

# BEHAVIORAL HEALTH SERVICES AND RESOURCE GUIDE



GALLIA • JACKSON • MEIGS

# ADAMH

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH BOARD

*Your Addiction & Mental Health Authority*

**GALLIA-JACKSON-MEIGS ADAMH BOARD**

53 Shawnee Lane, Gallipolis, Ohio 45631

[www.gjmboard.org](http://www.gjmboard.org)

740-446-3022



GALLIA • JACKSON • MEIGS

# ADAMH

ALCOHOL, DRUG ADDICTION & MENTAL HEALTH BOARD

## What We Do...

**COLLABORATE AND EVALUATE LOCAL PROVIDERS AND OTHERS TO ENSURE THAT THEY PROVIDE THE MOST EFFECTIVE PREVENTION, TREATMENT, AND RECOVERY SUPPORT SERVICES TO MEET THE COMMUNITY'S NEEDS.**

Judges \* Hospitals \* School Districts \* Social Services \* Law Enforcement \* First Responders \* Consumers \* Health Department \* County Commissioners \* Children Services \* Job & Family Services \* Adult Care Facilities \* County Sheriffs \* Police Departments \* Family & Children First Councils \* Community Action Agencies \* Suicide Prevention Coalitions \* Drug Prevention Coalitions \* Universities \* Faith Community \* Civic Organizations \* Families

### EVALUATE & COLLABORATE

**THE BOARD FUNDS AND PROMOTES LOCAL SUPPORT THROUGH GRANTS AND PARTNERSHIPS. FEDERAL, STATE, AND LOCAL FUNDS, SERVICES, AND COMMUNITY PARTNERSHIPS SUPPORT THE LOCAL CONTINUUM OF CARE.**

Cardinal Recovery \* Field of Hope \* Health Recovery Services \* Hopewell Health Centers \* Integrated Services for Behavioral Health \* Square One \* TASC of Southeast Ohio \* Warriors 4 Christ \* Gallia CPR \* Jackson SPARC \* Meigs Prevention Coalition \* GJM Suicide Prevention Collaborative \* Southeast Ohio Suicide Prevention Conference \* NAMI of Gallia Jackson Meigs

### FUND

**WORK WITH CONSUMERS, FAMILY MEMBERS, PROVIDERS, AND THE PUBLIC TO PLAN FOR A UNIFIED CARE SYSTEM. ENSURING HIGH QUALITY, COST-EFFECTIVE, AND CULTURALLY COMPETENT MENTAL HEALTH AND ADDICTION SERVICES ARE AVAILABLE TO MEET COMMUNITY NEEDS.**

Crisis Services \* Substance Use Disorder (SUD) Treatment Services \* Residential Services (MH & SUD) \* Mental Health (MH) Treatment Services \* Evidence-Based Prevention in Schools \* Medication-Assisted Treatment \* Consumer Supports \* Crisis Hotline \* Crisis Intervention Training (CIT)

### PLAN

**Utilizing local evaluation and community input, we assess community needs, set priorities, and determine the types of services programs and facilities.**

### ASSESS

*Your Addiction and Mental Health Authority*

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Second Edition : Revised 8/23

# **WHAT IS THE ADAMH BOARD?**

Ohio Law created alcohol, drug addiction, and mental health boards to ensure that services and facilities are available for the treatment of people who have alcohol, drug addiction, and/or mental health problems.

The Gallia-Jackson-Meigs Alcohol, Drug Addiction and Mental Health (ADAMH) is one of 50 boards across Ohio. These boards are statutorily empowered to plan, develop, fund, manage, and evaluate community-based mental health and addiction, treatment, and prevention services.

The Board works within our local community to determine what is needed in drug, alcohol, and mental health services. Contracts with provider agencies for direct services to residents in Gallia, Jackson, and Meigs counties.

*We are Your Addiction and Mental Health Authority*





# **OUR VISION**

Residents of Gallia, Jackson, and Meigs Counties are provided a culturally appropriate and stigma-free system of mental health and addiction education, prevention, treatment, and recovery services that are available and accessible to each individual in need.



# **OUR MISSION**

It is the mission of the Gallia-Jackson-Meigs ADAMH Board to serve as the behavioral health authority for the area; supporting and improving the quality of life for residents by developing and maintaining a coordinated system of accessible mental health and addiction advocacy, education, prevention, treatment, and recovery supports.



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## OUR BOARD & STAFF

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Under Chapter 340.02 of the Ohio Revised Code, fourteen citizens of Gallia, Jackson, and Meigs counties are appointed to serve on the Board. The Director of the Ohio Department of Mental Health and Addiction Services (OhioMHAS) shall appoint six members. The remaining 8 members are appointed by county commissioners.

### **Board Staff**

Executive Director: Robin Harris  
Deputy Director: Angela Stowers  
Fiscal Officer: Jennifer Metts  
Office Manager: Chris Love  
Clerk: Debbie Hill

Community Program Coordinator: Shannon Dalton

# NATIONAL 988 SUICIDE AND CRISIS LIFELINE LAUNCHES IN OHIO

On July 16, 2022, the National Suicide Prevention Lifeline (1-800-273-8255) transitioned to the 3-digit 988 Suicide & Crisis Lifeline. Ohioans who are experiencing a mental health or addiction crisis, and their family members, are now able to call, text, or chat 988 in order to reach a trained call specialist who can offer help and support.

The easy-to-remember, 3-digit number will provide greater access to life-saving services, and the Ohio Department of Mental Health and Addiction Services (OhioMHAS) continues to work with federal, state, and local partners and stakeholders to ensure the implementation of 988 is successful across the state.

Ohio's 988 plan is part of the state's larger commitment to providing quality, person-centered crisis supports in communities across the state.

## Mental Health and Addiction Emergency or Crisis?

### Mental Health and Addiction EMERGENCY

A mental health and/or addiction emergency is a life-threatening situation. An immediate response from law enforcement or medics is needed. A person may be actively trying to harm themselves or someone else. In other situations, a person may be out of touch with reality, be unable to function properly, or may be out of control.

Examples of mental health and addiction emergencies are:

- Active suicide threat.
- Threatening harm to self or others.
- Self-injury that needs medical attention.
- Severe intoxication.
- Inability to care for oneself.
- Apparent drug overdose.

If someone is having a mental health  
and/or addiction emergency,  
CALL 911.

What to expect when you call 911:

- A dispatcher will answer your call and ask about your emergency.
- Local law enforcement or paramedics will be sent to your location.
- In some cases, a crisis intervention team will accompany law enforcement.
- You will get help dispatched immediately.
- You may be transferred to 988, if appropriate.

# 911



### Mental Health and Addiction CRISIS

A mental health and/or addiction crisis is not a life-threatening situation. Intervention may be possible without an immediate response by law enforcement or medics. A person may be thinking about hurting themselves or someone else or may be extremely emotionally upset or distressed.

Examples of a mental health and addiction crises are:

- Talking about suicide or planning to harm oneself.
- Talking about harm to self or others.
- Self-injury that doesn't need immediate medical attention.
- Overuse of alcohol or other drugs.
- Extreme depression, anxiety, or other mental illness symptoms.

If someone is having a mental health  
and/or addiction crisis,  
CALL 988.

What to expect when you call 988:

- A trained professional will answer your call.
- The professional will ask you to describe your crisis.
- In many cases, the professional will assist you over the phone and link you to additional care as necessary.
- In some cases, a mobile team will be sent to your location.
- If necessary, the person experiencing a crisis will be taken to a stabilization facility.
- You may be transferred to 911, if needed.

# 988



**988** SUICIDE & CRISIS  
LIFELINE

[mha.ohio.gov/988](http://mha.ohio.gov/988)



# GALLIA-JACKSON-MEIGS COUNTIES CRISISLINE INFORMATION

**Toll Free Crisis Information & Referral Hotline**  
**1.800.252.5554 or 1-888.475.8484 or 988**

- Available 24/7 - 365 days a year
- Suicide prevention and referral hotline
- Crisis Intervention Team (CIT) workers evaluate individuals in psychiatric crisis and enable them to receive appropriate services (e.g., hospitalization, crisis residential services, CPST or outpatient counseling.).
- Evaluation sites include agency facilities (during office hours) and local Emergency Rooms.
- CIT services can be accessed during work hours through all behavioral health clinics and 24 hours a day through the Crisis Services telephone line

## **Adult Crisis Stabilization Unit**

P: 740.446.5500

## **Youth Crisis Stabilization Unit**

P: 740.794.6019

## **Mobile Response & Stabilization Services (MRSS)**

### **Jackson County Only**

P: 740.656.6122

Families with youth and young adults between 0 to 21 who are experiencing difficulties or distress can receive assistance from the MRSS Team. The MRSS team meet with youth and families in person wherever they are. All services are provided in a trauma informed way and utilize family systems intervention. Families can stay with MRSS for up to 60 days. Call for assistance 24 hours a day, 7 days a week.



## **988 Suicide & Crisis Lifeline**

Call 988 or Text 988

If you are hard of hearing, you can chat with a Lifeline counselor 24/7 by:

- Online chat – Click the chat button at [www.988lifeline.org](http://www.988lifeline.org).
- For TTY Users: Use your preferred relay service or dial 711 then 988.
- Línea de Prevención del Suicidio y Crisis 1-888-628-9454

CRISIS TEXT LINE |

## **Crisis Text Line**

Text the keyword “4hope” to 741 741 to be connected to a trained Crisis Counselor within 5 minutes. 24/7

Text 4Hope to 741741

## **Veterans Crisis Line**

Call 988 then Press 1 or Text 838255

Access free, confidential support 24/7, 365 days a year.

Online Chat - Click the chat button at [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Connect with a real person qualified to support Veterans. The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them.



## **Ohio Suicide Prevention Foundation**

Non-profit organization that works to prevent one of our most preventable causes of death: suicide. Our work includes reducing the stigma of suicide, promoting evidence-based prevention strategies, and raising awareness about suicide's relationship to mental illness, alcohol, drug abuse, and other issues. <https://www.ohiospf.org/>



## **LIFE SIDE OHIO: By Your Side. United for Life.**

Life Side Ohio is a campaign of direct, suicide prevention outreach dedicated to the firearms community. Life Side Ohio is by your side and in your community with resources on suicide awareness, prevention, mental health, and education. We're united for life, because without life, there's loss and grief. [www.lifesideohio.org](http://www.lifesideohio.org)



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# MENTAL/BEHAVIORAL HEALTH & ADDICTION DESCRIPTIONS

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## **Alcoholics Anonymous (AA)**

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. Membership is open to anyone who wants to do something about his or her drinking problem.

## **Ambulatory Detoxification**

Face-to-face interactions with an individual who is suffering mild to moderate symptoms of withdrawal, for the purpose of alcohol and/or drug detoxification.

## **Assessment**

The evaluation of an individual to determine the nature and extent of his/her mental illness and/or abuse, misuse, and/or addiction to alcohol and/or other drugs.

## **Case Management**

Activities provided to assist and support individuals in gaining access to needed medical, social, educational, and other services essential to meeting basic human needs.

