school, missing school, and recent involvement in criminal activity. Oftentimes, adolescents are pretty highly functional early on and don't fit the stereotype many of us have of a "drug addict" until their addiction is pretty progressed.

### **Why are the treatment needs of a teenager different from an adult?**

**BB:** For teenagers in general, the frontal cortex—the decision-making center of our brains and what allows us to weigh consequences and benefits of behaviors—is developing and not fully matured in most until the age of 25. This is a contributing factor in the general struggle to navigate through the teenage years. This is a complicated time in all of our lives, and it becomes even more so when substances are brought into the picture. [It's] definitely a unique contributing factor in their treatment needs.

### **What specialized services are available for teens?**

**BB:** Services include individual counseling (specific to substance-use disorder), intensive home-based therapy (IHBT), intensive outpatient programs (IOP), art therapy, psychiatry services, residential treatment, ambulatory opiate detox, and medication-assisted treatment (MAT). Oftentimes we jump right to the thought that residential treatment is needed, but particularly with adolescents, we try to engage them in the least invasive or least life-altering level of care, as we want to help them to engage in and continue with meeting the developmental milestones that are needed to transition into adulthood. It is only after failure of these other treatment options that we recommend referral to residential treatment options.

### **What role can parents play in their teen's treatment?**

**BB:** The best thing parents can do when their teen is in treatment is to engage with counselors, trust that they have their child's best interest at heart. Oftentimes, parents are unknowingly enabling their child—having best intentions at heart—and need education and support themselves. Establishing and enforcing clear boundaries, often with the help and guidance of the individual counselors, is also crucial to successful treatment.

