

Recovery

STARTS HERE

A Resource Guide to help connect people in need with the assistance they deserve.



"The only person you are destined to become is the person you decide to be."

—Ralph Waldo Emerson

Kettering Police Department

What Is Addiction?

Addiction is a disease that results when an individual ingests a substance or partakes in an activity that can be pleasurable; but, when carried out daily, can interfere with that individual's ordinary life responsibilities, health or relationships. The individuals themselves may not be aware that the behavior is out of control or causing problems in daily life. Addiction is most often characterized by the inability to consistently control behavior, cravings or have a diminished recognition of significant problems within that individual's life. Like many other diseases, addiction involves many cycles of relapse and remission. Without treatment, addiction is progressive and can result in disability or premature death.

How Do I Treat Addiction?

The first step to treatment is admitting there is a problem and wanting to get help. This is not a personal failing or a choice, it is a medical disease. Treatment is intended to help the individual stop the compulsive pleasure seeking and use.

Get Educated. Use your resources to become more familiar with what addiction is. To successfully help the individual with addiction, know what is out there. Understand the behavioral, environmental and psychological effects of the disease. This will help you and your family as you progress through treatment. A great place to start is <http://www.ketteringoh.org/departments/police/>

Get Help. There are several treatment and rehabilitation facilities within and around Montgomery County. These places include medical facilities that will be needed to help with the withdraw effects and support needed throughout. Treatment facilities can be costly-- don't fear. Almost all facilities take Medicaid and a variety of other insurance providers. It never hurts to call around.

Get Support. You can't overcome the disease alone. Many others are like you. They understand the road you are about to begin and the road you have traveled. Finding the right people to support you will push you right along. Their love, support and understanding will be with you each and every day. Your support comes from hotlines, professionals and family members. There are also many support groups out there, such as Alcoholics Anonymous and Narcotics Anonymous.

Recovering from addiction is not easy. However, with the right support system, knowledge, the desire to do it and love, you can overcome the cravings, the drugs, and the disease.

Potential Risks

Using illegal drugs, such as heroin, poses many health risks. The addicted individual will continue to use despite these risks because they have a disease. Reducing the risks will help aid in the recovery of this disease. Support the addict to go forth with their recovery.

Blood-borne pathogens, such as bacteria and viruses, are present in blood and body fluids and can cause more harm to the individual who contracts them. Blood-borne pathogens include but are not limited to Hepatitis B, Hepatitis C and HIV.

Ways to contract such blood-borne pathogens:

Direct contact: Infected blood or body fluid from one person enters another person's body at an entry site. An example would be infected blood splashing into an uninfected person's eye.

Indirect contact: A person who is uninfected touches an object that contains the body fluid or blood of an infected person. An example of indirect contact would be an uninfected person picking up soiled bed sheets of an individual who has contaminated blood or body fluid.

Respiratory droplet transmission: A person inhales droplets from an infected person. An example of respiratory droplet transmission would be someone with infected blood or body fluid sneezes or coughs and an uninfected individual breathes it in.

Vector-borne transmission: A person's skin is penetrated by an infected source. Vector-borne transmission occurs when someone accidentally gets stuck by a needle that has been used by an infected person.

Potential Risks of Injecting Drugs:

Overdose/Sudden Death: An overdose is having too much of a drug (or combination of drugs) for your body to be able to cope with.

- Opioids, benzodiazepines and alcohol are depressants which will cause the slowing of the central nervous system (including breathing and heart rate). Too much of these drugs will kill and or cause permanent brain damage.
- Alcohol poisoning is not generally thought of as a drug overdose; but, alcohol is a depressant and can cause the same effects as those listed above.
- Most heroin overdoses occur because a depressant was mixed with it.

Embolism: Blood clots, typically in the lungs, veins and legs that can kill you or make you seriously ill.

Viral Infections: Hepatitis B, Hepatitis C, HIV and other blood-borne pathogens most often contracted by swallowing, inhaling or injecting the drugs.

Fungal Infections: These can be caused by injection of drugs into the bloodstream. Fungus can be found on the brain cells which could be fatal.

Bacterial Infections: Endocarditic, Tetanus, Flesh-eating bacteria, Wound Botulism and blood poisoning are all serious and often life threatening medical conditions.

Abscesses: These are caused by bacteria or the cuts in street heroin. User will notice redness and swelling around site and may start to notice it feeling hot or warm. If untreated, it can lead to blood poisoning.

When to Call 911

Most the time people are reluctant to call 911 for fear of police involvement. The police will only intervene if there is a fatality, it is a known overdose or if their help is requested by family on scene or medics.