## **Community Psychiatric Supportive Treatment (CPST)**

Provides a number of services delivered by community-based, mobile individuals or multidisciplinary teams of mental health care professionals and trained others. Services address the individual needs of clients and focus on an individual's ability to succeed in the community; identify and access needed services, and show improvement in school, work, family, and contributions to the community.

## **Diagnostic Assessment**

Is a clinical mental health and/or substance misuse evaluation provided by an eligible professional at the beginning of treatment or in response to treatment, or when significant changes occur. It is a process of gathering information to assess client needs and functioning in order to determine appropriate service/treatment based on the identification of the presenting problem, evaluation of mental status, and formulation of a diagnostic impression.

## **Education/Consultation/Prevention Services**

Education services indicate formal educational presentations made to individuals or groups that are designed to increase community knowledge of and to change attitudes and behaviors associated with mental health and addiction problems, needs, and services. Consultation services are formal and systematic information exchange between an agency and a person other than a client, which is directed towards the development and improvement of individualized service plans and/or techniques involved in the delivery of mental health services. Finally, prevention services indicate action-oriented programs either toward reducing the incidence, prevalence, or severity of specific types of mental illness and/or addiction disorder.

### **Emergency Services**

Includes both Crisis Intervention & Behavioral Health Hotline services. Crisis intervention is the process of responding to emergent situations and may include: assessment, immediate stabilization, and the determination of the level of care in the least restrictive environment in a manner that is timely, responsive, and therapeutic. Behavioral health hotline services are an agency's twenty-four-hour-per-day, seven days per week capability to respond to telephone calls, often anonymous, made to an agency for crisis assistance. The person receiving emergency services may or may not become a client of the agency providing these services. These services are usually rendered face-to-face at a person's home, at a mental health agency, or via telephone.

### **Employment/Vocational Service**

Is to promote recovery and secure/maintain employment by providing training and skill development that is goal-oriented, ability-based, and incorporates individual choice. The outcome of employment/vocational service is that the individual will obtain Mental/Behavioral Health and Addiction Service Descriptions 6 and maintain employment, learn new job skills, increase self-sufficiency, and contribute to the community.

### **Family Counseling**

The utilization of special skills in sessions with individuals and their family members and/or significant others under the guidance of a counselor to address family and relationship issues related to mental health, alcohol and other drug abuse and/or dependence for the purpose of promoting recovery from addiction.

### **Forensic Evaluation Services**

An evaluation resulting in a written expert opinion regarding a legal issue for an individual referred by a criminal court, domestic relations court, juvenile court, adult parole authority, or other agency of the criminal justice system or an Ohio Department of Mental Health and Addiction Services (OhioMHAS) operated regional psychiatric hospital. Forensic evaluation service also assists courts and the adult parole authority to address mental health legal issues.

### **Group Counseling (Therapy)**

Services are typically provided through a counselor-client therapeutic relationship in which special skills are utilized to assist the client with mental illness and/or alcohol and other drug problems to achieve treatment objectives. Treatment occurs in a group setting with two or more individuals/clients facilitated by one or more counselors.

### **Housing/Residential Services**

These are considered "other" mental health and/or substance misuse services which support persons/clients with mental illness to find affordable residential living placements and/or to assist in meeting their physical need for shelter.

### **Individual Counseling**

Same as group counseling except treatment occurs in an individual setting, a counselor and one client only. Information, Screening & Referral Services – Includes responses, usually by telephone, to inquiries from people about services in the community. Referrals may include contacting an agency or a provider in order to secure services for the person requesting assistance.



### **Intensive Outpatient**

Structured individual and group alcohol and drug addiction activities and services that are provided at a certified treatment program site for a minimum of eight hours per week with services provided at least three days per week.

### **Medical or Medication/Somatic (Psychiatric Services)**

A pharmacologic management service is a psychiatric/mental health/Medication Assisted Treatment (MAT)/medical intervention used to reduce/stabilize and/or eliminate psychiatric symptoms and/or the impact of substance misuse on individuals with the goal of improved functioning. These services should result in well-informed individuals and in decreased/minimized symptoms.

### **Medication Assisted Treatment (MAT)**

The services of a medical professional directly related to the use of medications to provide a whole patient approach to the treatment of substance abuse disorders.

### **Narcotics Anonymous (NA)**

A nonprofit fellowship or society of men and women for whom drugs had become a major problem. Membership is open to anyone who has the desire to stop using drugs.

### **Nar-Anon**

This is a family groups primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you

### **Non-Medical Community Residential Treatment**

A twenty-four-hour rehabilitation facility, without twenty-four-hour-per-day medical/nursing monitoring, where a planned program of 7 professionally directed evaluation, care and treatment for the restoration of functioning for persons with alcohol and other drug problems and/or addiction occurs.

### **Outreach**

A planned approach to reach a target population within their environment. The purpose of this approach is to prevent and/or address issues and problems as they relate to the use/abuse of alcohol or drugs.

### **Partial Hospitalization/Day Treatment**

An intensive, structured, goal-oriented, distinct and identifiable treatment service that utilizes multiple interventions that address the individualized mental health and/or addiction recovery needs of a client. The environment at this level of treatment is highly structured, and there should be an appropriate staff-to-client ratio in order to guarantee sufficient therapeutic services and professional monitoring, control, and protection of the identified client.

### **Peer Recovery Services (Peer Support)**

Community-based services for individuals with a mental illness or substance use disorder; and consist of activities that promote recovery, self-determination, self-advocacy, well-being and independence. Peer recovery services are individualized, recovery-focused and based on a relationship that supports a person's ability to promote their own recovery.

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### **Social & Recreational Services**

Includes structured and non-structured activities and supports to enhance the quality of life of the person served. These services occur, whenever possible, in facilities used for social and recreational purposes by other members of the community.

### **Subacute Detoxification**

Detoxification services are provided with twenty-four-hour medical monitoring.

### **Urinalysis**

The testing of an individual's urine specimen to detect the presence of alcohol and other drugs.

### **12-Step Program**

Developed by Alcoholics Anonymous, it is a 12-step plan in order to overcome addictions and compulsions. The basis of this model is that people can help one another achieve and maintain abstinence from substances of abuse or compulsions. While recognizing that healing cannot come about unless people with addictions surrender to a higher power.

For more detailed descriptions of these and other mental health services please visit <http://codes.ohio.gov/oac/5122-29> The Mental Health and Addiction Recovery Services Board may subsidize certain services and specialized programs for individuals that meet qualification requirements. The following information provided by our Service Providers contains descriptions of services and programs not necessarily covered by public mental health and addiction recovery services funds. Please contact each agency or the Mental Health and Addiction Recovery Services Board for additional information

# CARDINAL RECOVERY, LLC.

www.cardinalrecoveryllc.org

## Hours of Operation:

24/7

## Administrative Office

1134 Jackson Pike  
Gallipolis, OH 45631

## Payment Sources:

All MCC

P: 740.446.9129

## Populations Served:

Adults

The mission of Cardinal Recovery, LLC is to provide the people of Gallia County and surrounding areas, quality alcohol and drug abuse/addiction treatment services which will include, but not be limited to: Residential and Outpatient services to include but not limited to General Services, Withdrawal Management, Crisis Intervention and SUD Case Management Services.

## Relapse Prevention

The relapse prevention program includes a self- assessment for clients to ascertain how well they are preventing relapse. The program will cover topics such as Treatment Attitudes, Recovery Behaviors, Common Recovery Dilemmas and Protracted Withdrawal.

## Cognitive-Behavioral- Interventions for Substance Abuse

The curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. This intervention relies on a cognitive behavioral approach to teach participates strategies for avoiding substance abuse.

## Living in Balance

Updated to meet DSM-5 classifications, this flexible program draws from cognitive-behavioral, experiential and Twelve Step approaches to help clients achieve lifelong recovery. This program is ideal for a variety of settings and is extremely comprehensive and customizable. Clients can join the treatment process at any point in the program delivery.

## 12-Step Facilitation

Clients will be introduced to the 12 steps of recovery. The program merges material from both NA and AA into a comprehensive guide. It discusses each step and asks clients questions designed to ascertain their willingness to delve deeper into that step and their recovery.

## Withdrawal Management

Cardinal Recovery, LLC has withdrawal management/detox services. Our detox facility can accommodate 11 clients, both men and women.

## Men's Inpatient Treatment Facility

Since 2016, Cardinal Recovery, LLC has a men's inpatient treatment program, located on Jackson Pike in Gallipolis, which can accommodate up to 16 clients at one time. Our facility also has a classroom designed for daily group counseling, living and dining area, kitchen and laundry room.

It is Cardinal Recovery, LLC's focus to provide each client with a comfortable and well-maintained living environment.

## Services Offered for Men's Inpatient Substance Abuse Treatment

- Case Management: This service is offered to assist clients with mental health and/or medical appointments, court appearances, transportation and post treatment basic needs such as housing and employment.
- Life Skills: This will be utilized to strengthen client's basic life skills in areas such as cooking, budgeting, resume building, etc.
- Health and Wellness: Keeping in line with Cardinal Recovery's holistic approach to treatment, every client will be offered a chance to routinely work on their physical health by working out at The Warehouse Gym.
- In House Meetings: Members of the recovery community will be volunteering their time to "bring a meeting in" to the residents.
- Outside Meetings: Clients will be transported and accompanied by staff to outside AA and NA meetings throughout Gallia County.

## Outpatient Services

Cardinal Recovery, LLC offers outpatient services focusing on life skills and different strategies per client needs.

# FIELD OF HOPE

www.fieldofhope.life

## **Hours of Operation:**

Monday - Friday  
8:00 AM - 4:30 PM

## **Hope House and Community Campus**

11821 State Route 160, Vinton, OH 45686  
740.245.3051

## **Payment Sources:**

Medicaid, Self-pay

## **Populations Served:**

Adults, Youth, Women (inpatient/sober living)

Field of Hope is a 501(c)3 non-profit organization registered with the state of Ohio and the federal government. Our staff and facilities are certified to perform the services we offer to help others get victory over alcohol or drug addiction. The strong FOH organization has excellent clinicians available for counseling. Our residential house managers are also certified and trained in counseling, first aid, CPR, and all necessary emergency procedures. They work on a rotating shift to cover the residential treatment houses 24/7.

Every treatment/counseling organization has a basic philosophy of treatment. The FOH is Christian faith-based on our approach to life change. Clinicians utilize an evidenced-based curriculum and person-centered therapy in treatment. We offer opportunities to engage in 12-Step related activities, community involvement, as well as life and job skills training. The FOH has faith partners and supporters – other churches, businesses, and civic organizations. The vision of FOH was born at Vinton Baptist Church. They continue to be a primary supporting organization.