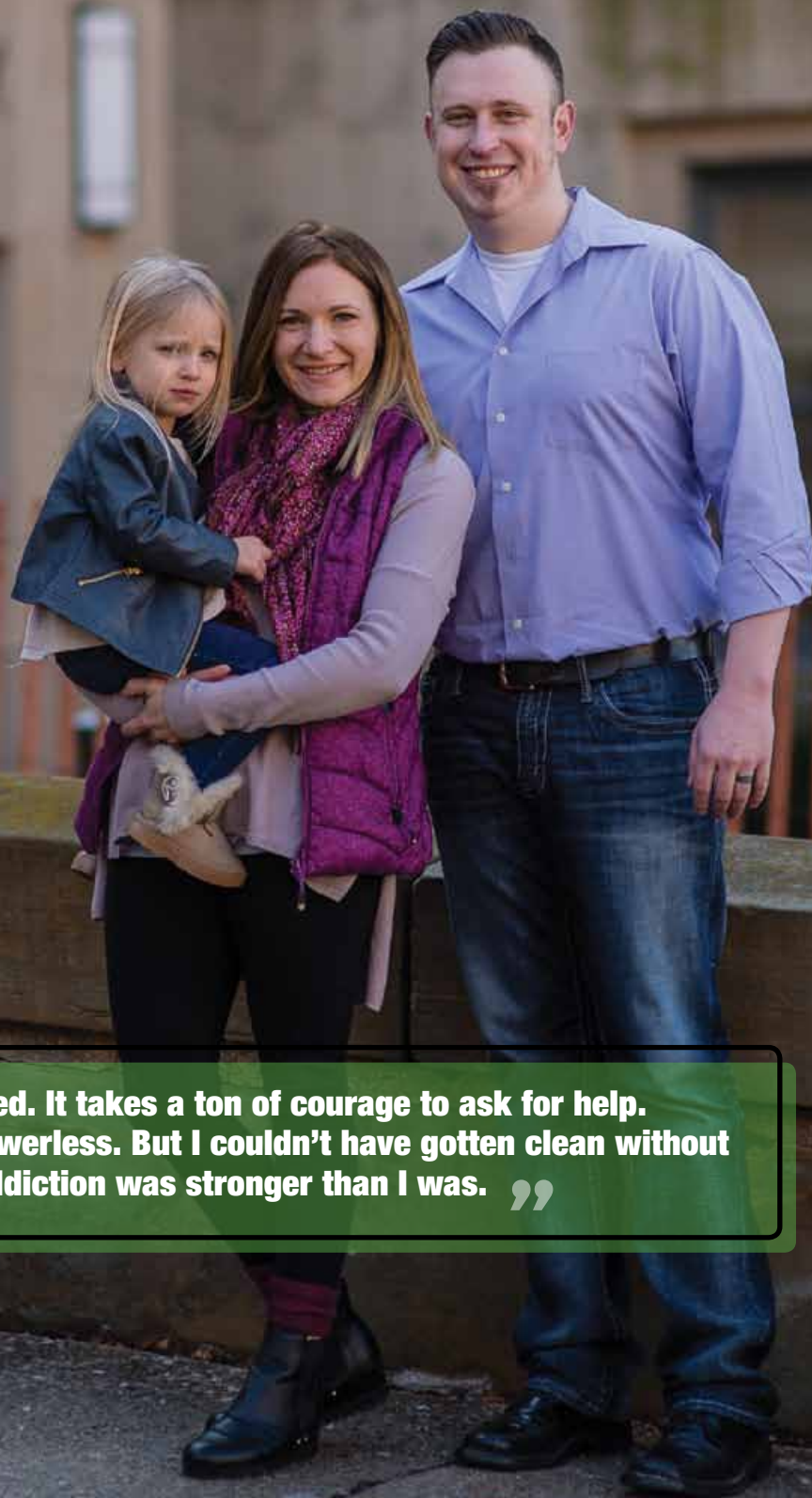
### **SCHOOL AGE:**

**Concerned About Teen Success (CATS)** is a multi-faceted youth development program that prepares adult leaders to teach students positive ways to make healthy choices and avoid risky behaviors. To learn more, contact Alliance for Youth at: [info@all4youth.org](mailto:info@all4youth.org), visit [www.all4youth.org](http://www.all4youth.org), or call (330) 864-1359.

Offered by **Community Health Center, Project PANDA** stands for Prevent and Neutralize Drug & Alcohol Abuse. Its mission is to aid students in grades six through eight to make the choice to live free of alcohol, tobacco, and other drugs. PANDA clubs typically meet once a month during lunchtime or recess. For more information, visit [www.projectpanda.com](http://www.projectpanda.com).

**Summit County Teen Institute (T.I.)** is a drug-free leadership club for high school students in Summit County. The club is based upon youth-led prevention strategies that engage young people in preventing unhealthy behavior among their peers. Students in Summit County T.I. build leadership skills, build a strong support system of drug-free teens, and develop the skills necessary to help prevent drug abuse and other unhealthy decisions. Meeting times and locations vary, for more information please follow Summit County T.I. on Facebook ([facebook.com/summitcountyti](https://facebook.com/summitcountyti)) and on Twitter @summitcountyti or contact the coordinator, Zach Miley, at 330-315-3705.





**“Don’t be ashamed. It takes a ton of courage to ask for help. Admit you’re powerless. But I couldn’t have gotten clean without admitting my addiction was stronger than I was.”**



Vandygriff speaks to over 115 law enforcement personnel from all over Ohio during a multi-day training seminar at the Cuyahoga Falls Natatorium.

## RECOVERY STORIES

# JOSH VANDYGRIFF

by Barb Bragiel and photos by Andrew Dolph

**AS A DECORATED MILITARY VETERAN, THE LAST PLACE JOSH VANDYGRIFF EVER THOUGHT HE'D FIND HIMSELF WAS ON A STAGE SPEAKING TO GROUPS ABOUT HIS RECOVERY FROM ADDICTION. TODAY, THAT'S WHERE HE'S MOST AT HOME.**

The affable 35-year-old is happy to share his story of addiction and recovery with anyone who will listen. Declared 100 percent disabled by the Veterans Administration (VA) due to Post-Traumatic Stress Disorder (PTSD) and a traumatic brain injury (TBI), Vandygriff now spends the majority of his time talking to others about his journey to sobriety.