If the following is present, call 911:

- Unconsciousness
- Having a seizure
- Experiencing severe headache
- Experiencing chest pain
- Difficulty breathing
- Extremely paranoid, agitated and/or confused

It is not necessary for someone to have all of these signs or symptoms for them to be overdosing. Exhibiting only a few could still mean they are in trouble or need help. When in doubt, make the call to 911.

Local Resources

Project C.U.R.E Inc.

(937)262-3500

<http://www.projectcureinc.org/Home.aspx>

1800 N James H McGee Boulevard

Dayton, Ohio 45417

Out-patient treatment/For Opiate users

Takes all insurance types

Daybreak Dayton Teen Shelter

Local Hotline: (937)461-1000

24hr Hotline: (877)833-3199

<http://www.daybreakdayton.org/>

605 South Patterson Boulevard

Dayton, Ohio 45402

Safe shelter open 24 hours a day/ week for youth ages 10-19

Daymont Behavioral Health Care Inc.

(937)222-8111

<http://www.daymont.org/index.html>

1520 Germantown Street

Dayton, Ohio 45417

Mental Health and Addiction services/Out-patient only Monday thru Friday 8am-7pm

Takes all insurance/ If client lives in

Montgomery County, they will receive additional funds

Eastway Behavioral Health

(937)396-2535

<http://eastway.org/>

600 Wayne Avenue

Dayton, Ohio 45410

Adult/adolescent outpatient treatment center

for mental health and substance abuse

Family Services

(937)222-9481

<http://www.fsadayton.org>

2211 Arbor Boulevard

Dayton, Ohio 45439

Family counseling for mental health and addictions

Friends at the Castle

(937)433-3931

<http://friendsatthecastle.com/>

133 N. Main Street

Centerville, Ohio 45459

Support group for Mental Illness and Disorders

\$12.00 a year/renewable each year

Nova Behavioral Health

(937)253-1680

<http://www.novabehavioralhealth.org>

732 Beckman Street

Dayton, Ohio 45410

Inpatient/Outpatient

Men and women ages 18+/residential

programs/Women's treatment program

Places Inc.

(937)461-4300

<http://www.placesinc.org/>

11 West Monument Avenue, 7th Floor

Dayton, Ohio 45402

Housing assistance/Transportation/ Group

homes and meals/return home Ohio program

helps ex- prison inmates get back into

communities

Women's Recovery Center

(937)562-2400

<http://www.recoverycentersinc.org/>

515 Martin Drive

Xenia, Ohio 45385

Women only/90 day treatment facility/Drug

and Alcohol treatment/Mental Health

treatment

Accepts Medicaid and other funding through

the patient's county

Samaritan Behavioral Health

(937)734-8333

Crisis Care Number: (937)224-4646

<http://sbhihelp.org/>

Elizabeth Place, 601 Edwin C Moses Boulevard
Dayton, Ohio 45417

Outpatient Only

Drug and Alcohol rehabilitation/Mental Health
treatment

Accepts Medicaid and other insurance types

Senior Resource Connection

(937)223-8246

<http://www.seniorresourceconnection.com/>

222 Salem Avenue

Dayton, Ohio 45406

Senior Citizens and disabled adults over age 21

Day services/nutrition programs/ home
healthcare

Sinclair College

(937)512-5113

<http://www.sinclair.edu/services/support/disability-services/>

444 W. First Street, Bldg 10 Rm 10424

Dayton, Ohio 45402

Anyone with physical or mental impairment

Disability counseling

South Community

(937)293-8300

<http://www.southcommunity.com/>

3095 Kettering Boulevard

Dayton, Oh 45439

All ages/Substance Abuse treatment/Primary
care doctors/Food Pantry

24-hour Suicide Prevention Center

(937)229-7777

1-800-320-4357

<http://www.suicidepreventioncenter.tk/>

1110 Webster Street

Dayton, Oh 45404

Completely anonymous/24 hour number

Woman Line

(937)223-3446

<http://www.womanlinedayton.org/>

4617 Presidential Way

Kettering, Ohio 45429

Women only

Counseling for women who survived abuse or is
emotionally unstable/Teaches children how to
prevent abuse

Area Hospitals:**Kettering Behavioral Medicine Center**

(937)534-4600

5350 Lamme Road

Dayton, Oh 45439

Grandview Hospital

(937)723-3200

405 W. Grand Avenue

Dayton, Oh 45405

Good Samaritan Hospital

(937)734-2612

2222 Philadelphia Drive

Dayton, Oh 45406

Miami Valley Hospital

(937)208-2536

1 Wyoming Street

Dayton, Oh 45409