## **IOP / Outpatient**

- It is not a requirement to reside in a Field of Hope Sober Living house to attend IOP/OP (Intensive Outpatient and Outpatient) services. The main difference between the two is the hours of services provided. IOP consists of 9-19 hours of service that include groups, individuals, and case management if needed. Under 9 hours of service is considered Outpatient. Outpatient participants will also have 1-3 days of group therapy, an individual session, and case management if needed. Our IOP/OP groups occur Monday through Friday from 9:00 am to 11:00 am.
- To begin IOP/OP services, you must first complete a comprehensive assessment.

## **Women's Inpatient Treatment (Hope House)**

Many begin their recovery journey at the Hope House for inpatient treatment. The Hope House provides a safe place for those who need removal from current environmental stressors that include triggering people, places, and things. This time allows participants to focus on themselves and gives them the ability to cultivate more healthy coping skills without outside distractions.

## **PHP / Reentry (Faith House)**

Women who have at least 30 days of sobriety may be eligible to be admitted straight into our ON-Campus Sober Living house. This step down from inpatient, which we refer to as the Faith House, provides structured programming to allow time to prepare a solid recovery foundation before placement in the Sober Living OFF-Campus.

The structure and accountability provided for Sober Living ON-Campus participants begin the process of reintegration back into society as sober and drug-free people. By the time participants move to the OFF-Campus Sober Living house, the employment process will have already begun and a schedule to support sobriety will be in place.

## **Sober Living**

Those who have completed PHP are eligible to move into our OFF-Campus Sober Living. Our Sober Living that is located off-campus provides the time participants need to identify roadblocks that may occur in recovery. As situations present themselves, participants will have the opportunity to work with caring staff to devise a plan of action. Participants coming from the Faith House will move to Sober Living off campus once they are transferred to IOP (Intensive Outpatient). At this point, if a job has not already been found, a more intensive employment search will be implemented if it is in the treatment plan to do so. Case Management services will increase as preparation is made for independent living.

## **Mental Health Services**

Serving adults, teens, and children, Field of Hope provides trauma-specific therapy as well as individual, family, and couples mental health counseling. For individuals receiving mental health services at Field of Hope, a psychiatric nurse is available to provide additional psychiatric medication support.

## **Prevention**

Field of Hope Community Campus is a certified prevention center through the Ohio Department of Mental Health and Addiction Services (OMHAS) that offers prevention and counseling services to the youth in Gallia County and surrounding areas. These services help educate and empower children, teens, and families to reduce risky behaviors and promote positive change. The programs are interactive, fun, and educational. They are available within the local schools and community venues, making them easily accessible for the youth and their families. Like all other programs that the Field of Hope offers, our prevention services are faith and evidence-based.

For more information about this program and all other prevention programs Field of Hope has to offer please view our Services tab or call us at 740-245-3051, Ext. 105.

- Prevention in the Community
- Prom Prevention Activities
- Prevention Week Activities
- Classroom Education
- Summer Enrichment Program
- Mentoring
- Prevention and Counseling Services
- Individual Counseling
- Group Counseling
- Family Counseling
- Case Management
- Referrals to Community Resources
- Tobacco Use
- Vaping
- Alcohol Use
- Drug Use
- Bullying
- Sexually Transmitted Diseases
- Suicide Prevention
- Other At-Risk Behaviors
- Evidence-Based Curriculum and Therapies
- Sparks
- Lasting Family Connections
- Too Good For Drugs
- Cognitive Behavioral Therapy
- Motivational Interviewing
- Gambling Prevention & Treatment
- Resiliency Program - coming soon

# HEALTH RECOVERY SERVICES (HRS)

www.hrs.org

## Hours of Operation:

Check each location

## Payment Sources:

Medicaid, Medicare,  
Self-pay, Sliding Scale,  
Some Board Funding and  
Other Funding Sources

## Populations Served:

Adults, teens, families and  
developmentally disabled

### Gallia County

45 Olive St.  
Gallipolis, Ohio 45631

P: 740.446.7010  
F: 740.446.7899

Hours of Operation:  
8:00 AM - 5:00 PM M - Th\*  
8:00 AM - 12:00 PM F  
\*Other Hours by Arrangement

### Jackson County

500 Burlington Road  
Suite 250  
Jackson, Ohio 45640

P: 740.577.3492  
F: 740.577.3496

Hours of Operation:  
8:00 AM - 5:00 PM\* M-F  
\*Entry by appointment after 5:00 PM  
Some Weekend Courses Offered

### Jackson County Southern Ohio Treatment Center

120 Twin Oaks Drive  
PO Box 1008  
Jackson, OH 45640

P: 740.577.3450  
Toll Free: 855.236.9009  
F: 740.577.3451

Hours of Operation:  
7:00 AM - 6:00 PM M-Th  
7:00 AM - 5:00 PM F  
7:00 AM - 12:00 PM Sat

### Meigs County

507 Mulberry Heights Rd  
Pomeroy, Ohio 45769

P: 740.992.5277  
F: 740.992.7264

Hours of Operation  
Monday - Friday 8:00 AM -  
4:00 PM  
Evening sessions available by  
appointment only

The total continuum of community based behavioral healthcare provided by Health Recovery Services (HRS) for over 45 years is aligned with the American Society of Addiction Medicine (ASAM) levels of care. This patient-centered criteria sets the acknowledged standard for quality behavioral healthcare that promotes good stewardship of resources while striving to improve consumer outcomes. To those adults, adolescents, seniors and families suffering from the diseases of substance use and/or mental health disorders, HRS is dedicated to offering the services they need to fight the epidemic of addiction and despair that plagues them. Our commitment to serve stems from a core belief system that affirms all are deserving of quality prevention, intervention, treatment and aftercare, regardless of race, color, sex, national origin, disability, age, gender identity, sexual orientation, religion and ability to pay. Consumers are encouraged to meet their financial obligation for services under a sliding fee scale so that the limited community resources can be stretched to help as many less fortunate consumers as is possible. The HRS philosophy of care and mission is to make sure those we serve know that we care, because only then will they care about what we know.

## Available Services

ASAM Level of Care 1.0

The following services are available through all Outpatient sites:

- Medication Assisted Treatment  
Methadone, Buprenorphine/Suboxone, Subutex  
Sublocade, Vivitrol,
- Services to Adults, adolescents and children
- Individual and Group Psychotherapy
- SUD and Mental Health Services
- Psychological Diagnostic Evaluation:  
Substance Use Disorder, Mental Health, Gambling
- Screening and Referral to withdrawal
- Withdrawal Onsite Monitoring
- Family Psychotherapy
- Psychotherapy for Crisis
- Information and Referral
- Case Management
- Intervention
- School-based Services
- Integrated Care
- Alcohol/Drug Laboratory Testing
- Community Based Services  
Drug and Alcohol Prevention  
Programs  
School In Service Training  
Social Emotional Learning  
Leadership and Life Skills  
Prevention Assemblies  
E-Safe

## Gallia Outpatient

Currently has several programs available for the community. Licensed and/or credentialed counselors provide assessment and treatment services using evidenced based practice such as the Motivational Interviewing Treatment Approach and the Community Reinforcement Approach.



## **Motivational Interviewing**

Approach assists participants in increasing their awareness of the problem and the solution. Participants of Motivational Interviewing reinforces preparation to change, action and maintenance behavioral change. This approach has proven successful in working with a variety of populations who present a range of issues in the clinical arena, in particular, substance abuse and addiction.

## **Psychological Diagnostic Evaluation**

It is the first stage of intervention with persons whose substance use or behavioral health issue has a negative impact on his or her life. A comprehensive appraisal of the individual's alcohol or drug use, gambling and mental health, and how it affects his or her health and functioning, is vital for selecting treatment resources that best meet his or her needs. Psychological Diagnostic Evaluation includes a determination of many factors, including the severity of the problem, possible influences that have perpetuated chemical use/behavioral issues, related difficulties; and the individual's perceptions of and attitude toward treatment. Other related factors such as needs for physical healthcare, housing, educational services, etc. are identified and addressed through this process as well.

## **Individual Psychotherapy**

Provide substance abuse/dependency, gambling and mental health psychotherapy to increase understanding and responsibility surrounding behavioral choices related to substance abuse and mental health issues.

## **Group Psychotherapy**

Provide participants the ability to evaluate and identify the progressive nature, signs, stages and symptoms of addiction in their own lives. Provide the exploration of alcohol and other drug problems and/or addiction and their ramifications, including an examination of attitudes and feelings, consideration of alternative solutions and decision making and/or discussing information related to alcohol and other drug related problems. Participation and attendance in the group are mandatory and will assist the consumer to begin experiencing personal growth towards recovery.

## **Medication Assisted Treatment**

Provide research based practices to treat various forms of addiction. Medication Assisted Treatment (MAT) is the use of medications in combination with psychotherapy and behavioral therapies for the treatment of substance use disorders. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders, and can help some people to sustain recovery. On-site daily medication administration is available.

## **Withdrawal Management On-site Monitoring**

HRS withdrawal management is an in-person interaction with a person suffering from mild to moderate symptoms of withdrawal from opioids. It is a service that is medically supervised by HRS physicians, nurses, and clinicians. Every individual meeting basic referral criteria for withdrawal management will receive a comprehensive physical psychological diagnostic evaluation, nursing evaluation, and phlebotomy testing. Those completing the withdrawal management program (including group and individual sessions with nursing and medication administration for approximately 2 weeks) may be referred for additional Medication Assisted Treatment (as deemed appropriate) and for individual/group psychotherapy to address the causes of addiction and to enhance the skills needed to maintain abstinence. Clients are required to be compliant with ALL aspects of the withdrawal management program to remain in the program.

## **Psychotherapy for Crisis**

Provide assistance with a client that is in response to a crisis or emergency situation experienced by themselves, a family member and/or significant other. It includes an evaluation of what happened during the

crisis and the individual's response or responses to it. Information about the individual's strengths, coping skills, and social support networks is also obtained.

### **Alcohol/Drug Laboratory Testing**

Health Recovery Services, Inc. holds a contract with a nationally recognized laboratory to conduct the laboratory urinalysis testing for presence of alcohol and or other drug substances.

### **Case Management**

To provide assistance and support to individuals in gaining access to needed medical, social, educational and other services essential to meeting basic human needs. Case management services may include interactions with family members, other individuals or entities and significant other including such as parole officers, teachers. It is to assist individuals with utilizing strengths and resources to acquire necessary skills and services to increase independence.

### **Information and Referral**

To provide information or to refer individuals, families, or communities to agencies that can help with issues such as mental health psychotherapy, education, family services, legal services, government agencies and more.

### **Intervention**

Provide brief screening to detect alcohol and/or other drug problems and addiction and to intervene in such a way as to arrest the progression of such problems.

### **Jackson County**

#### **Outpatient (Holzer Hospital Location)**

- Evidence based treatment
- Standard Outpatient Services that focus on treatment of addiction, early recovery and relapse prevention through individual and/or group counseling.
- Mental health individual and/or group counseling
- Lab tested urine drug screening
- AOD Diversion programs
- Creating lasting family connections for family support
- Anger management courses and diversion
- Domestic violence courses and diversion
- M.R.T. - Moral Reconnection Therapy groups
- Drug Court involvement and other criminal justice system support

This location consists of dually licensed/credentialed staff trained in treating both addiction and mental health. This location is dedicated to creating lasting family connections for family support Programs offered vary from mental health group/individual counseling to anger management courses and criminal justice system support.