This new mission of his began shortly after he graduated on July 1, 2014 from Summit County's Turning Point Program, a court-supervised program for substance-dependent, non-violent offenders. For the past two years, Vandygriff has returned to that very program every Monday to offer encouragement and support to other addicts.

"I especially like sharing my story with them because I've been there," he says. "Addicts need a guy like me who's been through the same struggle and knows what that fight is like. I tell them to fight this addiction like you would someone trying to take your life."

In the past several months, he's also been speaking to high schools and community groups. Speaking at Woodridge High School was the first time he had addressed students. He talked about being deployed to Iraq with the Ohio Army National Guard and then having trouble adjusting to civilian life when he returned home. He explained how that trouble led him to engage in numerous risky behaviors, which eventually ended up with his becoming addicted to painkillers, and from there, heroin.

"The principal at Woodridge told me I had a gift for speaking," Vandygriff says. "For 40 minutes, I shared my story with them and shared that there is hope."

Since then, Vandygriff has also spoken at Revere High School and Grace Church in Norton. After speaking at Grace Church, the pastor sent him a letter telling him that seven people had asked him for addiction help.

"That is exactly why people like me are out there speaking and trying as hard as we are," he says. "We have to get people to admit they need help. There are too many people dying. It takes people standing up and admitting they need help. We can't just be idle."

Another reason he shares his story is to educate others. After all, he personally knows the deceitful, manipulative behaviors of addicts. One of the things he tells parents is to be aware of how many prescription painkillers are in their drug cabinets because they're easy for kids to steal without getting caught.

Early in 2017, Vandygriff already had commitments to speak at Cuyahoga Falls, Green, and St. Vincent / St. Mary high schools.

"This is what I spend my time trying to do. I have the ability to speak for a reason," he said. "I hate public speaking, but I get over that in hope that my story will touch someone."



Vandygriff proudly displays a coin given to him by US Army Gen. (Ret.) Erik Shinseki. Vandygriff drove over 35,000 miles during the 2003 invasion of Iraq.



# WHAT YOU CAN DO



## PROPERLY DISPOSE OF MEDICATIONS

Disposing of unused, unwanted medications leads to the reduction of misuse and availability of prescription drugs for people who are addicted to opiates. **THE SUMMIT COUNTY OPIATE TASK FORCE** encourages residents to clean out medicine cabinets regularly so prescriptions don't fall into the wrong hands.

Several solutions are offered to help you dispose of medicines after they are no longer needed:

**D.U.M.P. (Dispose of Unused Medications Properly) BOXES** are a safe, effective way to dispose of medications in the form of pills, capsules or liquids. Simply take the unwanted medicine to one of the several D.U.M.P. box locations throughout the county, and the medication will be safely destroyed, no questions asked. Locations are listed at [www.scphoh.org/environmental/env-dump.html](http://www.scphoh.org/environmental/env-dump.html).

The Drug Enforcement Agency sponsors **NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY** twice per year. These events provide a safe, convenient, and responsible means of disposing of prescription drugs. In 2016, Summit County residents turned in 3,037 lbs. of medication. Visit [www.dea.gov](http://www.dea.gov) for information and scheduled Drug Take-Back Days for 2017.

**THE SUMMIT COUNTY COMMUNITY PARTNERSHIP** received a donation of 40,000 drug deactivation pouches from Mallinckrodt Pharmaceuticals that are available for Summit County residents to safely and easily dispose of prescription medications that have the potential for abuse. The pouch deactivates prescription drugs and renders remaining contents safe for landfills. After filling the specially formulated pouch with pills, add tap water, then it can be sealed and thrown away with household trash. Acme Fresh Market Pharmacies are providing a pouch with each opiate prescription (Vicodin, Percocet, etc.) or by request at 16 of their locations.

When a loved one passes, many don't know what to do with medications. Taking the time to use one of the disposal methods listed above can prevent someone else from taking those medicines.



## ALTERNATIVES FOR PAIN

Discuss alternate ways to manage your pain that don't involve prescription opioids with your doctor or ask about over-the-counter (OTC) or non-narcotic options. Some of these options may actually work better and have fewer risks and side effects.



