



My loved one/child has survived a heroin overdose....now what?

1. First take care of you! Ask for help and accept help when it is offered.

- A. Restore balance within yourself and your home.
- B. Set daily goals and stay on task to reach those goals.
- C. Find a support group and attend faithfully. If group settings are uncomfortable for you, find an individual counselor.
- D. Manage your emotions. Understand that everything you are feeling is normal.
- E. Resign yourself to the fact that you can't fix this. They don't need you to fix it.
- F. Reinforce within yourself that you love them – you hate the drug and what it is doing to them – but you love them.
- G. Understand that you are not alone. You have more people around you in your situation than you know. Reach out for help!
- H. Take one day at a time – stand strong- each day will be different and that's Okay.

2. Openly and calmly communicate with your child.

- A. "We will help you if you are willing to get help and you want to get better"
- B. "The first step to recovery is admitting you need help"
- C. "The next step to recovery is being accountable for your actions"
- D. Set healthy attainable guidelines and boundaries.
- E. You and your child need to understand that recovery is a process and will not happen overnight. Success comes one day at a time, one small success at a time.
- F. Be compassionate but firm. Healthy boundaries are just as much for you as they are for your child.

3. No Judgment!

- A. They know what they have done. They don't need you or anyone else to remind them. They feel guilty for hurting you and others.
- B. Do not bring up the past. They can't heal when you are throwing their poor decisions in their face.
- C. Take the attitude that this is a new day.
- D. Do not confuse accountability with judgment.
- E. Guard against the "holier-than-thou" or martyr-like attitude. It is possible to create this impression without saying a word. A person's sensitivity is such that he/she judges other people's attitudes toward him/her more by small things than spoken words.
- F. Your child needs to know that you are on their team and you are working with them. Addiction affects the entire family and all involved need to heal.

4. Resources to call today for next steps.

- A. Clermont County Mental Health & Recovery Board 513-732-5400
- B. Brave Choices 513-212-8176 www.facebook.com/bravechoices
- C. SOLACE 513-516-7608 www.facebook.com/ClermontCoAH
- D. Clermont Recovery Center 513-735-8100 <http://www.recoveryctr.org/>



Brave Choices

Strong Fearless Inspiring

851 Ohio Pike Suite 202.

Cincinnati, OH 45245

(P) 513-212-8176

www.facebook.com/BraveChoices

bravechoices@gmail.com

Our Mission: To bring awareness and education to parents and kids on the deadly consequences of heroin. To provide resources before, during, and after the funeral.

5 Myths about Drug Abuse and Addiction

MYTH 1: Overcoming addiction is a simply a matter of willpower. You can stop using drugs if you really want to. Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.

MYTH 2: Addiction is a disease; there's nothing you can do about it. Most experts agree that addiction is a brain disease, but that doesn't mean you're a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.

MYTH 3: Addicts have to hit rock bottom before they can get better. Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost it all.

MYTH 4: You can't force someone into treatment; they have to want help. Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.

MYTH 5: Treatment didn't work before, so there's no point trying again. Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that you're a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

When a loved one has a drug problem

If you suspect that a friend or family member has a drug problem, here are a few things you can do:

- **Speak up.** Talk to the person about your concerns, and offer your help and support, without being judgmental. The earlier addiction is treated, the better. Don't wait for your loved one to hit bottom! Be prepared for excuses and denial by listing specific examples of your loved one's behavior that has you worried.
- **Take care of yourself.** Don't get so caught up in someone else's drug problem that you neglect your own needs. Make sure you have people you can talk to and lean on for support. And stay safe. Don't put yourself in dangerous situations.
- **Avoid self-blame.** You can support a person with a substance abuse problem and encourage treatment, but you can't force an addict to change. You can't control your loved one's decisions. Let the person accept responsibility for his or her actions, an essential step along the way to recovery for drug addiction.

Don't!!!

- Attempt to punish, threaten, bribe, or preach.
- Try to be a martyr. Avoid emotional appeals that may only increase feelings of guilt and the compulsion to use drugs.
- Cover up or make excuses for the drug abuser, or shield them from the negative consequences of their behavior.
- Take over their responsibilities, leaving them with no sense of importance or dignity.
- Hide or throw out drugs.
- Argue with the person when they are high.
- Take drugs with the drug abuser.
- Feel guilty or responsible for another's behavior.

Adapted from: *National Clearinghouse for Alcohol & Drug Information*

Resources:

Fernside for grief counseling www.fernside.org Phone 513-246-9140

Clermont Recovery Center www.recoveryctr.org Phone 513-735-8100

Clermont Mental Health and Recovery Board Phone 513-735-5400

Strong

Fearless

Inspiring

S.O.L.A.C.E.

COALITION FOR A DRUG-FREE CLERMONT COUNTY

Surviving Our Loss and Continuing Everyday

Who we are:

We are a group that supports individuals who have suffered the loss of a loved one due to drug abuse as well as advocate for prevention in our County.

Clermont County Against Heroin (Empowered by SOLACE) is in partnership with the coalition for a drug free Clermont county. C.C.A.H. is a twofold group that supports individuals who have suffered the loss of a loved one due to drug abuse as well as advocate for prevention in the community.

We want to put a stop to the Heroin Epidemic plaguing Clermont County by helping those with addictions and their families find treatment options as well as support in their community. We hope to educate, prevent, and bring awareness to our community about the dangers of Heroin and other drugs.

