



ADDICTION AND MENTAL HEALTH

Resource Guide

July 2018



Local Mental Health Crisis Hotline (740)373-8240

8 am to 4 pm Mon - Fri

All other hours call:

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National Suicide Prevention Hotline 1-800-273-TALK (8255)

Crisis Text Line- Text 4HOPE to 741741 or Call (614) 224-1111

Addiction and Mental illness is not a choice, but recovery is.



If you or someone you know needs help, use this resource guide to find sources of help. Treatment works. People do recover.

The Mental Health Resource Guide began as a project of Washington County Family & Children First Council’s “Access to Mental Health Initiative”. Acknowledging that mental health funding in Washington County is inadequate, a stakeholder’s group convened and determined that information about existing mental health resources would be valuable. A Core Team developed the following mission and vision statements:

MISSION STATEMENT

The mission of the “Access to Mental Health Initiative” is to improve access to available mental health services for Washington County residents.

VISION STATEMENT

All residents of Washington County seeking, or in need of mental health services shall have available complete and accurate resource information to better access services.

The Addiction and Mental Health Resource Guide, which will be updated annually, may be reproduced and can be found on the Washington County Behavioral Health website at <http://www.washingtongov.org/wcbhb> . For questions or to provide additional or corrected information for this guide, please contact the Behavioral Health Board office at **740-374-6990**

Data provided is for information purpose only, and does not imply endorsement, fitness for use, legal sanction or license, nor in any way seeks to portray anything other than information upon which individuals may freely choose to engage the provider or its intermediaries in seeking desired services. Users of the information should understand that a provider being listed does not guarantee service availability or service delivery to the user and in no way constitutes legal referral.

Addiction Services Providers

The following list of providers offer addiction services.

*(*Contract agencies of the Washington County Behavioral Health Board offer a sliding scale)*

Christian Counseling Ministry, The

Serve: Children, Youth/Teens, Adults, Families
222 6th Street
P.O. Box 185 Beverly, OH 45715
Phone: (740) 984-4018
Payment: Free-Donations Accepted

Choices Counseling Services

Serve: Children, Youth/Teens, Adults, Families
260 Sandhill Rd. Suite G, Reno, OH 45773
Phone: (740) 336-1814
Payment: Insurance, Self-pay

Counseling and Wellness Center

Serve: Children, Youth/Teens, Adults, Families
936 Market Street , Parkersburg, WV 26101
Phone: (304) 422-7300

Payment: Insurance, Self-pay

Counseling House of MOV, The

Serve: Children (5+), Youth/Teens, Adults, Families
911 Emerson Ave., Parkersburg, WV 26104
Phone: (304) 865-5444
Payment: Insurance, Self-pay

Counseling Services of Marietta LLC

Serve: Youth/Teens(9+), Adults, Families
115 2nd Street, Marietta, OH 45750
Phone: (740) 373-7792
Payment: Self-pay only

David Schaffer, MSW

Serve: Youth/Teens(16+), Adults, Families
3705 Emerson Ave., Parkersburg, WV 26104
Phone: (304) 865-0272

Payment: Insurance, Self-pay

Eric Limegrover & Associates

Serve: Youth/Teens (10+),
Adults, Families
609 Putnam Street
P.O. Box 126 Marietta, OH
45750

Phone: (740) 706-0498

Payment: Insurance, Self-pay

Gail Rymer & Associates

Serve: Children, Youth/Teens,
Adults Families, Geriatrics
1085 Joe Skinner Rd., Belpre,
OH 45714

Phone: (740) 423-4743

Payment: Insurance, OH
Medicaid, Medicare, Self-pay

***Hopewell Health Centers**

Serve: Children (3+),
Youth/Teens, Adults
Medication Assisted Treatment
2343 Richmiller Lane Suite F
Belpre, OH 45714

Phone: (740) 423-8095

Payment: Insurance, OH
Medicaid, Self-pay

***Life and Purpose**

Serve: Children, Youth/Teens,
Adults, Families
Medication Assisted Treatment
207 Colegate Drive, Marietta,
OH 45750 or
125 Lee St. Belpre, OH 45714
or 919B Mitchell Ave, Beverly,
OH 45715

Phone: (740) 376-0930

Payment: Insurance, OH
Medicaid, Self-pay

**Marietta Community Based
Outpatient V.A. Clinic**

Serve: Adults
27843 State Route 7,
Marietta, OH 45750
Phone: (740) 568-0412
Payment: Insurance, Self-pay

**New Beginnings Counseling
Services**

Serve: Youth/Teens (8+),
Adults, Families
3501 Suite B Emerson Ave.
Parkersburg, WV 26104
Phone: (304) 865-2214
Payment: Insurance, Self-pay

William M Bauer, Ph.D., CRC
Patrick Ward & Associates

Serve: Children (5+),
Youth/Teens, Adults, Families
3705 Emerson Avenue,
Parkersburg, WV 26104
Phone: (304) 865-0272
Payment: Insurance, Self-pay

***Rigel Recovery Services**

Serve: Adults
Medication Assisted Treatment
27750 St. Rt. 7 Marietta, OH
45750
Phone: (740) 371-5160
Payment: Private Insurance,
Medicaid

