

**SANDUSKY ARTISANS
RECOVERY
COMMUNITY CENTER**

**138 E. MARKET ST.
SANDUSKY, OHIO 44870**

**419-621-9377
419-625-8933**

501(c)3 non-profit

VISIT OUR FACEBOOK PAGE

SANDUSKY ARTISANS RECOVERY COMMUNITY CENTER

CHECK OUT OUR WEBSITE

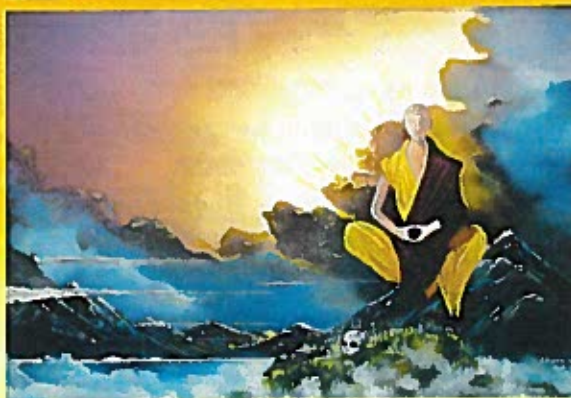
artisansrecoveryctr.com

FOLLOW US ON TWITTER



Individual contributions fill the gaps between our funding and our needs. Please consider a tax **FREE** contribution to Sandusky Artisans so that we may continue our level of service to our community.

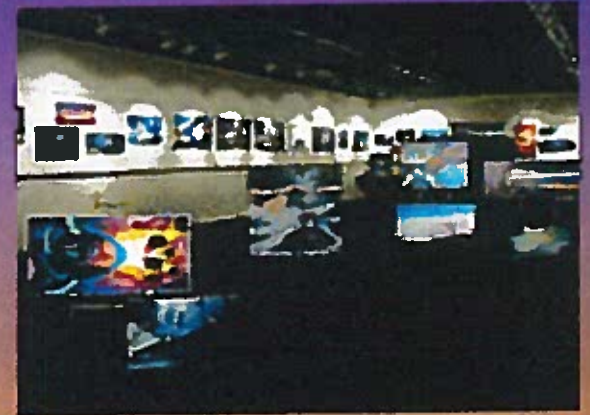
VIEW OUR ART



**CALL SANDUSKY ARTISANS FOR THE MOST
UP TO DATE SCHEDULE INFORMATION AT**

**419-621-9377
419-625-8933**

VISIT OUR ART GALLERY



**SANDUSKY ARTISANS
RECOVERY HELP CENTER
OPEN MON-FRI
10am to 4pm**





RECOVERY IS A JOYFUL SOUND

SANDUSKY ARTISANS HAS CERTIFIED OHIO PEER RECOVERY SUPPORTERS

Peer Services are a process of giving and receiving support and education from individuals with shared life experiences. Peer Services are provided by individuals in recovery from mental illness and/or addiction who use their lived experience as a tool to assist others by sharing their personal journeys and knowledge. Individuals engaged in peer services play a vital role in laying the foundation for sustained recovery. They encourage, inspire and empower others to set recovery goals and achieve them.

CRISIS TEXT LINE

24hours/7days a week/365 days a year

Text 4HOPE

to 741741

SANTA LOVES THE ARTISANS



CALL US TO FIND OUT WHAT PROGRAMS, EVENTS & ACTIVITIES ARE AVAILABLE EVERY DAY AT SANDUSKY ARTISANS RECOVERY COMMUNITY CENTER. SEE YOU THERE!!! HERE ARE SOME THAT ARE AVAILABLE NOW!!!