## SCHEDULE A SPEAKER

**THE SUMMIT COUNTY OPIATE TASK FORCE** provides trained speakers for groups interested in learning more about the opiate epidemic. Speakers are able to provide the latest data and will tailor the content to the group or community they are addressing. If you are interested in scheduling a speaker for your business, church or civic group, visit [www.summitcountyoquatetaskforce.org/contact](http://www.summitcountyoquatetaskforce.org/contact) to submit a request.



## TALK TO YOUR KIDS

It is important to talk to your kids about prescription safety and to safeguard your medicines. Modelling safe medication practices sets an example for them, and discussing the risks of all types of drugs, including prescriptions, means your kids will be well-informed.

**START TALKING!** Gives adults tools to start the conversation with Ohio's youth about the importance of living healthy, drug-free lives. For more information, visit [www.starttalking.ohio.gov](http://www.starttalking.ohio.gov).

**THE PARTNERSHIP FOR DRUG-FREE KIDS** is a national initiative whose main objective is to provide information and guidance to families so that they can communicate more effectively with teens about drug use. Their Helpline—1-855-DRUGFREE (1-855-378-4373)—provides peer-to-peer support and guidance to families dealing with substance abuse issues. For more information, visit [www.drugfree.org](http://www.drugfree.org).



## EDUCATE AND ENCOURAGE OTHERS

Rock & Recovery is an online and HD radio listening experience produced by WAPS-FM in Akron, Ohio. Rock & Recovery mixes inspiring stories and messages of strength and hope from professional health-care providers, the recovery community, comedians and family members. These powerful stories and meaningful messages are carefully woven in between hand-picked music. This music is uplifting without being preachy, spiritual without religion and familiar to a wide audience. Visit [www.rockandrecovery.com](http://www.rockandrecovery.com)





## RESPONDING TO OVERDOSES FROM OPIATES AND HEROIN

### PROJECT DAWN – Deaths Avoided with Naloxone

Project DAWN is a community-based drug overdose education and naloxone distribution program. By attending a free DAWN clinic, family and friends of persons struggling with opiate addiction can learn how to combat an overdose by performing first aid and administering naloxone, more commonly known as Narcan.

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.

Locations:

#### SUMMIT COUNTY PUBLIC HEALTH

1867 West Market St., Fairway Center Office Building, Bldg. B, Akron  
330-375-2984, Clinic hours: Tuesdays, every hour, from 3 p.m. to 6 p.m.

#### EDWIN SHAW REHABILITATION

405 Tallmadge Rd., 2nd Floor, Cuyahoga Falls  
330-436-0950, Clinic hours: Thursdays, every hour, from 9 a.m. to Noon

### SAFE SUMMIT NEEDLE EXCHANGE

Every Wednesday from 4 p.m. to 6 p.m., Summit County Public Health offers the Safe Summit Needle Exchange, which provides an anonymous, free, safe needle exchange for Summit County residents with substance abuse issues. The program accepts used needles that are secured and safely transported in exchange for new needles. Participants are limited to 30 needles per week.

Location:

#### SUMMIT COUNTY PUBLIC HEALTH

1867 West Market St., Fairway Center Office Building, Bldg. B, Akron  
330-923-4891



Chief Vincent Morber  
Barberton Police Department

## WHAT ARE COMMUNITIES DOING TO FIGHT BACK AGAINST OPIATE ADDICTION?

The **QUICK RESPONSE TEAM (QRT)** consists of a medic, law enforcement officer, and a counselor that go to the homes of those individuals who overdosed and engage them in treatment by providing resources and information. Started in Colerain Township Ohio, outcomes in the first year of implementation included about 80% of those visited entering into treatment and a 35% decrease in overdoses. Communities interested in learning more should contact the County of Summit ADM Board at 330-762-3500.



## FIGHTING FOR THE FUTURE

### WORKING TO PREVENT ADDICTION IN AREA YOUTH

**Addiction touches all portions of the population. Dr. Sarah Friebert is the director of pediatric palliative care at Akron Children's Hospital, where she has been treating children with life-threatening conditions for 16 years.**

Friebert sees how addiction affects the lives of the youngest in her care. "We have a population of kids ranging from school age to adulthood who are struggling with addiction or are poised to become addicted without proper prevention and education," she says.