#### **Jackson County Southern Ohio Treatment Center (SOTC)**

The Southern Ohio Treatment Center (SOTC) Medication Assisted Treatment (MAT) Program is a certified Opiate Treatment Program/Narcotics Treatment Program (OTP/NTP). SOTC provides both Substance Abuse and Mental Health treatment services. SOTC provides a full range of adult, community-based consumer and outcomes focused behavioral healthcare services.

### **Women's Outreach**

The Women's Outreach Program provides FREE education, intervention and referral services to females of all ages and their families. Services include confidential one-on-one sessions, group sessions and presentations

for community agencies, groups, clubs and organizations. The goal is to educate the community about substance abuse; reduce the incidence of alcohol, tobacco and other drug (ATOD) abuse; reduce the stigma associated with chemical dependency; identify individuals who have indulged in illegal or age inappropriate use of ATOD; promote recovery and wellness; and to provide social service referrals and improve access for women to treatment.

### **Gambling Education & Treatment**

Health Recovery Services currently has 8 staff members who have completed several of the Phases of Gambling trainings offered by ODADAS, the Lottery Commission and the Ohio Council for Problem Gambling. Recruitment for the program begins with consumers who enroll in AoD treatment at Health Recovery Services' Outpatient sites. Services are also provided in the communities through the use of advertising and educational opportunities. Each customer will complete a South Oaks Gambling Screen . Those identified in the screening process as having or being at risk for gambling problems by scoring a 3 or higher on the SOG screening, will be offered further education and treatment. The ultimate goal of treatment is abstinence from gambling activities. Customers will also be offered help and referrals to assist them with money problems from losses due to gambling including, debt counseling, budgeting, and money management education. Health Recovery Services offers a variety of parenting and family strengthening programs through its Division of Community Services. Customers in treatment for gambling will be given information on these programs when appropriate.

### **vSAAMCO (Virtual Substance Abuse Assessment For Municipal Court Offenders)**

2009 ODADAS Exemplary Prevention Program Award Winner. The Substance Abuse Assessment for Municipal Court Offenders Program is a research-based alcohol and drug education program for individuals charged with an alcohol and/or drug related violation. The SAAMCO program is an online 4-hour program.

### **DOT/DAP Department of Transportation Return to Work Program**

Referrals or inquiries are accepted for anyone requiring services to return to work due to Stand Down from any DOT covered safety-sensitive position including:

- Federal Motor Carrier Safety Administration (FMCSA)
- Federal Aviation Administration (FAA)
- Federal Railroad Administration (FRA)
- Federal Transit Administration (FTA)
- Pipeline and Hazardous Materials Safety Administration (PHMSA)
- United States Coast Guard (USCG)

Services available: Evaluation, Individualized Service Plan (ISP), Referral, Follow-up evaluation, Testing plan, Letter of compliance. All Return to Work services are provided by a Substance Abuse Professional (SAP) as required by Department of Transportation Regulations

### **Drug Free Workplace**

This program offers a full array of technical assistance services for agencies/companies that are considering or have made the decision to implement a Drug Free Safety Program (DFSP). Each program is individualized therefore costs and benefits will vary by needs.

### **Teacher In-service and Community Professional Training**

Trainings are available in research based and specialized programs instructed by our certified prevention trainers. Programs may be tailored to meet your needs.

### **Teen Institute Ongoing Groups and Youth Leadership Academy (YLA)**

Teen Institute (TI) is a positive peer prevention program geared toward youth in grades 6-12. Technical assistance for school groups ranges from participating in regular TI meetings to scheduling speakers once per month, to providing educational materials and programming ideas as requested. Meeting schedules are arranged to meet the needs of each school. Weekly or bi-monthly meetings are recommended. We also recommend an advisor from each school assist in conducting the group.

The weekend Teen Institute YLA is a multi-county event for TI student leaders throughout Southeastern Ohio. Both Junior High and High School students receive education in substance abuse prevention theory and strategies, team building, organizing and leadership. They take part in informative workshops on topics such as decision-making, alcohol/drug resistance skills and positive lifestyle choices

### **Red Ribbon Week Activities**

The Red Ribbon Campaign is a weeklong series of events (but is often extended over a longer period) designed to encourage students, educators, other school personnel and community members to demonstrate their commitment to a drug- free lifestyle. A wide range of activities can be included in the campaign, such as school assemblies, classroom presentations, drug-free dances, distribution of educational materials, poster contests, rallies and sporting events.

### **School Presentations**

These one-time educational programs are presented by trained HRS staff members and can cover a variety of substance abuse issues including use, abuse and addiction; youth and adult prescription drug abuse; opiates; inhalants; methamphetamine/club drugs; oxycontin; dysfunctional families; healthy choices for young people; peer pressure; tobacco use prevention; marijuana facts; and evaluating alcohol and tobacco advertising, among others. The program length and audience size can be tailored to meet individual needs.

### **Drug-Free Rallies Dances**

HRS supplies the sound system and light show, an extensive contemporary music collection, and entertaining emceeing in a healthy, drug free setting. No songs with explicit lyrics or lyrics that encourage violence, drug use or other unhealthy behaviors are played. Cost: \$100.00/hour. Some HRS sponsored dances may be available free of charge.

### **Parent/Family Program: Strengthening Families Program (SFP)**

The Strengthening Families Program is a 7- session, science-based parenting skills, children's life skills, and family life skills training program specifically designed for high-risk families.

### **Mentoring Program**

The Mentoring program utilizes community volunteers to form supportive bonding relationships with middle school- aged youth. It provides positive adult role models who promote the value of education and a drug-free lifestyle. It also educates young people about life skills, decision making and goal-setting, giving them the opportunity to achieve success.

### **Alcohol, Tobacco, and Other Drug Prevention Programs (Class size requirements vary based on programs)**

### **Too Good for Drugs and Violence**

Too Good for Drugs and Violence Skill development is at the core of Too Good for Drugs, a 10-session universal prevention program designed to mitigate the risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use. The program introduces and develops social and emotional skills

for making healthy choices, building positive friendships, communicating effectively, and resisting peer pressure.

### **Project Alert**

Project Alert is a school-based curriculum designed to reduce substance use among middle school students. It is delivered to seventh grade students, with booster sessions delivered in the eighth grade. Project ALERT aims to teach children to establish no-drug-use norms, to develop reasons not to use drugs, and to resist pro-drug pressures.

### **Life Skills Training**

LifeSkills Training (LST) is one of the most highly rated, recommended and researched school-based substance abuse prevention programs today. It is uniquely designed, proven effective, and grounded in over 20 years of research. Rather than simply teaching information about drugs, LifeSkills combats the underlying causes of substance use. The LifeSkills program is designed for elementary to junior high/middle school students.

### **BABES Presentations**

The Beginning Alcohol and Addictions Basic Education Studies is a primary prevention program designed for children ranging from preschool-grade 12, with emphasis on younger children. This program helps young people develop positive living skills by providing them with age-appropriate information about peer pressure, self-image, and decision-making, especially concerning the use of alcohol and other drugs.

### **Prime for Life**

Prime for Life is an evidence-based, risk-reduction program from the Prevention Research Institute. The first goal of the program is to help each participant develop the skills necessary to make low-risk choices regarding alcohol and other drug use.

### **Reconnecting Youth**

Reconnecting Youth (RY) is a proven, award-winning program that helps high-risk youth achieve in school and decrease drug use, anger, depression, and suicidal behavior.

### **Why Try**

The Why Try Program helps adolescents gain insight into how to deal with life's daily pressures and challenges. The goal of the Why Try Youth Program is to help adolescents answer the question "Why try in life?" when they are frustrated, confused, or angry with life's pressures and challenges.

### **Internet Safety Program**

E SAFE is a one-session multimedia internet safety program for youth and adults. This progressive program goes way beyond simple virus protection. It teaches children how to protect themselves from predators and bullies online as well as protection from identity theft starting at a young age.

### **Nicotine/Vaping Intervention Program (NIP)**

NIP is a program designed as a positive alternative to suspension for students caught vaping or using nicotine on school property or at school-sponsored activities.

### **Vaping/Nicotine Prevention Program**

Research-based prevention presentations that address the health risks of vaping, cigarettes, smokeless tobacco and other forms of nicotine use. Program can be provided in 1 to 4 classroom periods or as a 45-minute assembly.

## **Anti-bullying and Violence Prevention Program**

Safe Dates Highly engaging and interactive, Safe Dates helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships.

### **Second Step**

Second Step: A Violence Prevention Program is a classroom-based social skills curriculum for students from preschool through middle school. The curriculum aims to reduce impulsive and aggressive behaviors and increase protective factors and social-emotional competence.

### **Steps to Respect**

The research-based Steps To Respect program is a companion piece to the Second Step curriculum. It teaches elementary students to recognize, refuse, and report bullying, be assertive, and build friendships.



# HOPEWELL HEALTH CENTERS

www.hopewellhealth.org

## **Hours of Operation:**

Monday - Friday  
8:00 AM - 5:00 PM

## **Gallia Clinic & Crisis Stabilization Unit**

3086 St. Rt. 160  
Gallipolis, OH 45631  
P: 740.446.5500

## **Jackson Clinic at Holzer**

500 Burlington Rd., Suite 240  
Jackson, OH 45640  
P: 740.286.5075

## **Meigs Clinic Pomeroy Primary and Behavioral Health Care**

41865 Pomeroy Pike  
Pomeroy, Ohio 45769  
P: 740.992.0540

## **Payment Sources:**

Medicaid, Medicare, Self-pay,  
Some Board Funding and  
Other Funding Sources

## **Jackson Clinic Jackson Behavioral Health Care**

502 McCarty Lane, Suite 5  
Jackson, Ohio 45640  
P: 740.286.5245

## **Populations Served:**

Adults, teens, families and  
developmentally disabled

Hopewell Health Centers, Inc (HHC) is a nationally accredited federally qualified health and community mental health center with 22 sites across nine counties in Southeast Ohio (Athens, Gallia, Hocking, Jackson, Meigs, Perry, Ross, Vinton, and Washington).

Our philosophy is simple. We believe that the best approach to wellness involves treating both the body and the mind. That's why we offer a wide range of primary care, behavioral health, and prevention programs and services. Whether you need medical, dental, or behavioral health care, our caring staff is here to help you.

## **Dentistry**

HHC offers a full range of dental services at our Gallia Meigs, Vinton, Perry, Ross, and Nelsonville clinics.

## **Primary Care**

Available in Athens, Gallia, Hocking, Jackson, Meigs, Perry, Ross, and Vinton Counties

HHC offers high-quality primary care services for everyone, regardless of their ability to pay.

## **Pharmacy Services**

HHC offers both clinical and retail pharmacy services for its patients. There is a retail pharmacy in the Logan Primary Care clinic accessible to all HHC patients. Pharmacists are available to consult with all providers and patients of HHC.

