

Drug & Alcohol Treatment

*Defiance, Fulton, Henry
& Williams Counties*



Treatment Works, Recovery is Possible



The Four County
ADAMhs Board

Four County Board of Alcohol, Drug Addiction and Mental Health Services

In the Event of a Medical Emergency, Dial

9-1-1

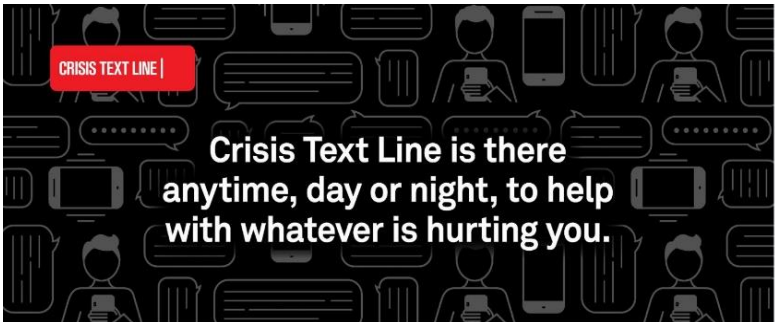
If you or a loved one is seeking assistance for drug or alcohol abuse...

- ✓ **Call 1-800 468-4357 or....**
- ✓ **Speak with your health care provider or...**
- ✓ **Go to the nearest hospital emergency room or...**
- ✓ **Check out**

www.findtreatment.gov

www.recoveryohio.gov

Want to chat about what's hurting you?



TEXT 4HOPE TO 741-741

**FREE SUPPORT AT
YOUR FINGERTIPS, 24/7.**

Mental Health Crisis Services and Information and Referral:

OhioGuideStone (Formerly A Renewed Mind)

600 Freedom Drive, Napoleon, Ohio 43545

Website: www.ohioguidestone.org

Telephones:

Crisis Behavioral Health Hotline.....1-800-468-4357

Client Rights:

Four County ADAMhs Board

T-761 St. Rt. 66, Archbold, Ohio 43502

Website: www.fourcountyadamhs.com

Telephones:

Archbold.....419-267-3355 ext.5

Peer Supports:

Alcoholics Anonymous (AA)

Website: www.toledoaa.com

Toledo419-380-9862

Area 55 Alcoholics Anonymous

Toledo.....419-380-9862

Website: www.area55aa.org

Al-Anon/Alateen

Telephones:

Toledo.....419-537-7500

Website: www.ohioal-anon.org

Area Drug & Alcohol Recovery Service Providers:

Arrowhead Behavioral Health

1725 Timberline Road, Maumee, Ohio 43537

Website: <http://www.arrowheadbehavioral.com>

Telephones:

Toll Free.....800-547-5695

Maumee.....419-891-9333

Health Partners of Western Ohio

441 East 8th Street, Lima, Ohio 45804

Website: www.hpwohio.org

Telephones:

Toll Free.....877-516-4149

Defiance.....567-239-4562

Bryan.....567-239-4562

Maumee Valley Guidance Center

211 Biede Ave., Defiance, Ohio 43512

Website: www.maumeevalleyguidancecenter.org

Telephones:

Defiance.....419-782-8856

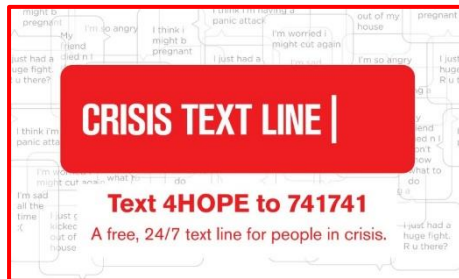
FAX in Defiance.....419-784-4506

Bryan.....419-636-2932

Napoleon.....419-592-5981

Wauseon.....419-337-5941

Toll free.....800-569-3980



Ohio Guidestone (formerly A Renewed Mind)

885 Commerce Dr., Perrysburg, Ohio 43551

Website: www.ohioguidestone.org

Telephones:

All Location Toll Free.....877-515-5505
Perrysburg..... 419-330-1050
Crisis Care & Counseling Center..... 419-599-1660
Fax Crisis Care & Counseling Center..... 419-592-8336
Bryan.....419-633-0705
Defiance.....419-359-0336
Wauseon.....419-359-0110
The Renewal Center419-924-2029
FAX at the Renewal Center.....419-924-2061
Recovery House West.....567-331-1120
Crisis Hotline/Information & Referral ...800-468-4357

Recovery Services of Northwest Ohio

511 Perry St., Defiance, Ohio 43512

Website: www.rsnwo.org

Telephones:

Defiance.....419-782-9920
FAX in Defiance.....419-784-2523
Bryan.....419-636-0410
Napoleon.....419-599-7040
Wauseon..... 419-337-1973
Serenity Haven.....419-237-3103

Addiction and Recovery

What is addiction? Drug and alcohol use is a major health problem, especially for those who become addicted. Addiction is a powerful disease that causes a person to crave and use drugs or alcohol. For some people addiction develops

slowly through regular use over time, and for others it can occur quickly. When a person is addicted, they will use drugs or alcohol, even when doing so causes serious problems. Problems related to addiction can include:

- **Legal Problems:** People who struggle with addiction often have problems with the law. Many drugs are illegal, and the addicted person often breaks the law trying to get them. Using drugs or drinking excessively can also make a person take risks that they would not take when they are sober. Driving while impaired increases the risk of being involved in a motor vehicle accident.
- **Health Problems:** Many who are addicted will continue to use drugs or alcohol even when they become sick as a result of their use. For example, a person addicted to nicotine may continue to smoke, even after they have developed lung cancer
- **Financial Problems:** Addiction is expensive. Money used to buy drugs or alcohol, the loss of work and legal fines contribute to the cost of addiction. When a person is addicted to drugs or alcohol, they will give up a lot in order to keep using.
- **Relationship Problems:** People who are addicted to drugs and alcohol often have unhealthy relationships. Family members often experience anger, frustration, shame and guilt related to their loved one's addiction. For the addicted person, drugs and alcohol can become more important than family and friends,
- **Social Problems:** Many people who are addicted to drugs or alcohol will withdraw from social commitments in order to use without the judgement of family or friends. When faced with a

social obligation, the addicted person may try to manage their intake of drugs or alcohol in order to make their use appear “normal”. Drinking before a party or hiding additional alcohol in a purse to be consumed privately are examples of this behavior.

How to know it is addiction? All diseases have both signs and symptoms; a symptom is what the person experiencing the disease will feel, while a sign is something that others can see. Some of the signs and symptoms of addiction are:

- **Heavy Use:** People who are addicted regularly use large amounts of drugs and alcohol. This can result in physical symptoms such as headaches, feeling ill, and blackouts (the inability to recall events).
- **Uncontrolled Use:** Many people who are addicted make unsuccessful attempts to stop or control their use of drugs or alcohol. “Switching from liquor to beer”, or “only using on the weekends” are examples of attempts to control addiction.
- **Tolerance:** Over time, a person's body adapts to the regular use of a substance. Eventually addiction will progress until more of a substance is needed in order for it to have the same effect.
- **Time and Secrecy:** As the disease of addiction grows, drugs and alcohol can become the focus of the addicted person's time and energy. He or she may refuse to attend activities where substances are not available, prefer to use when alone, or keep “secret stashes” of the substance to hide the amount being used.
- **Withdrawal:** People who are addicted to drugs and

alcohol experience physical and emotional changes when they try to stop using. These can be mild (fatigue, boredom, moodiness, poor concentration, insomnia), moderate (depression, anger outburst shaking) or severe (violent behavior, hallucinations, seizures). Benzodiazepine and severe alcohol withdrawal can be fatal, and should only be done under medical supervision.

What can be done about addiction? Like cancer, addiction is a progressive disease. This means that if not treated, it will only get worse. Some people can stop using on their own, but most need help. The good news is that treatment is available and it works! There are many different types of treatment available to help a person overcome addiction and to stay sober.

Treatment Options:

- **Detoxification:** This is the removing of drugs and alcohol from the body. In some cases, it is not safe for individuals who are addicted to drugs and alcohol to stop using or “detox” on their own. To do so could actually put them at risk for life-threatening symptoms including hallucinations, seizures and heart problems. For these individuals, stopping the use of drugs or alcohol must be done under the care of a doctor. Detoxification can be done in a hospital, a treatment center, or at home depending on the needs of the individual. It is especially important for those suffering from severe alcohol or benzodiazepine addiction to seek medical assistance before attempting to stop using.
- **Residential Treatment:** Residential treatment offers a structured setting where people recovering

from addiction stay for weeks or even months. At a treatment center, the temptations and stressors of everyday life are removed, allowing the individual to focus on getting well. Professionals who specialize in treating addiction, help residents to learn about their disease and to develop plans for staying sober once they return home.

- **Medication-Assisted Treatment (MAT):** With MAT, doctors provide medications that can ease withdrawal symptoms, control cravings, or even create an uncomfortable reaction if the recovering individual drinks or uses drugs. MAT is often used to treat addiction to opiates like heroin or prescription drugs, alcohol, and even nicotine. MAT is most successful when it is combined with outpatient counseling.
- **Intensive Outpatient Therapy (IOP)/ Partial Hospitalization (PT):** These options provide many of the same services as residential treatment, but clients don't spend the night in the treatment center. Just like with traditional outpatient counseling, IOP/PT clients continue living at home, driving to and from therapy. To build a solid foundation for sobriety, IOP/PT clients often attend appointments several times a week, with appointments lasting several hours at a time.
- **Outpatient Counseling (OP):** This treatment can take place in the community, a treatment center, or a hospital. It is provided by trained professionals who work to stop substance use in their clients. In outpatient therapy, clients talk about what led them to addiction, while developing a plan for recovery. With the help of a therapist, clients learn the skills needed to stay sober. Outpatient counseling can be Individual, where a person

works with a therapist one-on-one; or Group, where several clients meet with a therapist to work on their recovery together.