Unfortunately, Friebert's experience with addiction isn't confined to the professional sphere of her life. One of her family members battled the disease for many years. Though they are now sober, Friebert understands the struggle.

The hospital is undertaking a new substance abuse initiative that Friebert will head along with a Substance Use Disorder Clinical Liaison, a new position. The Liaison will assume accountability and responsibility for a caseload of patients with substance use issues and their families. The initiative will extend throughout Children's and provide connections to much needed support.

Friebert hopes to end this epidemic through preventative measures. "What we have to do is focus on prevention and education to get to people before they pick up their first substance," she says. "Preventing it is the best way to cure it."





# RESOURCE GUIDE

You and your loved ones don't have to be alone in the fight against addiction. There are numerous agencies and organizations in Summit County that offer detox, treatment, recovery services, and other guidance that can help to make recovery possible. The journey of recovery starts with the call to the ADM Addiction Helpline.

## THE ONE CALL YOU MAKE

CALL THE ADM HELPLINE TO  
GET CONNECTED TO TREATMENT

**330.940.1133**

### THE ADM ADDICTION HELPLINE

is a new service to assist individuals who are looking to recover from an addiction to alcohol, drugs or gambling. Callers will be asked a few questions—treatment preferences, insurance coverage, location—to assist the Helpline staff in determining which local treatment providers could meet their needs.

The caller will be provided with information about treatment options available to them based on their individual circumstances. Once the caller knows their options, they can choose the local agency where they would like to begin treatment. The Addiction Helpline staff will then connect the caller to the selected treatment agency to make a warm hand-off and to schedule the initial appointment.



### ADM CRISIS CENTER

15 Frederick Ave.  
Akron, OH 44310

The ADM Crisis Center services are intended to provide 24/7 access and support to adult Summit County residents seeking services for alcohol and other drug problems.

Crisis Services are available  
24/7. Call 330-996-7730.

### DROP-IN SERVICES

The Drop-In Center is for adult, Summit County residents who require a short stay in a safe environment so they may sufficiently recuperate from the immediate effects of alcohol and/or drugs. Assessments and referral services to community treatment agencies are offered.

### DETOXIFICATION

The Detoxification Unit provides medically supervised inpatient and outpatient services to adult, Summit County residents who are intoxicated or experiencing withdrawal symptoms.

### AMBULATORY (OUTPATIENT) DETOX

Ambulatory Detoxification may be an option for individuals with a supportive

home environment. An appointment is made with a treatment counselor, medical staff, and a treatment readiness facilitator to discuss expectations, medication and counseling. The individual needs to return daily to the ADM Crisis Center initially to receive medications and counseling support for a period of three to five days.



### RECOVERY HOUSING

Individuals engaged in a treatment program may struggle with finding a safe, drug-free setting in which 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 during the early stages of recovery and helps people maintain follow-up services that are critical to recovery. The Help Line connects people with recovery housing in addition to the treatment programs that enable them to fight against addiction.



### RECOVERY COACHES

Recovery coaches are another support to those who are in the early stages of recovery. These coaches, or Certified Peer Supporters, have been through recovery themselves and are trained to model a healthy recovery lifestyle. Typically found in addiction treatment, recovery housing, and recovery support agencies, as well as special drug court programs, they help individuals who have completed addiction treatment with establishing a recovery plan to identify and manage relapse warning signs and connecting them with additional resources as needed. To learn more, talk to your treatment counselor or court staff for assistance connecting with a local recovery coach.



### RESIDENTIAL TREATMENT

In addition to these outpatient options listed above, there are local residential options when individuals require a more intensive level of care. That determination is done as part of the initial clinical evaluation process.

## **OUTPATIENT TREATMENT**

Treatment begins with an intake process where the individual receives a clinical evaluation and is prescribed a level of services based on assessment of the severity of the problem for which they have sought help. All services listed below offer intake assessments and individual and group counseling. Many also provide case management, medication monitoring and intensive outpatient programming.