## **Behavioral Health Services**

Available in Athens, Gallia, Hocking, Jackson, Meigs, Vinton, and Washington Counties

## **Community Psychiatric Supportive Treatment Services**

For adult consumers who experience severe mental illness, child consumers who experience severe emotional disturbances, or any consumer in a psychiatric crisis and at risk for psychiatric hospitalization, CPST services (once called "case management") are available. These services may be home, community or office-based, depending on the needs of the consumer. Assistance with accessing needed community resources, including entitlements, housing, and medical care, learning adaptive daily living skills, and understanding and living with a mental illness are all part of CPST services. CPST providers assist the consumer with treatment planning and crisis management. Communication and linkage with family members and significant others (with client permission) are also important parts of CPST Service. CPST services differ depending upon the needs of the consumer. CPST providers are advocates and brokers of services. Their goal is to help the client maximize his/her own potential and live productively in the community.

## **Outpatient Counseling Services**

Diagnostic assessment, individual, group, family, and marital counseling are available as needed. Services can be brief and solution-focused in nature. Our goal is to assist our clients in identifying and mobilizing their own coping skills and natural support as well as learning new skills and ways of dealing with their environment. The goal of treatment is the enhancement and development of skills to enable the client to engage in effective problem solving. Not all situations lend themselves to brief treatment, and we attempt to provide appropriate and effective, as well as cost-effective, services to all individuals. HHC has counselors who are specially trained to deal with trauma, including physical and sexual abuse. Groups are also available to help clients develop skills in areas such as anger management, abuse recovery, relationships, and coping skills.

## **Crisis Services**

Crisis intervention and hospital prescreening services are available face-to-face or by phone (as appropriate) 24 hours a day, 365 days a year. Crisis Intervention Team workers evaluate individuals in psychiatric crisis and enable them to receive appropriate services (e.g., hospitalization, crisis residential services, safety planning, CPST or outpatient counseling.). Crisis Services can be accessed during work hours through agency facilities (during office hours), local jails and local Emergency Rooms. Crisis can be reached 24 hours a day through the Crisis Services telephone line 1-800-252-5554 or 1-888-475-8484 or 988

## **Youth Crisis Services (Not yet opened)**

The youth crisis center will provide trauma-focused interventions to regulate emotions and behaviors, reframe the youth's thought processing, enhance support systems available to them, and rejoin them in their Community quickly. As a short-term residential facility, the time span of 3 to 14 days. the unit houses 16 beds, prepared to provide a space of retreat and refuge for both male and female youth of the ages 8-17 years old. Youth Crisis Stabilization Unit, 300 Holly Lane, Gallipolis, Ohio 45631 (740) 794 - 6019

## **Mobile Response & Stabilization Services (MRSS)**

Available in Hocking, Jackson and Vinton Counties. MRSS stands for Mobile Response & Stabilization Services (MRSS). Families with youth and young adults between 0 to 21 who are experiencing difficulties or distress can receive assistance from the MRSS Team. The MRSS team meet with youth and families in person wherever they are. All services are provided in a trauma informed way and utilize family systems intervention. Families can stay with MRSS for up to 60 days. Call for assistance 24 hours a day, 7 days a week. Hocking, Jackson and Vinton Counties call 740-656-6122

## **School-Based Services**

HHC clinicians are in multiple school districts throughout our service area, HHC has counselors and CPST providers working in schools to provide services to youth. Service eligibility criteria are the same as for clinic-based services, but school-based services are often more convenient for consumers and allow a greater involvement from school personnel.

## **Infant and Early Childhood Mental Health (IECHM)**

This team utilizes evidence-based therapeutic services for children aged birth -6 years of age and mothers with perinatal mood disorders. The team is trained in Child Parent Psychotherapy (CPP), Parent Child Interaction Therapy (PCIT) and Child and Adult Relationship Enhancement (CARE) to provide high quality treatment in all 9 counties served by HHC The IECMH Team is a recipient of grants that allow the Team to also provide consultation in order to promote social emotional health, address challenging behaviors and wellness for children birth-6 years of age. This consultation takes place in homes, day cares, preschools, pediatric settings, WIC, recovery settings, Early Intervention teams and many more across Southeastern Ohio. To access consultation services, call 844-678-2227

### **REACH/Youth Day treatment - Cheshire, Nelsonville and Barlow**

HHC's REACH program provides day-long treatment (Monday - Friday) for children ages 7 -17 experiencing severe emotional problems and having difficulty functioning successfully in their schools, families and communities. Programming involves educational, individual and group counseling, individual and group CPST, behavior management and skills building. Daily education is provided by the Educational Service Center. Transportation to and from home is provided. A psychiatric medical provider meets with children weekly (as needed). Separate treatment environments are provided for younger (7 - 11) and older (12 - 17) children. Cheshire REACH located 8323 St RT 7 Gallipolis, OH 45620, phone 740-445-3113.

### **Psychiatry**

Although many individuals who receive behavioral health services can be treated with counseling or CPST alone, there are some problems which are more effectively treated with a combination of counseling or CPST and psychiatric medication (or with medication as the primary intervention). Severe depression, other mood disorders, many anxiety disorders, and thought disorders are examples of these problems. When needed, counselors and CPST providers can discuss the usefulness of an evaluation for psychiatric medication with their clients, and if the client is in agreement, a referral will be made to one of our psychiatric providers. In severe or complicated cases, the psychiatric provider will continue to follow the course of medication. In less complicated cases, when the client's medication is stable, efforts are made to refer the client back to his/her family physician to follow the medication. In all cases psychiatric providers seek to coordinate treatment with primary care and other medical specialists.

### **Substance Abuse Outpatient Programming for Adults and Children (Varies by Location)**

HHC is certified by the Ohio Department of Mental Health and Addiction Services (ODMHAS) to provide substance abuse treatment services.

### **Medication-Assisted Treatment**

Hopewell Health Centers provides medication-assisted treatment (MAT) utilizing the drug Vivitrol. Vivitrol, a long-acting injectable version of the drug Naltrexone, was selected as a more viable alternative to Suboxone (Buprenorphine),

Participants in the program may be experiencing legal problems, they also may have serious mental health needs, lack employment and transportation, are in overall poor health, homeless or deficient housing, and lack a recovery or pro-social support network. The treatment program is designed to address all of these needs and provides participants with key wraparound services such as mental health and substance abuse treatment, case management services, and healthcare.

### **Outreach and Enrollment**

Available in Athens, Gallia, Hocking, Meigs, Perry, Washington, Jackson, Ross, and Vinton Counties

Hopewell Health Centers has "Certified Application Counselors" who can assist consumers with applications for Qualified Health Plans in either the Health Insurance Marketplace or with Ohio's expanded Medicaid program. This is a free public service. Call any of our clinic locations to schedule an appointment. Go to [Healthcare.gov](https://www.healthcare.gov) "Find Local Help" for more information.

**Community Transition Program**

This is a free program for people leaving prison who have a severe mental illness and/or substance use disorder and have participated in treatment and/or recovery services while incarcerated. This program helps you find housing, work, transportation, and/or treatment and recovery support services. The program also helps you plan your future and supports you during your transition home. Gallia County: 740-446-5500 Jackson County: 740-286-5075 Meigs County: 740-992-0540

**Transportation**

Most locations offer transportation to in office appointment at HHC. You can ask about this service as you are setting up your next appt

# INTEGRATED SERVICES FOR BEHAVIORAL HEALTH

Hours of Operation:

www.isbh.org

Monday - Friday

8:00 AM - 4:00 PM

## ***Gallia County***

## ***Jackson County***

## ***Jackson County - OhioRISE***

## ***Meigs County***

Payment Sources: Medicaid,  
Self-pay, Some Board

1591 State Route 160  
Gallipolis, Ohio 45631

151 East Main Street  
Jackson, Ohio 45640

73 E Huron St.  
Jackson, OH 45640

605 General Hartinger Parkway  
Middleport, OH 45760

Funding and Other Funding  
Sources, and limited

P: 740.702.2637  
F: 740.208.5555

P: 740.577.3033  
F: 740.577.3050

P: 740.300.0338  
F: 740.286.7938

P: 740.444.5895  
F: 740.444.5896

Medicare and Private  
Insurance

Populations Served:

Children and Teens, Adults,  
Families

## **Counseling**

Counseling is a form of therapy that involves a trained professional helping an individual or group work through their thoughts, feelings, and behaviors. It can be a helpful tool for those struggling with mental health issues, relationship problems, or simply seeking guidance and support. Our team of behavioral health providers are trained to work with individuals, couples, and families in a variety of settings, including in-home, community centers, and online.

## **Community & Home-Based Services**

Our mission is to offer excellent services that cater to your needs and preferences, in the comfort of your own home, school, or community. Receiving services in a familiar environment has many advantages. It can help alleviate feelings of anxiety and discomfort during sessions and provide a more comfortable setting to explore sensitive issues. Additionally, our services offer greater flexibility in scheduling, as you won't need to worry about transportation or other barriers to accessing care.

## **Housing Support**

ISBH follows a housing-first model, providing a range of supportive services to help individuals who are experiencing homelessness find and maintain housing. The specific services available can vary by county. To learn more about the programs available in your area, please contact your local ISBH county office.

## **Behavioral Medicine**

Behavioral medicine is a specialized area of medicine that focuses on treating mental health conditions through the use of medication. Psychiatrists, nurse practitioners, and specially trained registered nurses are typically responsible for providing behavioral medicine.

Common mental health conditions that are treated through behavioral medicine include anxiety, depression, attention deficit hyperactivity disorder (ADHD), and addiction, among others.

## **Help Me Grow**

The Help Me Grow program is designed to ensure Ohio's children reach their full potential by providing the necessary support and services to families in need. The Help Me Grow Program offers a variety of services to families, including developmental screenings, parent education, and referrals to community resources. We understand that raising a child can be overwhelming, which is why we are here to help. Our team of professionals will work with you to identify your child's needs and provide the necessary support to ensure their development is on track.

## **OhioRise Care Coordination**

As a Care Management Entity for OhioRISE, our team is dedicated to providing comprehensive care management for individuals and families who are struggling to navigate the healthcare system. We understand that navigating the healthcare system can be overwhelming and confusing, which is why we offer a range of services designed to help you get the care you need. From coordinating appointments and referrals to helping you understand your healthcare options, our team is here to support you every step of the way.

## **Mary Hill Youth & Family Center in Nelsonville**

Mary Hill Youth and Family Center (MHYFC) is a Class 1, QRTP-Qualified Residential Treatment Program licensed by Ohio Mental Health and Addiction Services (OhioMAS). We serve all gender and non-binary youth between the ages of 10-17 with complex behavioral health and multi-system needs. MHYFC was designed in cooperation with area child-serving agencies with the goal of expanding capacity for residential behavioral health care in our area! One of our goals is for youth and their families to be able to access intensive services and supports they need in or near their communities.