How to seek Treatment:

Addicted Individual - When an individual is ready to seek treatment for a drug or alcohol abuse issue, they may feel overwhelmed or confused about where to begin. Knowing who to call or what treatment to seek can depend on many factors. Fortunately, drug and alcohol treatment providers can be very helpful in guiding an individual toward appropriate care. Non-emergency assistance, and information and referrals can be obtained by contacting any treatment providers included in this handout.

Family Members – Those who struggle with addiction don't suffer alone; family and friends also experience the pain and uncertainty of their loved-one's addiction. Families thrown into chaos by a loved-one's addiction often unknowingly contribute to the problem by shielding their loved-one from the consequences of their choices. The skills needed to avoid being drawn into the turmoil of addictive behavior often challenge a family's natural tendency to protect their loved-one, and therefore must be learned. By entering into treatment, family members can learn how to practice good self-care and how to make healthy choices. All of the treatment providers in this handout offer care to both the addicted individual and those who love them. The process for accessing care is the same for both.

How to seek Medical Clearance:

When someone seeks help for a substance abuse issue, it may be necessary for them to get medical clearance before beginning treatment. **Medical clearance** is an exam conducted by a health professional. It is designed to ensure that an individual is physically healthy enough to participate in

treatment. During a medical clearance exam, healthcare professionals will provide any necessary care to prevent or relieve withdrawal symptoms. They will also check for medical conditions that may cause the person problems during drug and alcohol detoxification or rehabilitation. Not all drug and alcohol treatment will require medical clearance. It is most commonly needed for withdrawal from benzodiazepines or heavy alcohol dependence, which can be life threatening. The need for medical clearance will be determined by the treatment provider, who can guide the client through the process.

Medical clearance can be obtained through an emergency room, a primary care physician, or other medical provider. In an emergency room setting, a person can simply request medical clearance from the doctor or nurse providing their care. Emergency room staff members understand what is needed and will help the patient with any testing or paperwork. It is also possible to get cleared for substance abuse treatment through a family doctor or other healthcare provider. Primary Care Doctors routinely provide medical clearance for many reasons including surgery, medical testing and other forms of treatment. Getting medical clearance for substance use treatment through a family doctor is as simple as scheduling an appointment. During the appointment the healthcare professional will examine the patient and ensure that all testing and paperwork is complete. They will also take care of sending this important information to the appropriate substance abuse treatment provider.

How to Seek Peer Support Services

Many individuals who are struggling with a substance abuse issue find peer supports to be a very helpful part of their recovery process. Groups like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) exist for the sole purpose of helping their members to get and stay sober. These

international fellowships are made up of men and women who have suffered with a drinking or drug problem, and who have made the decision to recover. Both AA and NA utilize a 12-step model of recovery. They are non-professional, self-supporting, multiracial, apolitical groups that are available almost everywhere. There are no costs or requirements to join. Membership is open to anyone who wants to do something about his or her drinking or drug problem, or to get support for a loved one's addiction.

- **Alcoholics Anonymous (AA):** Seeking peer supports for a problem with alcohol through AA is as simple as calling 419-380-9862. Calls to this number are answered 24 hours a day/7 days week and will provide the caller with information about AA, as well as assistance on how to find a local meeting that best meets the caller's needs. Meetings are held both in-person, and online. Local meeting schedules and additional information on AA can also be found at www.toledoaa.com. Meeting locations can also be found at area55aa.org.
- **Narcotics Anonymous (NA):** The process of getting connected to peer-lead supports through NA is similar to that of AA. By simply dialing 419-250-6262 (Daytime number 6am to 6pm) or 419-407-0307 (Nighttime number 6pm-6am) callers can speak with a recovering member of NA anytime day or night. The person answering the telephone will walk the caller through the process of locating a meeting and provide information about recovery and the NA organization. More information about NA, including area meeting schedules, can be found at www.natoledo.org.
- **Al-Anon/Al-Ateen:** Al-Anon/Al-Ateen are non-professional, peer-lead support groups designed to help those whose lives have been negatively affected by a loved one's drinking. Individuals can be

connected to an Al-Anon member 24 hours a day/7 days a week by dialing 419-537-7500. Here callers can receive support, information on the Al-Anon/Al-Ateen organization and guidance on how to find a local meeting. Like AA and NA, there is no cost to attend meetings. Information and meeting information can also be found at <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting> or by email at Help@ToledoAl-Anon.org

Payment for Services

Understanding how to pay for mental health and addiction services can add to the stress that many families experience when needing care. Fortunately, all of the providers included in this handout are willing to assist consumers with questions about insurance and other methods of payment. However, it is important to note that the contract for benefits is between the policy holder and their insurance company. It is important that consumers have a good understanding of their insurance benefits before they seek substance abuse or mental health services.

Private Insurance/Ohio Medicaid Plans – There are many different private and public insurance companies. Coverage for substance abuse treatment can vary from company to company. Even policies offered by the same insurance company can provide different benefits based on the individual policy. Generally, each company will give their members an insurance benefits card, which provides important information on both the front and back of the card.