**RECOVERY.**  
**IT'S WORTH THE FIGHT**

**CALL 330.940.1133 TO GET STARTED.**

*Dr. Sarah Frieber  
Akron Children's Hospital*

AGENCY	PHONE	ADDRESS	MAT
<b>Akron UMADAOP</b>	330-379-3467	665 W. Market St., #2D Akron, OH 44303	
<b>Community Health Center</b>	Adult Services: 330-434-4141 Adolescent Services: 330-730-1888	725 E. Market St. Akron, OH 44305	Methadone Suboxone (Buprenorphine) Vivitrol
<b>Edwin Shaw Rehab</b>	330-436-0931	405 Tallmadge Rd. Cuyahoga Falls, OH 44221	Suboxone (Buprenorphine) Vivitrol
<b>Mature Services Avenues to Recovery</b>	330-253-4597	415 S. Portage Path Akron, OH 44320	
<b>Rigel Recovery Services</b>	234-678-5721	37 Broadway St. Akron, OH 44308	Vivitrol
<b>Summit County Public Health</b>	330-923-4891	1867 W. Market St., Suite A Akron, OH 44313	
<b>Summa Health System</b>	CD IOP & Assessment 330-379-9836 Psych PHP & Psych IDP 330-379-9841	444 N. Main St. Akron, OH 44310	Suboxone (Buprenorphine)
<b>Summit Psychological Associates</b>	330-535-8181	37 N. Broadway St. Akron, OH 44305	Vivitrol

## **WHAT IS MEDICATION ASSISTED TREATMENT (MAT)?**

Medication assisted treatment (MAT) uses medications such as Naltrexone (Vivitrol), Methadone, and Buprenorphine (Suboxone) in combination with counseling to treat opiate addictions. These medicines help to curb the side effects of withdrawal so that the patient can engage in behavioral therapy and begin the recovery process. Medication assisted treatment may decrease the cravings to use opiates and can provide individuals with the tools to better equip them to face the challenges of recovery and enjoy the benefits and rewards of sobriety. Medication assisted treatment is evidence-based and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).

## **SUPPORT GROUPS**

### FOR FAMILIES

#### **Breaking Barriers Hope is Alive** [nowwefightforyou.com](http://nowwefightforyou.com)

This non-profit organization was created by Shelly Bornstein and her sister, Laura Broyles, in honor of three Lake High School Graduates, Tyler Bornstein, Zach Warner and Tyler Westbury with the goal of bringing awareness to the heroin epidemic sweeping across our state and country, inspiring breakthroughs in treating people who suffer from drug addiction by assisting in the recovery process, and educating the community about the disease of addiction.

#### **Cover2 Resources** P.O. Box 1041, Hudson 877-901-3277 / 330-351-1328 [cover2.org](http://cover2.org)

After losing his son to a heroin overdose, Greg McNeil launched Cover2 Resources in March 2016 to spread awareness, educate, and advocate for those affected by the opioid epidemic through an ongoing podcast series. Topics include harm-reduction strategies, how to select a treatment provider, and what families need to know to best support their loved ones struggling with opioid addiction.

#### **Families Anonymous** 216-390-1918 [familiesanonymous.org](http://familiesanonymous.org)

Families Anonymous is a support group for families and friends of people with addiction. Call for meeting locations, dates, and times or visit their website.

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

NarAnon is a 12-step program for families and friends of people with addiction. Following is a list of local meeting dates, times, and locations:

AKRON: Thursdays 7:00 p.m., Manchester United Methodist Church, 5625 Manchester Road.

MEDINA: Mondays 7:30 p.m., Medina Community Church, 416 S. Broadway (Parking Lot Behind Blue House)

TALLMADGE: Tuesdays 6:45 p.m., First Congregational Church, 86 Heritage Dr. (Newcomers — 6:30 p.m.)

