



OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

SEEDS

Agency Newsletter  
Summer 2017

# of Hope

## Addiction is a Young People's Disease

Growing up, I thought that every community supported young people in or seeking recovery in the same way that my hometown of Houston, Texas did. When I moved to Ohio in 2012, I realized that there was much to do in my new home in order to properly support young people with substance use disorders.

I met a like-minded individual when I was introduced to Lisa Clark, OhioGuidestone's Executive Director of Central Ohio. Lisa is leading the charge for this organization in responding to the needs of individuals struggling with addiction in central Ohio. As the opiate crisis continues to worsen, Ohio and other states need to find creative solutions to the problem of addiction.

As I set out on my journey to expand our support of youth in need of treatment, I started with the goal of creating a collegiate level recovery program at The Ohio State University. Today, this program exists at the Student Life Wellness Center, branded the Collegiate Recovery Community (CRC). This community is committed to ensuring that our students can pursue their education and their recovery at the same time. Now in its fourth year, this program offers recovery housing, on campus supports, leadership and professional development,

scholarships, and a positive peer community.

Today, I have set out to apply the lessons I learned from CRC to open a recovery high school in central Ohio. This high school will be open to students who are living in recovery and are working to complete their education while maintaining sobriety. I have formed a board of directors and have begun building the foundation of this new school. Lisa Clark serves as the clinical lead and as a member of our board. She is working in partnership with me to ensure that this school has every support it needs for the students we serve. We plan to open in fall of 2018, and provide a high school experience that includes integrated recovery management services. The school will allow students to receive support for at least five years, at which point their chance of relapse drops below 15 percent.

Young people are disproportionately affected by drug addiction. Young people in recovery require unique support systems as they work to maintain sobriety along with growing academically, physically, and mentally. The support systems that we offer to our youth will directly impact their ability to maintain the hard-won sobriety. I am grateful for OhioGuidestone, and to Lisa for the support I have received and the insight they have lent to my dream.



### About the Author

Sarah Nerad is in long-term recovery from drug and alcohol addiction since 2007. As a youth recovery advocate, Sarah is dedicated to advancing recovery systems for young people across the nation. She is currently working to establish Columbus, Ohio's first recovery high school, while maintaining her consulting company, PTR Associates, which she co-founded in 2013.

# President's Message



Richard R. Frank,  
President and CEO

Ohio is facing an epidemic. Heroin and opioid abuse are becoming the most pressing mental health issue we have ever faced as a state. The use of these drugs is becoming increasingly more common and they continue to be readily available. Without intervention, Ohio will be dealing with the effects for many decades to come. The costs are substantial, with agencies working to respond to an abrupt and jarring change in the needs of the people they serve.

Resources are becoming increasingly strained, as the consequences of this epidemic have a ripple effect. Children are left without parents, families are torn apart, community safety is put at risk, and lives are lost every day because of these incredibly addictive substances. Our foster care services, drug addiction and mental health counseling, and sober support housing are just a few of our programs that are designed to combat just this type of issue, and we are resolved to rise to the challenge of this emergent problem.

As one of the leading mental health agencies in Ohio, we have a responsibility to use our expertise to provide care. OhioGuidestone is responding by providing treatment on the front lines of this epidemic, designing new programming around the changing needs of our clients, implementing new best-practices in our programming, and leading the charge forward to serve. We believe in the value of every life, and are steadfast in our commitment to provide homes for impacted children, support for families struggling with addiction, and pathways to sobriety for each and every person who seek them.

## DURATION OF SERVICES: ALCOHOL AND OTHER DRUGS (AOD) PROGRAM

**2015** 10,516 HOURS



**2017** 30,179 HOURS

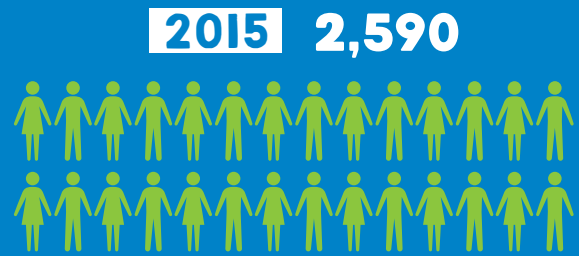
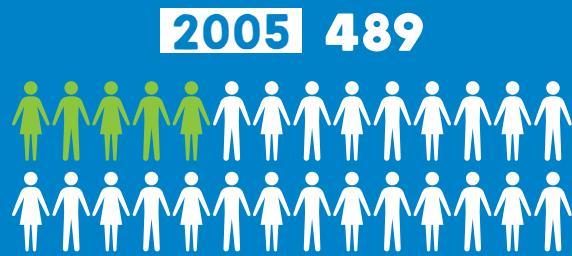


# Heroin Abuse: Far Reaching Consequences

Ohio continues to experience an unprecedented heroin epidemic within the borders of our state. Drug overdose remains the leading cause of accidental deaths in Ohio, exceeding the number caused by car accidents. This trend has taken on new life and spread to harm new populations of citizens.

of their parent's opioid addiction. The use of this drug is now having multi-generational effects, is changing the way thousands of children will spend their childhoods, and has put many youth at risk for developing life-long mental and physical health issues associated with exposure to these substances before birth.