Understanding Your Insurance Card:

Information found on the front of a benefits card typically includes the following:


- Insurance Company Name – Examples Blue Cross, Aetna, Paramount, Medical Mutual etc.
- Name of the Primary Policy Holder - If the insurance is offered through an employer, this would most likely be the name of the employee.
- Name(s) of Covered Family Members – This would include the names of all eligible household members such as a spouse or children.
- Group Number- This is a long series of numbers that identifies the group of members who share similar insurance benefits, such as people working for the same employer.
- Member Identification Number – This is a number that is assigned to the primary policy holder.
- RX Number – This is a number that identifies potential prescription drug benefits, if offered.
- Eligibility Start Date/Void After Date – For those covered through Ohio Medicaid or an Ohio Managed Care Plan, eligibility dates may be included on the insurance card. Medicaid insurance coverage begins on the eligibility date, and continues through the end of the void date. Services received before the eligibility date or after the void date, may not be covered.

Front of Card:

Private Insurance Example (Front)

<p>Middle America Insurance Company</p> <p>Group Number: 123456789</p> <p>Member ID: 987654321</p> <p>RX#: 1234</p> <p>Name:</p> <p>01 -John Smith</p> <p>02 – Lisa Smith</p> <p>03 – Billy Smith</p> <p>04 – Mary Smith</p>
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Ohio Managed Care Plan Card Example (Front)

	<div>Ohio Managed Care Plan</div>
<p>Name: Jane Doe Date of Birth: 01/01/0000</p> <p>Effective Coverage Date: 01/01/2019</p> <p>MMIS Member ID#: 123456789 Case#: 0987654321</p> <p>Primary Care Provider (PCP): Dr. Mary Helpful</p> <p>Provider Phone (000) 000-0000</p>	

County Medicaid Example (Front)

County:	
Defiance	Ohio Medicaid
Case Number	
XXXXXXXXXXXXXXXXXX	
Eligibility Begin Date	
01/01/2010	
Void After Date	
01/31/2010	
Ohio Department of Medicaid	Medicaid.ohio.gov
Consumer Hotline: 1-800-324-8690	

Important information can also be found on the back of a benefits card. This information typically includes the following:

- Insurance company web address – More information about an insurance company, individual insurance benefits and health and wellness information can be found on-line. To get specific benefit information on-line, an individual log-in account name and password is required. The process to establish an account log-in and password is specific to each individual insurer. Customer service agents can assist with this process if needed.
- Company Mailing address
- Service Provider Telephone Number – This is the number that service providers can use for things like determining benefits on behalf of a consumer, obtaining pre-authorization for a specific treatment, or to check on claims.
- Member Services Telephone Number – This is usually a toll-free number that can be used by consumers to

determine insurance coverage for services including mental health and substance abuse treatment.


- **RX Number** – Often there is a separate number that consumers can use to check on prescription drug benefits.
- **24 Hour Nurse Line** – This is a number that you can call to talk with a nurse to access basic health care advice and recommendations.
- **Provider Prior Authorization Number** – Certain specialty healthcare services require authorization from your insurance company before payment for those services can be guaranteed. This is called Pre-Authorization. If you're in need of services that require preauthorization, your mental health provider can assist you by calling this number and confirming what your insurance company will pay in advance of your care.

Back of the card:

Private Insurance example (Back)

Middle America Insurance Company		
P.O. Box 0000		
Small Town, Ohio 11111		
Member Services	-	1-000-000-0000
Providers Call	-	1-000-000-0001
RX Member Services	-	1-000-000-0002
www.MAIC.com		

Managed Care Plan Card Example (Back)

	Ohio Managed Care Plan P.O. Box 123 Little Village, Ohio 00000
Member Services:	1-800-000-0000
Rx Member Services:	1-800-000-0001
24 Hour Nurse Line:	1-800-000-0002
Provider Prior Authorization:	1-800-000-0003

County Medicaid Example (Back)

Medicaid ID	#####
Eligible Individual	Jane Doe
Date of Birth	1/01/0000
Medicare Number	#####

The simplest way to find out what drug and alcohol addiction treatment benefits are provided through an insurance policy is for consumers to simply call the Members Services line found on the back of their insurance card, and speak with a Member Benefits Specialist. Member Benefits Specialists understand the specifics of individual policies, and can explain available treatment coverage; however, before checking insurance

coverage for drug or alcohol treatment, it may be helpful to be familiar with a few key terms.

Key Terms:

- **Primary Care Physician (PCP)** – A PCP is a physician, such as a general practitioner, chosen by an individual to serve as his or her primary health-care professional. PCP's and their staff provide care for a variety of health-related prevention care and treatment. PCPs also maintain a medical history and records on their patients, and provide referrals to specialists as needed. Some insurance companies require the selection of a PCP.
- **Inpatient** - Inpatient care generally refers to any medical or mental health service that requires admission into a hospital. Inpatient care is generally used for serious concerns that require one or more days of overnight stay at a hospital. Insurance coverage for inpatient services is usually different from outpatient benefits.
- **Outpatient** - Outpatient care is medical or mental health care that does not require admission to the hospital. Diagnostic assessments, counseling and case management services are all examples of outpatient services. It's important to understand that outpatient services can even be provided in a hospital, whenever a 24-hour stay is not required. Insurance coverage for outpatient services usually differs from inpatient benefits, even when performed in a hospital.
- **Precertification/Preauthorization** - Many insurance plans require certain costly healthcare services to be approved by the insurance company, prior to the insured person receiving the service. For example, many insurance plans require pre-certification by the insurance company before a non-emergency

hospitalization. Residential substance abuse treatment often requires preauthorization. Primary Care Physician's offices and mental health and substance abuse treatment providers can assist with obtaining precertification for specialized treatment.