# SQUARE ONE GJM

www.squareonegjm.com

## Hours of Operation:

Emergency Shelter- 24/7  
Crisis Hotline (740-441-5809)- 24/7  
Office Hours- Monday- Friday  
8:00am-4:00pm

## Payment Sources:

Ohio Medicaid when applicable

## Populations Served:

Men and Women in Gallia, Jackson  
and Meigs Counties

## Administrative Office

49 Olive Street  
Gallipolis OH 45631  
P: 740.441.5809  
F: 740.578.9242

Square One is a non-profit, Behavioral Health Center specializing in assisting victims of Domestic Violence, Homelessness, Sexual Assault and Human Trafficking. We offer assistance to all victims regardless of gender, as they transition from dependent, abusive relationships into independent, self-sufficient lifestyles. Our collaborative approach to empowerment is the keystone to developing self-sufficiency in our clients while preventing recidivism.

## Emergency 24 Hour Shelter

Victims of violence and sexual assault are offered shelter and respite. We offer 10 single beds as well as 2 family rooms.

## Individual Counseling

We offer evidence-based care to those who are in shelter as well as the community at large. We have LSW's and CDCA'S as well LPCC counselors on staff. Trauma informed care and crisis services as well as community-based care for those affected by trauma.

## Group Counseling

We tackle a multitude of timely and traditional group topics. We have Life skills classes such as cooking and budgeting, we offer therapeutic groups utilizing evidence-based strategies to tackle life's most troubling issues.

## Housing Advocacy

Housing is tough to find in the area, we have advocates on staff that help you navigate finding housing and a great partnership with Integrated Services for Behavioral Health to tap into the programs that help house and sustain successful housing in the area.

## Legal Advocacy

Our trained advocates work within the legal system on behalf of another person to advocate for their rights or needs. These advocates work with victims of Domestic Violence, Sexual Assault and Human Trafficking to give them a voice after being silenced by their perpetrators.

## Hospital Advocacy

Our trained advocates provide victims and survivors with the support and education they need so they can make their own decisions about their next steps. Advocates put the control back in the survivor's hand to ensure their journey through the health care system is as smooth as possible.

## Life Skills Training

Our staff teaches a variety of cognitive-behavioral skills that empowers our clients to live a life of self-sufficiency.



**Drop-In Services**

We offer a drop-in service that enables those who have mental illness and homelessness to come to for help, peer support and a place to be welcomed. We will have a meal and shower for those to whom that's a luxury. Referral and advocacy will be offered when needed to make those who need it a voice to be heard.

**Rape Crisis Services**

As a rape crisis center, we provide confidential advocacy and support to survivors and co-survivors of sexual violence. Our advocates are uniquely equipped to help survivors navigate the healthcare and criminal justice systems, and they provide compassionate, nonjudgmental support at any point in a survivor's recovery process.

**Community Referral**

Square One partners with a multitude of agencies and organization throughout Gallia, Jackson and Meigs Counties. These partnerships allow us to assist our clients seamlessly to the organization that will best help them in their journey to self-sufficiency.

**811 Program Referral**

The Ohio 811 Program administered by the Ohio Housing Finance Agency (OHFA) allows extremely low-income households comprised of one or more adults with a disability to live in an integrated setting through rental subsidy and access to supportive services. Square One serves as a referral source for the 811 Program.

**Crisis Intervention**

Here at Square One we offer a place to talk, shelter and find help for life's biggest problems. We act as the GPS system to the crisis you are facing. From outreach to referral from an agency we partner with you through talk therapy to advocacy and everything in between. We offer help when there feels like there is no hope.

**Safe At Home Program Assistance**

The Secretary of State's office ensures that a Safe at Home program participant's personal information stays hidden from public records so they can stay safe and rebuild their lives. To join the program, survivors must apply through a certified Application Assistant who works or volunteers at an agency, such as Square One, that helps survivors of domestic violence, stalking, human trafficking, rape, or sexual assault.

# TREATMENT ALTERNATIVES TO STREET CRIME (TASC OF SOUTHEAST OHIO)

www.tascofsoutheastohio.org

Hours of Operation:

Monday - Friday  
8:00 AM - 4:00 PM

## **Gallia County**

499 Jackson Pike  
Suite F  
P.O. Box 88  
Gallipolis, OH 45631

P: 740.446.6471  
F: 740.446.7894

## **Jackson County**

32 Portsmouth Street  
Jackson, OH 45640

P: 740.286.2918  
F: 740.286.1374

## **Meigs County**

788 North 2nd Avenue  
Suite A  
Middleport, OH 45760

P: 740.992.3965  
F: 740.992.0781

Payment Sources: Ohio  
Medicaid, Grant Funding  
(must live in six county area)

Populations Served: Adults,  
teens and families

TASC is certified to provide both outpatient and intensive outpatient alcohol and other drug (AOD) levels of care. We utilize the most current and effective evidence-based treatment modalities available to AOD treatment providers today.

Our agency builds a communication and offender management bridge between the criminal justice and treatment systems which have differing philosophies and objectives. We identify chemically dependent offenders, provide assessments, and make referrals for the most appropriate drug treatment among other services. Our case managers and counselors work closely with judges, probation officers, jail administrators and treatment providers to provide effective and comprehensive programming. TASC assessments are frequently used in pre-sentence investigation reports to inform sentencing judges as to the need, as well as the level of care, for addiction treatment as needed as a condition of community control.

### **Individual Counseling**

One-on-one counseling skills and techniques are used by qualified clinicians to assist individuals in achieving their unique treatment objectives.

### **Crisis Intervention**

Services are available with the goal of providing or assisting in obtaining necessary resources to stabilize a crisis situation.

### **Intensive Outpatient**

TASC provides a primary treatment program for nine or more contact hours per week in a structured program or six hours per week for adolescents.

### **Intervention**

Intervention is provided to identify the existence of any substance abuse problems and subsequent needed services.

### **Case Management**

Case Management services are provided by our staff to assist and support individuals in gaining access to medical, social, educational and other services essential to meeting basic human needs.

### **Group Counseling**

Qualified TASC clinicians use their expertise to assist individuals in a group setting to achieve their unique treatment objectives.

### **Drug Testing**

Urinalysis testing is used to determine the presence of alcohol and/or other drugs either by a Clinical Laboratory Improvement Amendments (CLIA) certified laboratory or by urine dip screen.

### **Transportation**

TASC has transportation services available for those who don't have access to their own form of transportation.

# WARRIORS 4 CHRIST

www.w4chope.org/

Hours of Operation:

Monday - Friday

8:00 AM - 4:30 PM

## **W4C Jackson Hope Center**

84 E Mound Street  
Jackson, OH 45640

Payment Sources: Ohio Medicaid  
Insurance and self-pay for all clinical  
services.

A sliding fee scale is available for those who qualify.  
W4C will not deny anyone access to clinical services  
due to the inability to pay.

P: 740.577.3834

F: 740.395.0905

Populations Served:

Men residential and outpatient

Women's Outpatient

W4C is a nonprofit, faith-based drug and alcohol addiction treatment organization. We offer residential, transitional, intensive outpatient, outpatient, and vocational/job training. We provide a comprehensive approach to addiction treatment, focusing on the spiritual, psychological, biological, and sociological needs of each individual.

## **W4C Outpatient Counseling Services**

Licensed Behavioral Health Services certified by the Ohio Department of Mental Health & Addiction Services

- Individual Counseling
- Group Counseling
- Family Counseling
- Mental Health Counseling
- Case Management
- Drug & Alcohol Testing
- Crisis Intervention
- Relapse Prevention
- Occupational Services
- Vocational Services

## **Residential Recovery**

Through faith-based programming, individualized treatment plans, evidenced-based therapy, individual and group counseling, mental health therapy, family recovery, vocational training, case management, mentorship, and recreational activities, our goal is to help residents discover a complete life transformation. The residential recovery program is a 4 phase program for men 18 and up who desire to overcome their addiction. Each resident begins in the Stabilization Phase 1 program and may progress to additional phases. Promotion from phase to phase is determined by a resident's class room work, attitude, and desire.

## **Sober Living and Aftercare**

Sober living provides an opportunity for those once caught in the bondage of addiction to transition from past destructive patterns to new, healthy, sober choices in a safe, supportive environment. Jericho House residents focus on Christ-Centered transformation, accountability, transparency, responsibility, and integrity while building a strong foundation for their future.

## **Hope Center**

The Hope Center operates as a community center providing information, programs, resources & support to those in need.

Life Recovery Teaching & Testimonies - Thursdays @ 6:00 pm

Men's Recovery Group, Women's Recovery Group - Thursdays @ 7:00 pm

Loved Ones Education & Support Meeting - by appointment

Intervention with a loved one - by appointment

## **Other Addiction Resources available:**

Spiritual Counseling  
Mentoring & Discipleship  
Crisis Intervention  
Case Management Services

## **Arise Hope:**

Help for mothers and addicted babies  
Recovery groups  
Treatment Referrals  
Visitation and Support for incarcerated individuals &  
their families

All sessions available by appointment.

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# ADDITIONAL ADDICTION & MENTAL HEALTH SERVICES

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## **Breakthru - Pleasant Valley Hospital**

(Medical Withdrawal Management)

***Serving Gallia, Jackson & Meigs Counties***

Payment: Medicaid, Medicare, Private, Self-pay

www.pvalley.org

## ***Point Pleasant***

2520 Valley Drive

Point Pleasant, WV 25550

P. 304.857.3604

## **Connective Clinical Counseling**

(Individual Counseling, Diagnostic Assessment, Telehealth)

***Serving Ohio, WV***

Payment: Self-pay & Insurance : Anthem Blue Cross/Blue Shield|Optum Behavioral Health|Medical Mutual of Ohio|United HealthCare|UMR|MolinalCare|Source|Cigna

## ***Syracuse Clinic:***

2377 4th Street

Syracuse, OH 45779

P: 740.247.5463

## **Jackson Counseling Services**

(Behavioral Health Services: Evaluation and Treatment, Telehealth)

***Serving Jackson***

Payment: Non-Medicaid, Private Pay, Private Insurance

## ***Jackson Clinic:***

The Evans Center

731 E. Main Street #13

Jackson, Ohio, 45640

P: 740.286.8789

## **OVP Health (Ohio Valley Physicians)**

(Addiction Treatment: Counseling, Medication Assisted Treatment, Medical Withdrawal Management, Inpatient Recovery Services)

***Serving Gallia, Jackson & Meigs Counties***

Payment: Medicaid & Self-Pay

## ***Gallipolis Office***

936 State Route 160

Gallipolis, OH 45631

P: 740.446.4600

## ***South Point Recovery Center***

335 Township Road 1026

South Point, OH 45680

P:740.744.4055

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# ADDITIONAL ADDICTION & MENTAL HEALTH SERVICES

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## **PATH Integrated Healthcare**

(Behavioral Health)

