



### **Locating the Right Alcohol and/or Other Drug Treatment**

Union County has resources to help link people in need of alcohol and drug treatment with the help they need.

#### **For Adults (People 18 or older)**

If you have **private health insurance**, call your provider and discuss the situation. Your provider can guide you from a treatment and financial perspective. They may refer you to Consolidated Care Inc. (CCI) or to a private therapist in the area who specializes in alcohol and/or drug treatment.

If you have **public health insurance or no health insurance**, contact Consolidated Care in Marysville at 937-644-9192 and talk with Jennifer Burrows, Alcohol & Drug (AOD) Treatment Program Director, or Louise Van DeWeghe, AOD Team Lead. They will guide you in finding the best treatment option. Angel Agner, Office Manager, can also help you with insurance questions to help you link to treatment.

If you have **public health insurance or no health insurance**, contact Consolidated Care's Office at 937-642-9192. The office staff will assist you in scheduling an appointment in the timeliest manner possible.

#### **For Youth (People under 18)**

Consolidated Care's Home and Community-Based Services Department (HCBS) provides alcohol and drug abuse treatment for youth. Please contact Jym Ramage, Program Director, at 937-642-1254. CCI offers the Cannabis Youth Treatment Program, an outpatient program designed for treating youth using a variety of substances. HCBS also provides individual counseling and family-based therapy that assist youth in becoming substance-free. If your child needs more intensive treatment, the HCBS Department will help link him or her with a program that is appropriate.

### **Assessment Is Needed**

A person (adult or youth) abusing alcohol or drugs will need to have an assessment by a licensed clinician to determine their diagnosis and recommend treatment that is appropriate for their needs. To respect the rights and freedom of the individual, the protocol calls for placing individuals in the least restrictive Level of Care possible. Then, if clients are unsuccessful in their recovery at a lower Level of Care, they may be eligible for more intensive treatment. (Click on Levels of Care to see the distinctions.)

### **Levels of Care**

The State of Ohio defines Levels of Care into 4 categories:

- Level I** Outpatient -- which includes General Outpatient (weekly/biweekly), Intensive Outpatient (9 hrs a week) and Day Treatment (treatment for several hours a day)
- Level II** Community Residential – which includes placement in a Non-Medical or Medical Residential setting (type determined by co-occurring health issues/complications)
- Level III** Subacute Care – which provides hospital care/observation regarding substance detoxification
- Level IV** Acute Hospital Detoxification

### **Local Resources**

Outpatient Treatment is the only Level of Care currently provided within Union County. However, CCI will work to link you with the best option that is feasible in the region.

### **Local, Regional, State and National Treatment Programs**

You can also check into treatment options yourself by logging on to <http://findtreatment.samsha.gov>. The site features a List Search in which a person can check all treatment facilities in any state, a Quick Search for those within a certain mile radius and a Detailed Search for specific criteria. It also had good Frequently Asked Questions that can help answer yours as well.

### **Other Local Therapists**

Consolidated Care is not the only counseling agency serving residents of Union County. [Click Here](#) for a listing of some of the area's other therapists who specialize in alcohol and drug treatment.

### **Withdrawal**

People who are physically dependent on alcohol or other drugs may experience unpleasant withdrawal symptoms when they are not taking their drug of choice. These include: cravings to use, nausea, restlessness, irritability, sleep problems, chills, hallucinations, and more.

Often these symptoms are not life threatening but are certainly very uncomfortable for the person experiencing them and for their loved ones; however in some cases withdrawal can be life threatening and it is advisable to check with your doctor, local emergency room, or a licensed substance abuse counselor to help you determine if it is a medical emergency.

During daytime hours, you should call CCI at 937-644-9192 to report such situations and let the Alcohol/Drug counselors advise you on how to proceed.

### **Detoxification**

Detoxification is the gradual withdrawal of an abused substance in a controlled environment. Based on your insurance coverage there are a number of detoxification facilities in the Central Ohio region. Typically, each facility completes its own assessment to determine if medical detox is necessary or recommend other interventions as appropriate. If you have questions about detox or how to access these services call your insurance provider or contact CCI for assistance.

### **Emergencies**

If a person who abuses alcohol or other drugs appears to be having emergency medical symptoms -- trouble breathing, seizures, loss of consciousness, rapid heart rate -- he or she should be taken to the nearest Emergency Room for evaluation and stabilized as soon as possible. Alcohol poisoning, symptoms of late stage alcoholism, abuse of central nervous system depressants such as Valium, Xanax or Ativan, and drug interactions with alcohol are particularly dangerous and some can be life threatening. When in doubt, go to the Emergency Room or call the 24-Hour Crisis Hotline at 800-731-5577.

### **24-Hour Crisis Line – 800-731-5577**

People in Union County are encouraged to call the Crisis Line for help with an alcohol or other drug or a mental health emergency. The number is 800-731-5577. Be proactive. When in doubt, call this number or go to the Emergency Room. Taking action could save your life or the life of someone else.