- **Referral** - Some insurance plans require that an insured individual get permission from a particular in-network healthcare provider such as a primary care physician (PCP), before seeking care from another provider or specialist. This is called a referral for services.
- **In-Network**- Insurance companies often contract with specific providers in order to negotiate a reduced cost for treatment. If the doctor, hospital or health care facility is part of an insurance company's network, services can be obtained at lower prices.
- **Out-of-Network** - An out-of-network provider is one that has not contracted with an insurance company to provide services at an agreed upon rate. Some managed care and other healthcare plans, like HMOs, reimburse out-of-network providers at a reduced rate, or sometimes not at all. This means that the patient could be responsible for up to the full amount charged by the provider. Receiving treatment with an out of network provider will cost you more.

Remember, all of the providers included in this handout are experienced at dealing with insurance coverage. They can be very helpful with confirming benefits for substances abuse or mental health treatment. Knowing what treatment costs in advance can be useful in helping you avoid unexpected financial obligations.

Financial Assistance:

Worrying about how to pay for drug and alcohol addiction services can keep people from getting the help that is needed for themselves or their loved ones. Most insurance companies will pay for treatment. For individuals with little or no insurance coverage, public funding options are available. The best way to explore public funding for drug and alcohol addiction treatment, as well other payment options, is to contact one of the providers included in this handout.

For more information on addiction and recovery, or for help finding a treatment, simply dial **800-468-4357**

Four County ADAMhs Board Funded Treatment Provider Access Information

Arrowhead Behavioral Health (ABH)

- 1725 Timberline Road, Maumee, Ohio 43537
419-891-9333 or 1-800-547-5695

Services:

ABH provides substance abuse and psychiatric treatment including inpatient, partial hospitalization and intensive outpatient services, as well as a 28-day Chemical Dependency Rehabilitation Program, including detoxification.

Payment Methods Accepted:

Arrowhead accepts most insurance and offers an income sensitive fee scale.

Description:

Arrowhead Behavioral Health (ABH) is a private 48-bed psychiatric hospital located in Maumee, Ohio.

They are a provider for behavioral health and substance abuse services in Northwest Ohio and Southeastern Michigan. Arrowhead's psychiatric and substance abuse treatment

includes inpatient hospitalization, partial hospitalization (PHP) and intensive outpatient services (IOP), along with a 28-day chemical dependency rehab program. ABH accepts most insurance, HMO, PPO and managed care plans. They also accept Medicare and TRICARE®. ABH offers mental health assessments, free of charge, 24 hours a day, 7 days a week. The process for receiving psychiatric and substance abuse treatment with Arrowhead is as follows:

1. To obtain services with ABH, individuals should first call 419-891-9333 or 800-547-5695 and ask to speak with an Assessment Counselor. An Assessment Counselor will take the time to gather information in order to understand how best to help. Information collected at this time will include basic personal information such as name and address, as well as a general description of the primary reason that treatment is being sought. Some financial information will also be requested, including information on any insurance coverage.
2. Once all of the basic information is collected, an appointment is then scheduled for an assessment in person. The individual will be asked to bring their insurance information and a photo ID to the assessment appointment. They may be asked to come to the appointment prepared with a personal bag that contains clothing and other items should it be recommended that they be admitted to the inpatient unit.
3. Upon arrival for their appointment, they will be asked to fill out a patient registration form and be asked to wait in the lobby until an Assessment Counselor is able to take them to a private room for a face-to-face consultation. An assessment can take approximately 20-50 minutes. During the assessment, family and/or friends will be asked to remain in the lobby.
4. After the assessment is completed, the Assessment Counselor will contact the Psychiatrist to review the

information presented and determine level of care. Their insurance company is also contacted, verifying their benefit coverage.

5. Once the Assessment Counselor obtains the level of care from the Psychiatrist, they will come back to the private consultation room to discuss the recommendation for treatment.
6. If at any point during this process it is determined that an individual needs a higher level of care than is provided by ABH, an appropriate referral will be made.

Health Partners of Western Ohio

- **Bryan Community Health Center**
228 South Main Street, Bryan OH 43506
Telephone: 567-239-4562
Fax: 567-341-4528
Pharmacy Telephone: 567-239-4560
Pharmacy Fax: 419-519-3049
- **Defiance Community Health Center***
211 Biede Avenue, Defiance, OH 43512
Telephone: 567-239-4562
Fax: 567-239-4562
**Note: Defiance location limited to medical services only.*

Website: www.hpwohio.org

Services: Health Partners of Western Ohio cares for the whole person: mind, body and spirit. To do this Health Partners implements an integrated model of care. Multiple healthcare providers work together to address the health of the individual.