ART GALLERY & ART EXHIBITS
NATIONAL ALLIANCE on MENTAL ILLNESS
SOBER SOCIAL EVENTS & MOVIES
NUTRITION PROGRAMS & MEDITATION
WHOLE HEALTH ACTION MANAGEMENT
YOGA CLASSES & SOLACE MEETINGS
12 STEP & SUPPORT GROUP MEETINGS
PEER SUPPORTERS & FAMILY SUPPORT
HELP CENTER & 8 DIMENSIONS OF WELLNESS
CAMP RECOVERY & ANNUAL RECOVERY WALK
FUN, FOOD & FELLOWSHIP & MUCH MORE SO
CALL TODAY!!! 419-621-9377/419-625-8933

SANDUSKY ARTISANS USES THE 8 DIMENSIONS OF WELLNESS

- 1) EMOTIONAL
- 2) ENVIRONMENTAL
- 3) FINANCIAL
- 4) INTELLECTUAL
- 5) OCCUPATIONAL
- 6) PHYSICAL
- 7) SOCIAL
- 8) SPIRITUAL

SANDUSKY ARTISANS CAMP RECOVERY KELLEY'S ISLAND



PRINCIPLES OF RECOVERY

RECOVERY EMERGES FROM HOPE
RECOVERY IS PERSON-DRIVEN
RECOVERY HAS MANY PATHWAYS
RECOVERY IS HOLISTIC
RECOVERY SUPPORTED BY PEERS & ALLIES
RECOVERY SUPPORTED BY SOCIAL NETWORKS & RELATIONSHIPS
RECOVERY CULTURALLY BASED & INFLUENCED
RECOVERY IS TRAUMA INFORMED
RECOVERY INVOLVES INDIVIDUAL, FAMILY & COMMUNITY STRENGTHS
RECOVERY IS BASED ON RESPECT

Community Resources

Bayshore Counseling
419-626-9156

Erie County Health Department/Erie
County Community Health Center
419-626-5623

Firelands Counseling &
Recovery Services
419-557-5177

Mental Health & Recovery Board
of Erie and Ottawa Counties
419-627-1908

Narcotics Anonymous
1-888-253-1934

NORA (Northern Ohio Recovery
Association)
567-283-5410

Northwest Ohio Alcoholics Anonymous
419-625-5995

Ohio Department of Mental Health
and Addiction Services
1-877-275-6364
Text 4HOPE to 741741 or HELLO

Take Back Ohio (Peer Support Group)
419-621-9377

Sandusky Artisans
419-625-8933

First call for help dial 211
from cell or landline

24/7 Addiction
Hotline Number:
1-800-826-1306

Developed and published in cooperation:



Mental Health and Recovery Board of
Erie and Ottawa Counties



Addiction Can Happen to Anyone...

There is help for everyone!



What is drug addiction?

When people who use drugs can't stop taking a drug even if they want to, it's called addiction. The urge is too strong to control, even if you know the drug is causing harm. When people start taking drugs, they don't plan to get addicted. They like how the drug makes them feel. They believe they can control how much and how often they take the drug. However, drugs change the brain. Those who use drugs start to need the drug just to feel normal. That is addiction, and it can quickly take over a person's life. (National Institute on Drug Abuse)

Recognizing the Signs

- Inability to abstain from drug use
- Cravings
- Irritability
- Withdrawal (Sweatiness, shakiness, vomiting, diarrhea, seizures)
- Needing greater amounts of drug to feel the same affect
- Failing to do what is expected at work, home, or with family/friends
- Money troubles: selling or stealing items to sell for money to purchase drugs
- Personality changes
- Weight changes
- Sleeping changes
- Involvement in criminal activity



How is it treated?

Drug abuse has many different treatment options depending on how serious the addiction is.

Inpatient: This is the most intensive form of treatment. It consists of staying at a facility for a set duration, depending on the program type. This can consist of detox and rehabilitation. This typically includes individual and group therapies to address the addiction and learning skills to recover. During an inpatient hospitalization, medication to assist in recovery may be prescribed and monitored.

Partial Hospitalization: The purpose of this program is to bridge the gap between inpatient and outpatient services. This program is very intensive and can consist of coming into a treatment facility several days a week for hours at a time. The focus is to continue to learn, not only skills for recovery, but life skills as well.