***Serving Gallia, Jackson & Meigs Counties***

Payment: Medicaid & Self-Pay

### ***Jackson Office***

336 Main Street

Jackson, Ohio 45640

P: 740.688.2586

## **P.R.I.S.M Behavioral Healthcare**

(Addiction Treatment Services: Counseling, Case Management, Drug Screening)

***Serving Gallia, Jackson & Meigs Counties***

Payment: Medicaid, Self - Pay & Sliding Scale

### ***Jackson Office***

231 Main Street

Jackson, Ohio

P:740.771.9051

## **Smith Family Healthcare**

(Mental Health: Counseling and Therapy, Addiction Services: Counseling and Therapy, Medication Assisted Treatment (MAT), Case Management)

***Serving Gallia County***

Payment: Medicaid, Self-Pay & Sliding Scale

### ***Gallipolis Clinic***

254 Pinecrest Dr,

Gallipolis, OH 45631

P: 740.578.4824

## **SPERO Health**

(Addiction Treatment Services: Physician Services, Counseling, Recovery Support Services)

***Serving Gallia, Jackson & Meigs Counties***

Payment: Medicaid and Most Commercial Insurance

### ***Gallipolis Office***

392 Silver Bridge Plaza

Gallipolis, Ohio 45631

P: 740.334.4958

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# ADDITIONAL ADDICTION & MENTAL HEALTH SERVICES

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## **STEPS of Recovery**

(Addiction Treatment Services: Men & Women Residential, Intensive Outpatient, 12 Step, In House NA meetings)

**Serving Gallia, Jackson & Meigs Counties**

Payment: Medicaid, Medicare and Self Pay

## **Gallipolis Office**

1354 Jackson Pike  
Gallipolis, Ohio 45631  
P: 740.441.9800

## **Valley View Health Center**

(Behavioral Health Services, Medication Assisted Treatment (MAT) Services)

**Serving Jackson County**

Payment: Medicaid, Medicare, Self-pay, Sliding Scale

## **Jackson office**

14590 State Route 93  
Jackson, Ohio 45640

P. 1.866.470.8125

P: 740.286.2826

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## OTHER RELATED SERVICES

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## **Health Departments**

(Harm Reduction Clinics may include: Needle exchange, Fentanyl test strips, Narcan, HIV testing, Primary Care)

### **Gallia County**

#### **Health Department**

499 Jackson Pike  
Gallipolis, Ohio 45631  
P: 740.441.2018  
<https://galliacohealth.org>

### **Jackson County**

#### **Health Department**

200 East Main Street  
Jackson, Ohio 45640  
P: 740.286.5094

### **Meigs County**

#### **Health Department**

112 E Memorial Dr # A  
Pomeroy, OH 45769  
P:740.992.6626  
<https://meigs-health.com>

<https://www.jacksoncountyhealthdepartment.net>

# **OTHER RELATED SERVICES**

## **Family & Children First Councils**

### ***Gallia County:***

Thom Mollohan  
53 Shawnee Lane  
Gallipolis, Ohio 45631

P: 740.446.3022  
F: 740.446.6814  
thom\_mollohan@gjmboard.org

### ***Jackson County:***

Megan Peters  
200 E. Main Street  
Jackson, Ohio 45640

P: 740.286.5094  
F: 740.286.8809  
meganpeters@hotmail.com

### ***Meigs County:***

Taylor Ward  
P.O. Box 191  
Middleport, Ohio 45760

P: 740.992.2117  
F: 740.992.7500  
meigsfcfc@gmail.com

## **OhioRISE**

### **(Resilience through Integrated Systems and Excellence)**

A specialized Medicaid managed care program for youth with complex behavioral health and multisystem needs.

### ***Jackson Office:***

73 E Huron St.  
Jackson, OH 45640

P: 740.300.0338  
F: 740.286.7938

## **Hospital/Clinics**

### **Adena Health System**

(Medical)  
www.adena.org

### ***Jackson Clinic & Urgent Care***

1000 Veterans Drive  
Jackson, Ohio 45640  
P: 740.395.8050

### ***Chillicothe Administration & Hospital***

272 Hospital Drive  
Chillicothe, Ohio 45601  
P: 740.779.7500

### ***Jackson Ironmen Clinic\****

21 Tropic St.  
Jackson, OH 45640  
P: 740.286.7869

\*Ironmen Clinic is open to the public, as well as designed to meet the primary care needs of Jackson City School students and district staff.

### **Appalachian Behavioral Health**

(Inpatient Psychiatric) - Athens

100 Hospital Drive  
Athens, Ohio 45701  
P: 740.594.5000

# **OTHER RELATED SERVICES**

## **Holzer Health**

www.holzer.org

Geriatric Psychiatric Clinic - Holzer Hospital, Gallipolis Referral Line 740.446.5808

### ***Holzer Hospital Gallipolis Department***

100 Jackson Pike  
Gallipolis, OH 45631  
P. 740.446.5937

### ***Holzer Medical Center ED - Jackson***

500 Burlington Road  
Jackson, OH 45640  
P. 740.395.8356

### ***Holzer Meigs Emergency***

41861 Pomeroy Pike  
Pomeroy, OH 45769  
P. 740.992.4820

### ***Holzer Jackson Clinic***

280 Pattonsville Road  
Jackson, OH 45640  
P. 740.395.8801

### ***Holzer Health at Fruth Pharmacy Wellston (Urgent Care)***

120 W 2nd Street  
Wellston, OH 45692  
P. 740.384.3815

### ***Holzer Meigs***

88 East Memorial Drive  
Pomeroy, OH 45769  
P. 740.992.0060

# **DOMESTIC VIOLENCE SERVICES**

## **Human Trafficking Hotline**

### ***24/7 Support***

#### ***Hotline***

1.888.373.7888

#### ***Text***

“BeFree” to 233733.

## **Square One**

(Domestic violence center, case management Mondays and emergency shelter services for women)

### ***Serving Gallia, Jackson & Meigs Counties***

P: 740.441.5809

## **Survivor Advocacy Outreach Program (SAOP)**

SAOP is an organization dedicated to the healing and prevention of relational violence in Southeast Ohio. Serving: Children, Teens, Adults, Co-Survivor, Social Services, Businesses, and Community/Educational Organizations.

### ***Serving Southeast Ohio***

#### ***Crisis Hotline Services 24/7***

P: 740.591.4266

#### ***Website***

www.saopseoh.org



# DEPRESSION SURVEY

## PATIENT HEALTH QUESTIONNAIRE (PHQ-9) DEPRESSION SCALE

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Scoring: Sum the numerical answers to questions 1-7

Score	Severity
0-4	None-Minimal
5-9	Mild
10-14	Moderate
15-21	Moderately Severe
20-27	Severe

If you are feeling overwhelmed, depressed or unable to do the things you once enjoyed, it may be the time to pause and assess your emotional health

Please note that suicidality is not assessed in this survey.

Depression affects 1 in 10 (nearly 15 million) adults in the United States.

If you think you might be depressed, don't try to tough it out. Make an appointment with a doctor or a therapist. There are many certified mental health providers in Gallia, Jackson, and Meigs Counties that can see clients with or without insurance. You may be eligible to receive help covering the cost of your care.

Depression is treatable.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

Call 988 or the 24/7 Crisis Hotline at 1-800-252-5554

# ANXIETY SURVEY

## GENERALIZED ANXIETY DISORDER (GAD-7) ANXIETY SCALE

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Scoring: Sum the numerical answers to questions 1-9

<u>Score</u>	<u>Severity</u>
0-4	None-Minimal
5-9	Mild
10-14	Moderate
15-21	Severe

If you are feeling overwhelmed, depressed or unable to do the things you once enjoyed, it may be the time to pause and assess your emotional health

Please note that suicidality is not assessed in this survey.

Anxiety is a normal reaction to stress. However, some people experience anxiety that persistently interferes with daily activities such as work, school, or sleep. Lifestyle changes, counseling, or medications (or a combination of these approaches) can help.

There are many certified mental health providers in Gallia, Jackson, and Meigs Counties that can see clients with or without insurance. You may be eligible to receive help covering the cost of your care.

Anxiety is treatable. Call any of these resources today.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

Call 988 or the 24/7 Crisis Hotline at 1-800-252-5554

# SUBSTANCE ABUSE SURVEY

## SELF-ADMINISTERED SCREENING INSTRUMENT

The questions that follow are about your use of alcohol and other drugs. Mark the response that best fits for you.

Yes/No

Answer the questions in terms of your experiences in the past 6 months.

1. Have you used alcohol or other drugs (Such as wine, beer, hard liquor, pot, coke, heroine or other opioids, uppers, downers, hallucinogens, or inhalants)	Y	N
2. Have you felt that you use too much alcohol or other drugs?	Y	N
3. Have you tried to cut down or quit drinking or using alcohol or other drugs?	Y	N
4. Have you gone to anyone for help because of your drinking or drug use? (Such as Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, counselors, or a treatment program)	Y	N
5. Have you had any health problems? For example, have you: - Had blackouts or other periods of memory loss? - Injured your head after drinking or using drugs? - Had convulsions, delirium tremens (“DTs”)? - Had hepatitis or other liver problems? - Felt sick, shaky or depressed when you stopped using alcohol or drugs? - Felt “coke bugs” or a crawling feeling under the skin after you stopped using drugs? - Been injured after drinking or using? - Used needles to shoot drugs	Y	N
6. Has drinking or other drug use caused problems between you and your family or friends?	Y	N
7. Has your drinking or other drug use caused problems at school or at work?	Y	N
8. Have you been arrested or had other legal problems? (Such as bouncing bad checks, driving while intoxicated, theft or drug possession)	Y	N
9. Have you lost your temper or gotten into arguments or fights while drinking or using other drugs?	Y	N

**Assessment continues on the next page**

# SUBSTANCE ABUSE SURVEY

## SELF-ADMINISTERED SCREENING INSTRUMENT (CONTINUED)

10. Are you needing to drink or use drugs more and more to get the effect you want? Y N

11. Do you spend a lot of time thinking about or trying to get alcohol or other drugs? Y N

12. When drinking or using drugs, are you more likely to do something you wouldn't normally do, such as break rules, break the law, sell things that are important to you, or have unprotected sex with someone? Y N

13. Do you feel bad or guilty about your drinking or drug use? Y N

### The next questions are about your lifetime experiences:

14. Have you ever had a drinking or other drug problem? Y N

15. Have any of your family members ever had a drinking or drug problem? Y N

16. Do you feel that you have a drinking or drug problem now? Y N

Scoring: Questions 1 and 15 are not scored.

Give yourself 1 point for every Yes circled and add sum of questions 2 through 14 and 16.