Payment Methods Accepted: The Bryan Health Center has Certified Application Counselors on staff to assist you with information on health available insurance options. This can

include assistance with [Medicaid](#) or [The Marketplace](#) applications, as well as help to make the right choice for a health plan that meets your individual and family healthcare needs. Health Partners is not a free clinic, but a sliding fee scale is offered to patients who qualify. If you or your family's income is less than 200% of the Federal Poverty Guidelines, fees for care will be reduced to make them affordable. Health Partners does accept Medicaid, Medicare and various commercial insurance plans. No patient will be turned away regardless of ability to pay.

Description:

Medical: Health Partners is dedicated to building a patient centered health care home for you and your family. The center's medical services focus on the delivery of wellness and preventive care, episodic sick care, chronic disease management, laboratory services, women's health and OB care.

Behavioral Health: Integrated Behavioral Health is a team approach to helping you achieve wellness in both body and mind. The medical staff and the behavioral health staff work together to address both problems of the body and any problems that affect your daily functioning. In this approach, a team of providers considers the following questions: Can we identify our patient's problems early? Can we help resolve them quickly? Can we help prevent further problems down the road? Can we help our patient identify themselves as "well" making healthy life choices? Some examples of typical behavioral health concerns might include feelings of depression or anxiety, drug and alcohol abuse, smoking and overeating.

In this model of care where the focus is on solving problems, behavioral health visits are brief (usually 15-30 minutes), limited in number (usually 1-6 visits), and are conveniently provided in the patient exam room.

The behavioral health providers are Licensed Independent Social Workers (LISW) or Licensed Professional Clinical Counselors (LPCC) and Doctorates in Behavioral Health (DBH).

Substance Abuse: Health Partners is committed to helping patients who are at risk for developing substance use disorders as well as those who have a diagnosis of substance abuse or dependency. The model of care implemented is a comprehensive, evidence-based public health approach to the delivery of early intervention and treatment services. This model of care is referred to as “SBIRT,” and stands for Screening, Brief Intervention and Referral to Treatment. This approach is used to identify, reduce and prevent problematic use, abuse, and dependence on alcohol, illicit drugs, or misuse of prescription medication. Screening is provided to all patients to quickly assess the presence and severity of substance use or misuse and to identify the appropriate level of treatment. Brief Intervention focuses on increasing the patient’s insight and awareness regarding substance use, alerts them to the problem and helps motivate them toward changing their behavior. Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

1. The Medication-Assisted Treatment (MAT) program is focused on providing comprehensive care to patients who have an opioid addiction to narcotic prescription painkillers or illegal substances such as heroin. Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling, behavioral therapies and social support, to provide a whole-patient approach to the treatment of substance use disorders. Research shows that when treating substance use disorders, a combination of medication and behavioral therapies, has proven most successful. MAT is clinically driven with a focus on individualized patient care.

Dental: Dental Care is critical to overall health. Health Partners’ dental team provides comprehensive oral health

services to our community. Dentists provide treatments to eliminate infection, repair damage, restore function, and educate patients on the importance of caring for their teeth. Dental hygienists help prevent dental disease through periodic cleanings and education. The primary goal is to help patients achieve and maintain good dental health by providing two annual cleanings for all patients.

Social Services and Outreach: The care of the whole person is very important to Health Partners. Patients often have needs that extend beyond their primary health care. Staff will provide linkages into the community to assist with other life challenges as needed. These referrals may include transportation assistance, help with utilities, food, housing, and other basic needs. A social worker is on staff to assist patients, families, and providers to ensure the community connections occur.

Maumee Valley Guidance Center

- Defiance location: 211 Biede Avenue, Defiance, Ohio 43512
419-782-8856 or 800-569-3980
- Napoleon location: 1325 Woodlawn Ave., Napoleon, Ohio 43545
419-592-5981
- Bryan location: 910 East Maple Street, Bryan, Ohio 43506
419-636-2932
- Wauseon location: 222 Depot Street, Wauseon, Ohio 43567
419-337-5941

Website: www.maumeevalleyguidancecenter.org

Services: MVGC provides in-person and telehealth (video) behavioral health services for both youth and adults. Treatment options include mental health assessments, outpatient counseling, psychiatric services, medication

management, case management, Individual counseling, couple/marriage counseling, family counseling, and individual substance use treatment for both adults and youth. MVGC also offers anger management group, outpatient substance use groups, and Seeking Safety (women's substance use/trauma) group.

MVGC specializes in CBT and EMDR therapeutic interventions with all clinicians having specific training and experience in these evidence-based modalities. Case management services are also offered to assist clients with behavioral health diagnosis in maintaining independence in the community by connecting with resources providing support.

MVGC offers evidence-based prevention programs to the community to help increase awareness, knowledge, and resources. Mental Health First Aid, Question-Persuade-Refer (QPR), Healthy IDEAS, and Parent Café are programs offered to the general public. Signs of Suicide and The Incredible Years programs are offered to youth through the schools or community-based organizations.

Payment Methods Accepted: Maumee Valley Guidance Center accepts most insurance, Medicare, Medicaid, and offers the Four County ADAMHs Board's sliding fee scale for those who qualify based on income and family size.