Intensive Outpatient Services: This is a program where an individual will come to a facility for 3-4 hours each day, approximately 3 times a week. In this program, patients are in a group setting. The focus is on sobriety and practicing the skills taught. Challenges and barriers to sobriety are also recognized and discussed. This is a "step-down" from partial hospitalization.

Medication Assisted Treatment: Medication Assisted Treatment or MAT, is a growing field where patients are placed on medications to assist in the recovery from substances that cause addictions. There is a wide range of medications that treat addiction. These medications can reduce cravings and/or block a person's ability to get a high from a drug.

They can range from a daily pill to a monthly injection.

MAT is closely monitored by a medical professional. It is also most successful when it is used in conjunction with counseling and support.

Help for you – FIRST STEPS

- Call the crisis/addiction hotline 1-800-826-1306
- Call a local addiction/counseling center
- Talk to your personal physician
- Contact the area Alcoholics Anonymous or Narcotics Anonymous groups
- Seek help at local emergency department

Resources for Families

- Crisis/Addiction hotline
- Local addiction/counseling centers
- Alcoholics Anonymous or Narcotics Anonymous group
- Narcan (naloxone)

Available at the Erie County Health Department at no cost

Available at the following Pharmacies without a prescription: CVS, Discount Drug Mart, Firelands Regional Medical Center Outpatient Pharmacy, Kroger, Meijer, Rite Aid



Locations

Our services are provided at the following locations:

Firelands Counseling & Recovery Services of Erie County

1925 Hayes Avenue
Sandusky, Ohio 44870
Phone: 419-557-5177
Toll free: 800-342-1177
Fax: 419-557-5179

Firelands Counseling & Recovery Services of Huron County

292 Benedict Avenue
Norwalk, Ohio 44857
Phone: 419-663-3737
Toll Free: 800-242-5393
Fax: 419-663-5096

Mercy Health-Willard Hospital
1100 Neal Zick Road
Willard, Ohio 44893
Phone: 419-935-0452
Fax: 419-935-0400

290 Progress Drive, Suite B
Bellevue, Ohio 44811
Phone: 419-483-6516
Toll Free: 888-739-6052
Fax: 419-483-9316

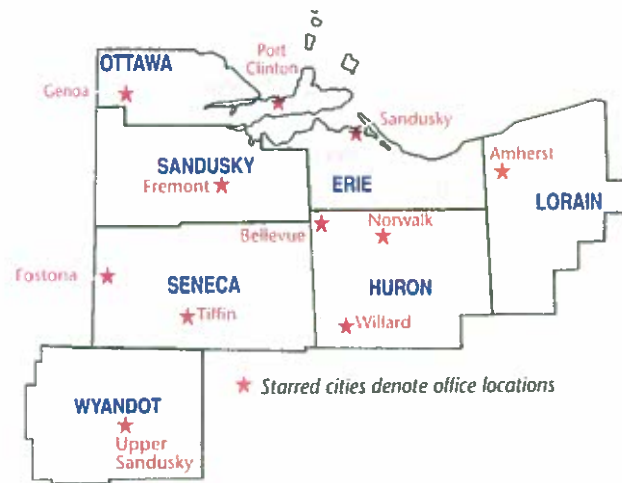
Firelands Counseling & Recovery Services of Lorain County

Liberty Woods Professional Park
554 North Leavitt Road
Amherst, Ohio 44001
Phone: 440-984-3882
Fax: 440-984-3883