SOLACE stands for: Surviving Our Loss and Continuing Everyday. This does not necessarily mean that you have to have physically lost somebody by death it can also mean you feel you have lost them due to their addiction. Everyone in the community is welcome to attend.

Meetings are held on the second and fourth Wednesday of each month from 6 until 8 pm. The meeting location is the HOPE Community Center in Amelia, located at the corner of Ohio Pike and Cecelia.

Like us on Facebook: <https://www.facebook.com/ClermontCoAH/timeline>

Coalition for a Drug Free Clermont County: <http://www.drugfreeclermont.org/>

Email: letsmakeachange123@yahoo.com

SOLACE Phone 513-516-7608

Scan this QR Code to access the
Substance Abuse Recovery
Resource Guide



Detox Centers

Clermont Recovery Center Inc.

1088 Wassermann Way, Batavia, OH 45103 Phone: 513-735-8100

www.recoveryctr.org

Types of Service: Outpatient Buprenorphine assisted detox, outpatient day treatment, intensive outpatient, and outpatient

Payment methods: self-pay, Medicaid, private health insurance, military insurance, sliding scale fee

Client Age group: Adolescents, young adults, adults, pregnant and post-partum

Northland and the Ridge

50 West Tech Center Drive, Milford, OH 45140 Phone 513-735-9964

www.theridgeohio.com

Types of service: Outpatient medication assisted detox, Intensive outpatient, and regular outpatient

Payment Methods: self-pay, Medicaid, private health insurance

Client age group: young adults and adults

Treatment Centers – Ohio

LifePoint Solutions

43 East Main Street, Amelia, OH 45102 Phone 513-947-0333 www.lifepointsolutions.org

Types of Service: Outpatient: mental health and substance abuse counseling, peer support services.

Client age group: 18 or older individuals, pregnant women, and those with HIV

Safe Harbor of Hope for Women

Phone 513-659-3572 email: admin@safeharborofhope.org

Beckett Springs

8614 Shepherd Farm Dr, West Chester, OH 45069 (513) 942-9500 www.beckettsprings.com

Types of Services: Inpatient, Detox, Partial Hospitalization and Intensive Outpatient

I am an addict's mom

I stand before you able to state without hesitation that Yes, I am an addict's mom. I have learned to look past those judgmental stares, sensing what you are thinking, that I must be "one of those Moms." That somewhere, somehow, I made some horrific choices that sent my child into the depths of hell. I am here to tell you that the choices my child made are his own and his alone. This nightmare is far from what I wanted for my child. Just like everyone with children, there were big dreams and hopes for my child.

Yes, I am an addict's mom,

I have held it in for too long, hiding my pain, hiding the truths, trying to hide the hell that is addiction from a society that is very quick to judge before they understand the disease. Hiding from a Society that will, look past that dirty strung-out child sitting out in the cold, shaking their heads, mumbling words of disgust under their breath. A society that would sooner sweep them "under the rug" and pretend that it's not an epidemic, that can and will eventually affect every family in one way or another.

YES!!! I am an addict's mom

Do not pass judgment on me and do not label me a "bad mom." Before you pass judgment on me know the hell I am living, know the pain I endure. Nothing you say, or the beliefs you may feel about my addict or of the mom that raised him, can hurt me more than the pain I have already put myself through. I have spent many sleepless nights wondering where I went wrong, what could I have done differently. I am here to say, I did nothing wrong and I couldn't have done anything better. I gave as much as I could. This war we fight reaches out to every depth of society, it can be felt among the poor and the rich, the nameless and the famous, this country and that country. Addiction pays no mind to color, race, creed or financial status. Rich or poor, it holds no prejudice toward who it affects.

Society needs to open its eyes. Know that every day, OUR children are dying. Every day more and more children are being lost.

Yes I am an addict's mom,

I have come to terms with the choices my child has made, can you?

**I cry, I grieve, I yell, I hate, I love, I care, but most of all I
HOPE.**

AND I WILL FOREVER LOVE

Barbara Theodosiou – Founder of The Addicts Mom

Family Resources

Brave Choices beth@bravechoices.org (513) 212-8176

<https://www.facebook.com/BraveChoices>

Clermont County Mental Health & Recovery Board <http://www.ccmhrb.com>

2337 Clermont Center Drive Batavia, OH 45103 Phone: (513) 732-5400

Clermont Recovery Center <http://www.recoveryctr.org>

1088 Wasserman Way Suite C, Batavia, OH 45103 Phone: (513) 735-8100

SOLACE- Surviving Our Loss and Continuing Everyday

<https://www.facebook.com/solaceclermont>

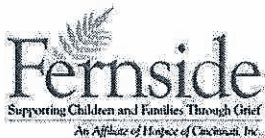
Meetings are held on the second and fourth Wednesday of each month from 6 until 8 pm. The meeting location is the HOPE Community Center in Amelia, located at the corner of Ohio Pike and Cecelia.

Northland Treatment Center | Milford OH

Phone: (513) 753-9964 <http://www.NorthlandMBS.com/>

Brightview Addiction Resources <http://brightviewhealth.com/>

2300 Wall Street Suite F Cincinnati, OH 45212 Phone: (513) 834-7063



4360 Cooper Road, Cincinnati, OH 45242

Phone 513-246-9140 Fax 513-246-9350

<http://www.fernside.org>



100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100

100 100 100 100 100 100 100 100 100 100