Description: Maumee Valley Guidance Center (MVGC) is a behavioral health agency located in the four-county area, with convenient locations in Defiance, Fulton, Henry and Williams counties. They provide a variety of mental health services designed to help those in need live full and satisfying lives. MVGC accepts clients who are insured, underinsured and uninsured. Discounts for essential services are offered based on family size and income through the Four County ADAMHs board sliding fee program. The process for receiving treatment with MVGC is as follows:

1. To obtain services with MVGC, you will first call any of the four available service locations at the numbers listed in this guide. The staff member answering the telephone will take the time to gather information in order to understand how best to help. Information collected at this time will include basic personal information such as name and address, as well as a general description of the primary reason that you are seeking treatment. Some financial information will also be requested, including information on any insurance coverage that you may have, as well as household income if you would like to apply for the Four County ADAMHs Board Sliding fee program.
2. Once all of your basic information is collected, you will be scheduled for an assessment appointment. You will be asked to bring your insurance information, a photo ID, and 2 of your most recent pay stubs or other qualifying income verification (to apply for the Four County ADAMHs Board Sliding fee program) to your assessment appointment.
3. An assessment is an important part of providing good care. During this appointment, you will meet with a Master's level therapist for approximately 1 hour. Information will be collected about your family and social relationships, as well as your mental and physical health history, education, current and past substance use, and the reason that you are seeking treatment. This information is important, and helps to connect you to the right treatment.
4. Following your assessment, you will be scheduled with an on-going treatment provider. Treatment could be a single service or a combination of multiple services, depending on your individual needs.

5. If at any point during this process it is found that you need a higher level of care than is provided by MVGC, an appropriate referral will be made.

OhioGuidestone (formerly A Renewed Mind)

- All Offices Toll Free Number: 1-877-515-5505
- Agency Administration Services: 885 Commerce Drive, Perrysburg, Ohio 43604
419/330-1050
- Bryan location: 1254 South Main Street, Bryan, Ohio 43506
419-633-0705
- Defiance location: 201 East 2nd Street, Defiance, Ohio 43512
419-359-0336
- Crisis Care & Counseling Center: 600 Freedom Drive, Napoleon, Ohio 43545
419-599-1660
- Crisis Care Hotline Information and Referral
1-800-468-4357
- Wauseon location: 138 North Fulton Street, Wauseon, Ohio 43567
419-359-0110
- The Renewal Center: 1895 Oakwood Drive, Napoleon, Ohio 43545
419-924-2029
- Renewal House West: 600 Freedom Drive, Napoleon, Ohio 43545
567-331-1120

Website: www.ohioguidestone.org

Services: OhioGuidestone (OGS) provides a broad continuum of care for both adult mental health and substance use disorders (SUD). Treatment options are also available for youth ages six and up, although not all services are available at

all locations. Services include the following: diagnostic assessments, adult psychiatry, individual, group and family counseling, case management, school-based treatment services and prevention services, SUD supportive and educational services, intensive outpatient SUD services, medication assisted SUD treatment, nursing services, men's adult residential services, 24-hour emergency call center, emergency psychiatric pre-hospitalization screening and assessments, and information and referral services.

Payment Methods Accepted: OGS accepts Medicaid, Medicare, most commercial insurance plans as well as an income sensitive fee scale for qualifying residents of Defiance, Fulton, Henry and Williams counties.

Description: OhioGuidestone is a statewide mental health and substance abuse treatment agency with locations across Ohio including Defiance, Fulton, Henry and Williams counties. They provide a variety of mental health and addiction treatment services including Outpatient therapy, Intensive Outpatient, SUD Partial Hospitalization, Case Management, Medical Care, Residential treatment and Recovery Housing options. OGS accepts clients who choose to self-pay or have a variety of private insurances, Medicaid, Medicare*, and those who need alternative funding options due to being underinsured and uninsured. For those with little or no ability to pay, alternative funding options are explored and sliding fee schedules or payment plans may be available. The process for receiving substance abuse treatment with OGS is as follows:

1. To obtain services with OGS, you can call any of the service locations at the numbers listed in this directory. The staff member answering the telephone will gather basic information in order to schedule your initial assessment appointment. The information collected at this time will include your name, address, gender, date of birth, etc., as well as a general description of the primary reason that you

are seeking treatment. Some financial information will also be requested, including information on any insurance coverage and income information if payment assistance is being sought.

2. Once your basic information is collected, a diagnostic evaluation appointment will be scheduled with a behavioral health counselor. You will be asked to bring your insurance card, a photo ID and 30 days of income documentation, for those who qualify for financial assistance.
3. At the diagnostic evaluation you will meet with a licensed behavioral health professional to determine an appropriate diagnosis and create a personalized plan for treatment. You will have an opportunity to ask questions and learn what to expect during treatment. This appointment will take 1-2 hours.
4. Following the diagnostic evaluation, you will be scheduled with an on-going treatment provider. Options for substance abuse and or mental health treatment may include individual counseling, group counseling and psychiatric care. Additionally, substance abuse treatment may also include Intensive Outpatient care (IOP), Medication Assisted Treatment (MAT) and case management. Should you have need, referrals to higher levels of care such as residential treatment and recovery housing can also be made. (Note: medication is not prescribed at the time of the diagnostic evaluation)

Note: Not all locations provide all treatment services or can provide treatment to clients with Medicare or specific private insurances. Please contact the desired location with any specific questions regarding what services are offered and what payment coverage arrangements are available.