<u>Score</u>	<u>Severity</u>
0-1	None-Low
2-3	Minimal
≥4	Moderate to High: Possible need for further assessment

Please note that suicidality is not assessed in this survey.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

Call 988 or the 24/7 Crisis Hotline at 1-800-252-5554

# AA/NA GROUP MEETINGS

## GALLIA COUNTY

### Peace, Love & Hugs NA St. Peters Episcopal Church

- Sunday 6:00 PM
- Monday 6:00 PM
- Tuesday (NA only) 7:30 PM
- Wednesday 12:00 PM
- Thursday 7:30 PM
- Friday 6:00 PM
- Saturday 7:30 PM
  - 541 2nd Avenue, Gallipolis, Ohio

### Table Talk Recovery Ministry

- Tuesday 6:00pm (snacks at 5:30)
  - Court Street building 33, Gallipolis, Ohio 45631
  - 614.687.2060

## JACKSON COUNTY

### New Beginnings - Recovery Meetings & Classes Elevate Ministries

- Tuesday 6:30 PM - Online
  - [www.gotomeet.me/NMcGee](http://www.gotomeet.me/NMcGee)
  - Call in 646.748.3122 Code: 405-764-781
- Wednesday 6:30 PM - In Person
  - 2063 Kessinger School Road, Jackson, Ohio
  - Nancy McGee 740.978.7542
  - [johnandnancy\\_mcgee@yahoo.com](mailto:johnandnancy_mcgee@yahoo.com)

### AA - Jackson County Senior Citizens Center

- Monday 7:00 PM
- 25 E Mound Street, Jackson, Ohio

## MEIGS COUNTY

### NA - Trinity Congregational Church

- Wednesday 7:00 PM
  - 201 E 2nd St, Pomeroy, Ohio

### AA - Sacred Heart Catholic Church

- Sunday & Thursday 7:00 PM
- Saturday 8:00 PM
  - 161 Mulberry Ave, Pomeroy, Ohio

### Women with Hope AA Meeting Field of Hope

- Friday 6:00pm
  - 1181 State Route 160, Gallipolis, Ohio
  - Chips awarded once a month
- NarAnon Zoom Meeting Link Share
  - Every Sunday night at 7:00
  - If you are the loved one of someone addicted to drugs- whether they are in recovery or active addiction- THIS meeting is for you.
  - Zoom ID: 329-966-118

### Thursday Recovery Nights - Warriors 4 Christ Hope Center

- 6:00 PM
  - Speaker/Testimony
  - Addiction Recovery Teaching
- 7:00 PM
  - Women's Recovery/Men's Recovery
  - Loved Ones/Family Support
  - 84 E. Mound Street, Jackson, Ohio
  - 740.577.3834
  - [www.w4cHope.org](http://www.w4cHope.org)

### PAL - Parents of Addicted Loved Ones

- Monday 6:00 - 7:30 PM
- Humble Church - 202 Evan Street, Oak Hill, Ohio

# MENTAL HEALTH & OTHER RESOURCES



NAMI of Athens County is an organization of families, friends and individuals whose lives have been affected by mental illness. Together, we advocate for better lives for those individuals who have a mental illness, and we offer support, education and advocacy as we do so. [www.namiathensohio.org](http://www.namiathensohio.org)



## Ohio CareLine

The Ohio CareLine is a toll-free emotional support call service created by the Ohio Department of Mental Health and Addiction Services and administered in community settings. Behavioral health professionals staff the CareLine 24 hours a day, 7 days/week. They offer confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives. When callers need additional services, they will receive assistance and connection to local providers.

Call 1.800.720.9616 to connect



## Quickly Connecting People in Need with Local Community Resources

Across a spectrum of care for Addiction Recovery, Anti-Human Trafficking, and Incarceration Reentry and includes commonly searched basic needs like housing, food, clothing, employment, and mental health. [www.relink.org](http://www.relink.org)



Eyes Up Appalachia serves the Appalachian Counties of Ohio in an effort to identify, alleviate and prevent human trafficking and those vulnerabilities that put someone at risk for it. We provide education and training, both general and tailored to specific audiences such as law enforcement, healthcare, youth-serving agencies and others that have a more focused need. Eyes Up Appalachia does not offer direct services but acts as a liaison for those directly serving our vulnerable populations and the resources we have available in the state. [www.eyesupappalachia.org](http://www.eyesupappalachia.org)



For training needs, please contact us at [eyesupappalachia@yahoo.com](mailto:eyesupappalachia@yahoo.com). Scan QR Code for Appalachian OH Human Trafficking Services Directory

Sojourners Care Network, a nonprofit organization rooted in Appalachian Ohio, empowers young people to become healthy, responsible, and productive citizens now and in the future. Our programs leverage grant funding with local resources to address critical issues facing young people experiencing and at risk of homelessness, poverty, illiteracy, and mental health issues. We also provide support to families providing foster and kinship care to children throughout our region, striving to bring normalcy and stability to these vulnerable members of our society. [www.sojournerscare.net](http://www.sojournerscare.net)



Sojourners Main Campus  
605 West Main Street  
McArthur, OH 45651

Sojourners Family Center & Administrative Offices  
31860 Claypool Hollow Road  
McArthur, OH 45651

P: 740.596.1117

SAOP is an organization dedicated to the healing and prevention of relational violence in Southeast Ohio. Serving: Children, Teens, Adults, Co-Survivor, Social Services, Businesses, and Community/Educational Organizations. [www.saopseoh.org](http://www.saopseoh.org)

Crisis Hotline Services 24/7

P: 740.591.4266

We know that survivors are affected by sexual violence in many different ways. If you are having a hard time and feel like you need support, our advocates are available 24/7 to do emotional support/processing, brainstorm options, and connect you with various resources.

After experiencing interpersonal violence, you may wish to report to law enforcement authorities. SAOP can provide a trained advocate to accompany, support, and advocate for you during this process.



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# OTHER ADDICTION RESOURCES

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We developed the Recovery Is Beautiful initiative to help others, we want to make sure that we are all focused on recovery and what that means, and we want to Change the Conversation. We want everyone to know and understand that: 1. Mental illness and addiction - are illnesses, 2. Mental illness and addiction can be treated – Treatment Works and People Recover, and 3. Recovery is to be celebrated – the more we normalize recovery the more we eradicate stigma.

[www.recoveryisbeautiful.org](http://www.recoveryisbeautiful.org)

Governor Mike DeWine commissioned the RecoveryOhio initiative to coordinate the work of state departments, boards, and commissions by leveraging Ohio's existing resources and seeking new opportunities. While engaging local governments, coalitions, and task forces, RecoveryOhio's goals are to create a system to help make treatment available to Ohioans in need, provide support services for those in recovery and their families, offer direction for the state's prevention and education efforts, and work with local law enforcement to provide resources to fight illicit drugs at the source.

[www.recoveryohio.gov](http://www.recoveryohio.gov)

Ohio Department of Mental Health and Addiction Services

We strive to end suffering from mental illness, substance use disorders, and problem gambling for all Ohioans.

[www.mha.ohio.gov](http://www.mha.ohio.gov)

Problem Gambling Network of Ohio

The Problem Gambling Network of Ohio strives to generate awareness, promote education, and be an advocate for quality treatment of problem gamblers in the state of Ohio.

[www.pgnohio.org](http://www.pgnohio.org)

Get Set Before You Bet

The State of Ohio, under the leadership of Governor John R. Kasich, formed Ohio for Responsible Gambling (ORG) to help Ohio communities to reduce problem gambling and build awareness of resources available for prevention and treatment of gambling disorder. The Get Set Before You Bet awareness campaign is supported by funds collected through Ohio's taxes on gambling.

[www.beforeyoubet.org](http://www.beforeyoubet.org)



[www.aa.org](http://www.aa.org)



[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)



[www.samhsa.gov](http://www.samhsa.gov)

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# NOTES

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# COMMUNITY COALITIONS

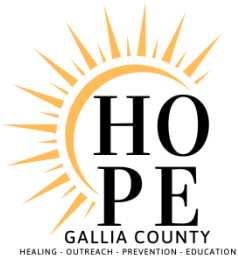
Ohio ADAMH Boards are legislatively responsible for creating and maintaining a county hub program to combat opioid addiction. The purposes of the program are as follows:

1. To strengthen county and community efforts to prevent and treat opioid addiction;
2. To educate youth and adults about the dangers of opioid addiction and that negative effects it has on society;
3. To promote family building and workforce development as ways of combatting opioid addiction in communities;
4. To encourage community engagement efforts to address the purposes specified in 1-3.

The Gallia-Jackson-Meigs ADAMH Board is supporting and utilizing prevention coalitions in each county to accomplish these goals.

Each group is actively working to address the expectations set forth as well as many other prevention efforts in their respective counties.

Coalitions are comprised of individuals, businesses, agencies, organizations, schools, faith-based leaders, and more. All coalitions are open to the public and all are encouraged to attend and participate. If you are interested in attending meetings, please contact the coalitions for meeting details.



## Gallia County HOPE

Formerly: Citizens for Prevention and Recovery (CPR)

[www.galliaprevention.com](http://www.galliaprevention.com)

[galliahope@gmail.com](mailto:galliahope@gmail.com)

Facebook/@GCpreventionandrecovery

Committees: Anti-Human Trafficking Collaborative | Drug Take Back Days |

Data collection : Qualitative Data Committee - Prevention Data Committee | Prevention Day - Gallia Jr. Fair |

Town Hall Forum | Communications Media

**Hybrid Meetings: Second Monday every month at 12:00 pm**



## Jackson County

### Substance-use Prevention and Addiction Resource Coalition (SPARC)

[www.jacksonprevention.com](http://www.jacksonprevention.com)

[jacksonsparc@gmail.com](mailto:jacksonsparc@gmail.com)

Facebook/@JacksonCoSPARC

Committees: Drug Take Back Days | Prevention Day - Jackson County Fair | Red Ribbon Week | Prevention Data Committee

**Hybrid Meetings: Second Thursday every month at 11:30 am**



## Meigs County



## Meigs Prevention Coalition (MPC)

[www.meigsprevention.com](http://www.meigsprevention.com)

[meigscpc@gmail.com](mailto:meigscpc@gmail.com)

Facebook/@meigscpc

Committees: Kids Day/Prevention Day - Meigs County Fair | Drug Take Back Days | Prevention Data Committee

**Meetings: First Wednesday every month at 3:00 pm**



## Gallia-Jackson-Meigs Suicide Prevention Collaborative

[www.gjmsuicideprevention.com](http://www.gjmsuicideprevention.com)

[gjmsuicideprevention2022@gmail.com](mailto:gjmsuicideprevention2022@gmail.com)

Facebook/@GJMSuicidePrevention

Committees: HOPE Fest, GJM Prevention Days at the Fair, Community Wellness Day (Jackson), Southeast Ohio Suicide Prevention Conference, Loss & Grief Support

**Hybrid Meetings: Second Tuesday every month at 3:00 pm**



## Talk. They Hear You.

[www.talktheyhearyou.samhsa.gov](http://www.talktheyhearyou.samhsa.gov)

The GJM ADAMH Board, Gallia HOPE, Jackson SPARC, MPC and GJM Suicide Prevention Collaborative are proud to support "Talk.They Hear You." SAMHSA's national substance use prevention campaign helps parents and caregivers, educators, and community members get informed, be prepared, and take action.



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**GALLIA-JACKSON-MEIGS ALCOHOL DRUG ADDICTION & MENTAL HEALTH BOARD**

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