#### **New Destiny Recovery Solutions – Lake Anna YMCA** 500 W. Hopocan Ave., Barberton

Open to families affected by substance abuse. Meetings are held Wednesday mornings from 10 a.m. – 11 a.m. For more information, call Kevin Murphy at 330-745-9622 or Cris Prillaman at 330-289-5606.

#### **SOLACE of Summit County (Surviving Our Loss and Continuing Everyday)**

This group provides family support, education and advocacy to those who have lost a loved one to a drug-related death or who know someone struggling with addiction. To learn more, visit [www.facebook.com/solacesummitcounty](http://www.facebook.com/solacesummitcounty) or email [solacesummit-county@gmail.com](mailto:solacesummit-county@gmail.com).

#### **The Well: A Place of Hope, Healing and Restoration** Sue Warner: 330-472-7282

Open to anyone who has lost a loved one to an overdose, The Well

support group's meetings are informal and foster a sense of community among its members. The group discusses relevant topics and occasionally hosts guest speakers. Meetings are every other Wednesday from 6:30 p.m. to 8 p.m. at 2656 South Arlington Road, Akron, OH 44319 (Shamp's Bionics Building). Call for specific meeting dates and additional information.

### FOR THOSE WORKING ON RECOVERY

#### **Heroin Anonymous** Vance S.: 330-990-0065 Jim M.: 330-255-8456

The only requirement for attending is an individual's desire to remain sober. Call for meeting dates, times, and locations.

#### **Heroin Anonymous UMADAOP** 665 W. Market St., Ste. 2D, Akron 330-379-3467 [akronumadaop.com](http://akronumadaop.com) Meetings are held on Tuesdays at 4 p.m. and Thursdays at 10 a.m.

#### **Narcotics Anonymous (NA)** 888-GET-HOPE (888-438-4673) [nabuckeye.org](http://nabuckeye.org) NA is a 12-step recovery group for those addicted to drugs, not limited to use of any particular drug. There are numerous meeting locations, dates, and times throughout Summit County.

#### **New Hope Opiates Anonymous - pARADise Club** 1710 Front Street, Cuyahoga Falls Alyssa K.: 330-780-0645 Tim P.: 330-687-1833 Floating format: AA/Big Book-based program of recovery. Meetings are located in the lower level, Thursdays at 8:00 pm.



Clark leads residents of the TRY Ministries program through an annual Monday morning 'RAP' session during which men are given an opportunity to discuss the events of the week.



Clark and employees of TRY Ministries discuss operational strategies, goals, and expectations for the day.



A photograph of Perry Clark, a Black man wearing a black cap and jacket, standing in a room under construction. The room has exposed wooden beams and a window. In the background, another person is visible working on a ladder. The text 'RECOVERY STORIES' is overlaid in green on the left side of the image.

RECOVERY STORIES

# PERRY CLARK

by Barb Bragiel and photos by Andrew Dolph

*Perry Clark surveys progress on one of the homes being renovated by residents of the TRY Ministries program.*

**A COUPLE YEARS AFTER BEING RELEASED FROM PRISON, PERRY CLARK DISCOVERED A NEED IN THE COMMUNITY TO HELP MEN WHO HAD RECENTLY BEEN RELEASED FROM PRISON. HE HAD SIMPLY WITNESSED TOO MANY GET OUT AND START USING DRUGS AGAIN.**

Clark thought that if he could reintegrate into society successfully, he could help others do the same. He certainly understood where they were coming from and what their challenges were. And he knew that it would take someone like him to show that one can change and be productive in the community again, if given the chance.

Nearly 20 years ago, Clark's addiction to heroin led him to spend 10 years in various correctional facilities throughout Ohio. While some may have become bitter and vengeful after serving such a long sentence, Clark gives thanks to the judge who put him behind bars.

"If I had only been sentenced to probation, I may not be here today," he explains. "I'm thankful the judge sentenced me to prison. That's where my healing started with attending NA [Narcotics Anonymous] and AA [Alcoholics Anonymous] meetings and seeing a counselor."

While serving time, Clark was a model inmate. His substance abuse counselor at Mansfield encouraged him to lead NA and AA meetings once a week at the reintegration center. Around that same time, because of his background in construction work, he was chosen to lead other inmates to rehab houses in the Mansfield area.