Crisis/Emergency Mental Health Service:

OhioGuidestone provides Crisis Mental Health Services including pre hospitalization screening and a crisis and information and referral hotline which is monitored 24/7, 365 days a year. This line is open to all residents of the Four County area to access needed crisis prescreening services, mental health assessments, needed resources or to just talk with a caring staff person about a problem that you may be experiencing.

Local hospitals and law enforcement may call to request a prescreening assessment for potential inpatient hospitalization at 800-468-4357. Walk-ins are also accepted for crisis evaluations at their Crisis Care and Counseling Center location, 600 Freedom Drive, Napoleon, OH 43545.

Recovery Services of Northwest Ohio, Inc:

- Defiance, Ohio Location - 511 Perry Street, Defiance, Ohio 43512
419-782-9920
- Napoleon, Ohio Location – 118 East Clinton Street, Napoleon, Ohio 43545
419-599-7040
- Bryan, Ohio location – 200 Van Gundy Street, Bryan, Ohio 43506
419-636-0410
- Wauseon, Ohio Location – 560 West Linfoot Street, Wauseon, Ohio 43567
419-337-1973
- Serenity Haven – 25212 US-20, Fayette, Ohio 43521
419-237-3103
- Administrative Office – 514 ½ Third Street, Defiance, Ohio 43512
419-782-9920

Website: www.rsnwo.org

Services: Recovery Services of Northwest Ohio (RSNWO) provides mental health and substance use disorder assessments, individual outpatient mental health and substance use disorder services, outpatient mental health and substance use disorder group counseling services, as well as child and adult case management services, Medication Assisted Treatment (MAT) services, substance use disorder Intensive Outpatient Programming, psychiatric services, residential substance abuse treatment for women and substance use disorder prevention services.

Payment Methods Accepted: RSNWO accepts most insurance and offers an income sensitive fee scale to those who qualify.

Description: RSNWO provides a wide variety of behavioral health services for both adults and adolescents. Services are provided at convenient locations in Defiance, Fulton, Henry and Williams counties, and include both traditional in-person appointments and telehealth (video) appointments. Recovery Services accepts new clients who are either insured or uninsured. Funding options to cover the cost of treatment are explored with each client at the time of their first appointment. When there is no ability to pay or income is limited, an income sensitive fee schedule is explored, and offered to those who qualify.

The process in receiving services with RSNWO is as follows:

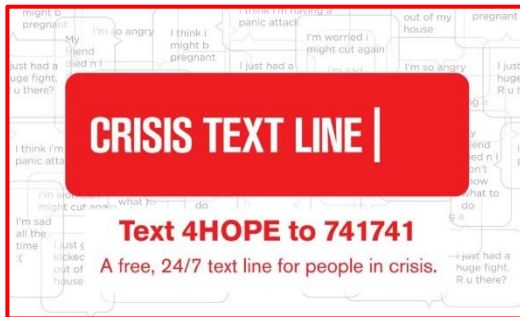
1. RSNWO offers open access assessment times available week days in each of their four outpatient locations listed in this guide. There is both morning and afternoon availability for these sessions, which are held at 9:30 am and 1:30 pm. Completing your session through open access times provides quicker access to treatment services, along with convenience and flexibility that makes getting treatment easier.

The agency has multiple staff available to complete assessment services during the open access times. Depending on availability, open access assessments may be completed in person or by telemedicine (video) appointment.

2. Prior to attending an initial appointment with RSNWO, you are encouraged to visit their website at: rsnwo.org. There you will find valuable and important client intake information and documents for review. The RSNWO website can be accessed from a smart phone, tablet, or personal computer.
3. Included on the website, are details on what to bring with you to your first appointment, such as household income information, residency verification, insurance cards, guardianship and custody documents, and photo identification. There is also a short health questionnaire in the intake documents, which you or your loved one will need to complete. If possible, please print this document, complete it, and bring it with you. If you have any questions regarding how to access services, please call 1-855-782-9920
4. A thorough assessment is an important part of providing good client care and forms the basis for planning your treatment. During the assessment, you will meet with a licensed behavioral health professional. Information will be gathered regarding your family and social relationships, mental and physical health, education, and current troubling issues. This information allows RSNWO to provide the best possible client care
5. Following your assessment, you will be scheduled with an on-going treatment provider. Treatment could include outpatient services, women's

residential treatment, individual counseling sessions, mental health group treatment, substance abuse group treatment, medication assisted treatment, telemedicine services or psychiatric services.

6. If at any point during this process it is found that you need a higher level of care than is provided by RSNWO, an appropriate referral will be made.



June, 2022

Notes:

This guide has been provided by:



The Four County
ADAMhs Board

Four County Board of Alcohol, Drug Addiction and Mental Health Services