Firelands Counseling & Recovery Services of Ottawa County

335 Buckeye Boulevard
Port Clinton, Ohio 43452
Phone: 419-734-2942
Fax: 419-734-4922

22052 West State Route 51
Genoa, Ohio 43430
Phone: 419-734-2942
Fax: 419-734-4922



★ Starred cities denote office locations

Firelands Counseling & Recovery Services of Sandusky County

675 Bartson Road
Fremont, Ohio 43420
Phone: 419-332-5524
Toll Free: 888-332-5529
Fax: 419-332-7581

Firelands Counseling & Recovery Services of Seneca County

76 Ashwood Road
Tiffin, Ohio 44883
Phone: 419-448-9440
Toll Free: 888-448-9445
Fax: 419-448-5155

122 W. Center Street
Fostoria, Ohio 44830
Phone: 419-435-0204
Fax: 419-436-9846

Firelands Counseling & Recovery Services of Wyandot County

97 Houpt Dr., Suite W
Upper Sandusky, Ohio 43351
Phone: 419-294-4388
Fax: 419-294-5788

Toll Free Hotline: 800-826-1306

Funded in part by the Mental Health and Recovery Board of Erie and Ottawa Counties; Huron County Board of Mental Health and Addiction Services; the Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties; the Lorain County Board of Mental Health; and Alcohol and Drug Addiction Services of Lorain County.

Counseling & Recovery Services

Mental Health, Alcohol & Other Drug Treatment Services



FIRELANDS
Regional Medical Center
Counseling & Recovery Services

firelands.com/mentalhealth

Erie, Huron, Lorain, Ottawa, Seneca, Sandusky & Wyandot Counties

Firelands Mental Health Services

Everyone experiences emotional difficulties at one time or another. It's not unusual for a person to become depressed or anxious on occasion. But if such feelings persist, it may be time to seek professional help. The caring mental health professionals at Firelands Counseling & Recovery Services can help people deal with their emotional problems and maintain control of their lives. We provide a complete range of outpatient mental health services for children, adolescents, adults and older adults. All counseling services are provided by licensed professionals. Inpatient services are also available for adults.

We offer:

- ◆ Diagnostic Assessment Services
- ◆ Individual, Group, Family and Marital Counseling
- ◆ Partial Hospitalization Services
- ◆ Case Management for People with a Severe Mental Illness
- ◆ Medication Therapy
- ◆ Psychiatric Evaluation
- ◆ 24-Hour Hotline Services
- ◆ 24-Hour Crisis Services
- ◆ Services for Spanish-Speaking and Other Populations
- ◆ Services for the Hearing Impaired
- ◆ Mental Health Education - presentations and workshops available to the community on a variety of mental health issues
- ◆ Critical Incident Debriefing Services to assist community agencies, organizations and other service providers in coping with a traumatic event
- ◆ Consultation Services to area organizations
- ◆ Vocational Rehabilitation Services
- ◆ Firelands Plus Program providing primary health care in Erie, Huron, Sandusky, Seneca and Lorain Counties to eligible persons

Firelands Alcohol & Other Drug (AOD) Treatment Services

More than 10 million Americans suffer from alcoholism or other forms of drug problems. Unless properly treated, this devastating disease may result in the loss of an individual's family, job, health, friends, money, self-esteem, even life itself. The AOD counselors at Firelands Counseling & Recovery Services provide a complete continuum of treatment and prevention services to help individuals and families establish and maintain abstinence from alcohol and other drugs. Services are available for adults, adolescents and their families.

AOD treatment services include the 12-step model of recovery supported by Alcoholics Anonymous.

We offer:

- ◆ Assessment
- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Intensive Outpatient Program
- ◆ Continuing Care
- ◆ Assessment and Referral to Detox
- ◆ Community and Professional Education
- ◆ Awareness Programs
- ◆ 24-Hour Hotline Services
- ◆ 24-Hour Crisis Services
- ◆ Case Management
- ◆ Medication Assisted Therapy

Crisis Services

Firelands Counseling & Recovery Services understands that persons struggling with mental health and/or drug/alcohol related problems need access to supportive services outside of business hours. Our Hotline is available 24 hours a day, seven days a week to provide that support. The caring professionals at Hotline will help you cope with your problems and can provide you with information about self-help and treatment services in your community. Hotline staff may also contact a crisis counselor to provide additional intervention when a psychiatric hospitalization may be needed.



Call our Hotline
1-800-826-1306

Help is there when
you need it most.

Visit us online at
firelands.com/mentalhealth