"I shared my personal story with them, and I worked with these men to rehab 11 houses in three years," Clark shares. "This work helped these men and it helped me. It prepared me for the work I do today."

In 1999, two years after being released from prison, he founded Truly Reaching You (TRY) Ministries. The organization provides transitional housing and job skills training for men re-entering the community after completing substance abuse treatment or being incarcerated. It also assists families on behalf of the absent parent with things such as backpacks filled with school supplies, Thanksgiving food baskets, and Christmas gifts.

"I started out by finding men standing on street corners and offering them work," Clark says.

He'd explain that he had work for them rehabbing houses. All they would have to do is agree to be drug tested. Clark would also go to the Greyhound bus station downtown, where he could easily pick out the guys recently released because they were still wearing prison-issued garb.

"I'd pick them up and take them shopping at Wal-Mart and the second-hand store to buy clothes."

Since then, Clark and his organization have helped more than 1,200 men and women reclaim their lives. Over the past 12 years, TRY has acquired seven houses in Akron, which have been rehabbed by the same men who now live in them.

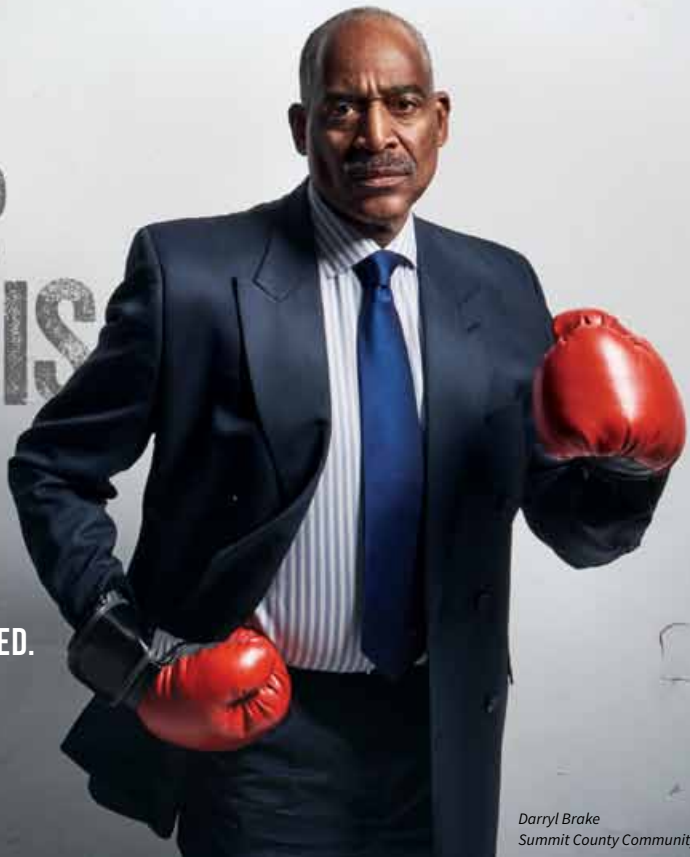
For many with a drug-related charge or felony, employment can be difficult to secure. TRY offers a five-month apprenticeship program where participants receive hands-on experience with rehabbing homes, commercial cleaning, lawn care, landscaping, machinist training, and inventory/logistics management.

Upon completion of the employment training, TRY residents may stay for up to a year as they start their lives over. During that time, staff members provide guidance on budgeting, paying off debt, and saving money for rent, plus three additional months. The staff stays in touch with them for a year to help ensure their successful integration into society.

It's been almost 20 years since Clark chose sobriety. Helping others is how he continues to maintain it.

"I seek out someone every day to let them know they don't have to live that lifestyle," he says. "I know the pain out here, and I thank God that I can help people. I was delivered a free man from addiction and I'm not going back. I want others to know that they, too, can live free of addiction."

# GLOVES UP LET'S DO THIS



CALL **330.940.1133** TO GET STARTED.

Darryl Brake  
Summit County Community Partnership

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