## DEATHS FROM DRUG OVERDOSE IN OHIO



Today, the average heroin user is a young, white, man living in a suburban or rural area. In a focus group conducted by the Ohio Department of Mental Health and Addiction Services with 18 – 25 year olds, more than half had used prescription opioids, and 36 percent had used heroin during the past six months. There is growing concern that the use of this drug is becoming more normal, and as it does, younger people feel more comfortable using this substance. As a consequence, addiction is beginning to occur at younger and younger ages.

The effects of this drug are far reaching. The people damaged by opioid abuse are not only users, but the children who depend on them and the loved ones who feel powerless to help. State resources designed to protect children are becoming strained. There was a 9 percent increase in the number of children placed into care by child protection agencies as a result of parental drug involvement. Seventy percent of the infants in child protective custody are there because

Ohio Attorney General Mike DeWine has worked to respond to the crisis, and recognizes the integral role of OhioGuidestone.



“Organizations like OhioGuidestone provide critical services to Ohioans suffering from alcohol and drug addiction. Recovery is possible because of the work done by places like OhioGuidestone in the battle against addiction.”

– Mike DeWine, Ohio Attorney General

OhioGuidestone is uniquely equipped to provide support to individuals seeking sobriety. Our wrap around model of support recognizes that addiction impacts more than one person, and works with individuals and families to overcome obstacles. Our model of care offered in multiple Ohio counties, makes treatment and support more accessible than ever to thousands of Ohioans who are seeking to achieve sobriety.

# Our Response: Recovery 360°



## Prevention Services:

Our prevention services focus on youth who are vulnerable to the peer pressures present in school and their everyday lives. In this unique model, students play an active role in planning, implementing, and evaluating school-wide substance abuse prevention initiatives.

## Substance Abuse Counseling:

OhioGuidestone offers community-based counseling to youth or adults suffering the mental and emotional instabilities that come with recovery by focusing on management techniques that help the individual get and stay well.



## Housing:

OhioGuidestone provides housing for individuals in recovery in Tuscarawas and Carroll Counties. Housing of this sort helps people who are working towards long-term sobriety gain the in-depth care they need to be successful.

## Peer Recovery Support:

Individuals in recovery often benefit from sharing their experiences with others who have been through similar situations. OhioGuidestone pairs people in stable recovery with people working towards long-term recovery to provide real-life informed guidance on how to achieve success.



## Recovery Support Groups:

Our recovery support groups build on the concept of peer-supported recovery by providing a safe environment for group-informed therapy.

## Restoring a Family Damaged by Heroin

March 3, 2017 was a day of joy and celebration for Linda. The 28-year-old Columbus mother of three celebrated 300 days of being clean from heroin. It has been a hard won battle as heroin is a relentless enemy. The powerful grip of heroin has proven extremely difficult to escape. Every day, Ohioans lose family members to the heroin epidemic. Linda's climb out of the black hole called heroin addiction is inspirational. Now she eagerly awaits the day when she can have all three of her daughters home with her.

The Franklin County Drug Court referred Linda to OhioGuidestone. When OhioGuidestone's caseworker first met Linda, she was extremely withdrawn and obviously still active in her heroin addiction. Children's Services removed two daughters from her care. Haunted by the memory of her best friend being killed right in front of her, Linda found coping with life's challenges hard. Linda was challenging to engage with and having difficulties staying in compliance to the court. After failing a mandatory drug test, a judge sentenced her

to three days in jail. She seemed like a hopeless case, eventually becoming just another statistic of the heroin crisis that is devastating our communities.

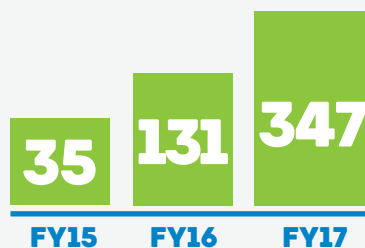
Linda has had a rough life. Her parents lacked the capacity to provide a nurturing and stable home life. Research indicates a problematic home environment can disrupt the brain's stress response system, reduce the quality of caregiving a child receives, and interfere with healthy development. In addition, a family member sexually abused her as a child. These risk factors hinder the optimal development of a child.

After she was released from jail her life started to slowly turn around. She was prescribed Methadone to treat the heroin addiction and to reduce the withdrawal symptoms. As the methadone started to work, Linda became more open to therapeutic treatment. She started developing a relationship with her caseworker and participated in group therapy. The case worker began seeing her three or four times a week. An amazing metamorphosis began. Linda started

visitations with her daughters and began to develop trust and make new friendships. During this recovery time she developed coping skills that helped control her anger and depression. Everyone, including the judge, started noticing the difference in her and were astounded. But no one seemed more surprised than Linda herself! She absolutely blossomed!

Linda's story is inspirational. She is a very nurturing mother. With the heroin out of her system, her maternal instincts have flourished. She is a joy to watch interacting and playing with her two older daughters and is eagerly anticipating their return to her care. Linda has become more responsible for her own needs as well as her children's. Linda is now exhibiting a more mature character that others are beginning to look up to for hope. Linda's reunification with her children is rapidly approaching. After graduating from Family Drug Court, she intends to continue her therapy and obtain counseling for her daughters. Linda is proactively reclaiming her life and her family. She is a remarkable example.

**New Clients Served in  
Central Ohio: Alcohol and  
Other Drugs (AOD) program**



**165%  
increase**



# OhioGuidestone: Treating, Supporting, Growing

OhioGuidestone is a community solutions organization. We offer a unique blend of behavioral health treatment services, skill-building programs and prevention opportunities for children and families. At OhioGuidestone, many of our clients struggle with a lack of education and life skills, and don't know how to access personal or community resources to help them improve their situations. We not only help resolve problems that already exist, but teach skills to help individuals become self-sufficient and prevent future obstacles to success. Each of our locations works on a continuum of these three important services to help the communities they serve.

## Lorain County

Lorain County OhioGuidestone embarked on a training process last spring to prepare for the provision of integrated Alcohol and other Drugs (AOD) and Mental Health Services. Staff will be trained in assessment and treatment of substance use disorders over the next several months. The Lorain County office will begin providing AOD integrated services in outpatient programs beginning July 1, 2017.

## Summit County

In Summit County, OhioGuidestone partners with Summit County Children's Services, and is the proud recipient of the 2017 Champions for Children Community Partner Award for its role in the collaborative effort to develop and implement the Peer Recovery Support Program. This award highlights OhioGuidestone's dedication to providing innovative, responsive services to individuals in recovery.

## Stark County

OhioGuidestone is working to expand our Maternal Depression Services to serve mothers in the Stark County Area with the support of The Stark County Mental Health and Addiction Recovery Board. This program works to reduce maternal depression's impact on families and women by providing in-home support, education, and counseling to new mothers.



Ashley Scott, LPCC-S, IMFT, and  
Michelle Montgomery, MBA



## Central Ohio

In 2016 the Central Ohio office at OhioGuidestone was fortunate to receive a mini-grant from the ADAMH Board of Franklin County. This grant provided for five social/recreational events for adults in the Recovery 360° Program, which helps individuals in recovery form new relationships and networks that support their sober lifestyle. Clients and their families participated in bowling, a movie, putt-putt, ice skating and Magic Mountain Fun Center. Each event averaged 50 people, and clients had great sober fun. Thank you to the ADAMH Board of Franklin county!

## Tuscarawas County

Jodi Salvo of Personal and Family Counseling Services worked alongside State Representative Al Landis, in coordination with the Tuscarawas County Anti-Drug Coalition to launch the "Got your Back" Ohio Drug Free Initiative. In response to the drug epidemic impacting Ohio, this campaign encourages students to post a photo to social media standing back to back with a friend using the hashtag #GotYourBack. The goal is to highlight the importance of helping and encouraging each other to say no to drugs and to live healthy, drug-free lives.



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Approved Health & Welfare Organization  
of the East Ohio Conference  
of the United Methodist Church





OhioGuidestone

SOLUTIONS FOR CHILDREN, FAMILIES  
& COMMUNITIES

### Our Vision

Future generations are educated, self-reliant and contributing members of strong communities.

### Our Mission

To provide pathways for growth, achievement and lifelong success.

### OhioGuidestone

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**DATED MATERIAL**

## NEWS & EVENTS



### OhioGuidestone Golf & Club Classic

Please join us and our Lead Sponsor, Blue Technologies, for our annual OhioGuidestone Golf & Club Classic on *September 11, 2017* at Columbia Hills Country Club. Sponsorship opportunities and tickets are available online at [www.OhioGuidestone.org](http://www.OhioGuidestone.org). For more information, please contact Cindy Naegele, *Vice President of Advancement and Communications* at [Cindy.Naegele@OhioGuidestone.org](mailto:Cindy.Naegele@OhioGuidestone.org) or 440.260.8341.



### New Advocacy Committee

Help propel OhioGuidestone forward and join the Advocacy Committee on *Monday, September 18, 2017* at 6 p.m. in the Reinberger Chapel. This meeting is open to anyone looking to make a difference with OhioGuidestone, with opportunities such as event planning and fundraising for our Foster Care and Residential Treatment Centers. The volunteer-led organization supports OhioGuidestone's mission. For more information, contact Jessica Kanelos, *Community and Corporate Relations Coordinator* at [Jessica.Kanelos@OhioGuidestone.org](mailto:Jessica.Kanelos@OhioGuidestone.org) or 440.260.8362.

### GO GREEN!

Want to keep up with important news at OhioGuidestone and be environmentally friendly? Consider signing up for our newsletter electronically! By having *Seeds of Hope* delivered to your inbox instead of your mailbox, you'll help the environment as well as the children and families we serve. To switch your *Seeds of Hope* subscription to an e-mail account, contact [MarketingRequests@OhioGuidestone.org](mailto:MarketingRequests@OhioGuidestone.org).