Self-Refind

Serve: Adults
Medication Assisted Treatment
418 Colegate Drive, Marietta,
OH 45750
Phone: (740) 374-8730
Payment: Self-pay, Private
Insurance, Medicaid

**Southeastern Ohio
Counseling Center**

Serve: Children (3+),
Youth/Teens, Adults, Families
239 A Old National Rd. P.O.
Box 94
Old Washington, OH 43768
Phone: (740) 489-5571
Payment: OH Medicaid,
Medicare, Insurance, Self-pay

**Spaulding Psychological
Services, PLLC**

Serve: Children (5+),
Youth/Teens. Adults, Families
1809 Dupont Road, Suite 3
Parkersburg, WV 26101
Phone: (304) 861-5184
Payment: Insurance, WV
Medicaid, Self-pay

Westbrook Health Services

Serve: Children (6+),
Youth/Teens, Adults, Families
2121 E. 7th Street,
Parkersburg, WV 26101
Phone: (304) 485-1721
Payment: Insurance, Self-pay

Mental Health Services Providers

*The following list of providers offer mental health services
(* Contract agencies of the Washington County Behavioral Health Board
offer a sliding scale)*

Christian Counseling Ministry, The

Serve: Children, Youth/Teens,
Adults, Families
222 6th Street
P.O. Box 185 Beverly, OH
45715
Phone: (740) 984-4018
Payment: Free-Donations
Accepted

Choices Counseling Services

Serve: Children, Youth/Teens,
Adults, Families
260 Sandhill Rd. Suite G, Reno,
OH 45773
Phone: (740) 336-1814
Payment: Insurance, Self-pay

Counseling and Wellness Center

Serve: Children, Youth/Teens,
Adults, Families
936 Market Street,
Parkersburg, WV 26101
Phone: (304) 422-7300

Payment: Insurance, Self-pay

Counseling House of MOV, The

Serve: Children (5+),
Youth/Teens, Adults, Families
911 Emerson Ave.,
Parkersburg, WV 26104
Phone: (304) 865-5444
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Adults, Families
3705 Emerson Ave.,
Parkersburg, WV 26104

Phone: (304) 865-0272
Payment: Insurance, Self-pay

Eric Limegrover & Associates

Serve: Youth/Teens (10+),
Adults, Families
609 Putnam Street
P.O. Box 126 Marietta, OH
45750
Phone: (740) 706-0498
Payment: Insurance, Self-pay

Gail Rymer & Associates

Serve: Children, Youth/Teens,
Adults Families, Geriatrics
1085 Joe Skinner Rd., Belpre,
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Phone: (740) 423-4743
Payment: Insurance, OH
Medicaid, Medicare, Self-pay

***Hopewell Health Centers**

Serve: Children (3+),
Youth/Teens, Adults
2343 Richmiller Lane Suite F,
Belpre, OH 45714
Phone: (740) 423-8095
Payment: Insurance, OH
Medicaid, Self-pay

***Life and Purpose**

Serve: Children, Youth/Teens,
Adults, Families
207 Colegate Drive, Marietta,
OH 45750 or 125 Lee St.
Belpre, OH 45714 or 919B
Mitchell Ave, Beverly, OH
45715
Phone: (740) 376-0930
Payment: Insurance, OH
Medicaid, Self-pay

**Marietta Community Based
Outpatient V.A. Clinic**

Serve: Adults
27843 State Route 7,
Marietta, OH 45750
Phone: (740) 568-0412
Payment: Insurance, Self-pay

Marietta Memorial Hospital

Geriatric Center for Psychiatric
Services
Serve: Adults (55+)
401 Matthew St., Marietta,
OH 45750
Phone: (740) 374-1501
Payment: Insurance, OH
Medicaid/Medicare, Self-pay

**Mario R Schwabe &
Associates PLLC**

Serve: Children (5+),
Youth/Teens, Adults, Families
3194 Core Rd. Parkersburg,
WV 26104
Phone: (304) 485-0051
Payment: Insurance, OH
Medicaid (secondary), Self-pay

**New Beginnings Counseling
Services**

Serve: Youth/Teens (8+),
Adults, Families
3501 Suite B Emerson Ave.
Parkersburg, WV 26104
Phone: (304) 865-2214
Payment: Insurance, Self-pay

William M Bauer, Ph.D., CRC

Patrick Ward & Associates
Serve: Children (5+),
Youth/Teens, Adults, Families
3705 Emerson Avenue,
Parkersburg, WV 26104
Phone: (304) 865-0272
Payment: Insurance, Self-pay

***Rigel Recovery Services**

Serve: Adults
27750 St. Rt. 7 Marietta, OH

45750

Phone: (740) 371-5160
Payment: Private Insurance,
Medicaid

Self-Refind

Serve: Adults
418 Colegate Drive, Marietta,
OH 45750
Phone: (740) 374-8730
Payment: Self-pay, Private
Insurance, Medicaid

**Southeastern Ohio
Counseling Center**

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1809 Dupont Road, Suite 3
Parkersburg, WV 26101
Phone: (304) 861-5184
Payment: Insurance, WV

Medicaid, Self-pay

Westbrook Health Services

Serve: Children (6+),
Youth/Teens, Adults, Families
2121 E. 7th Street
Parkersburg, WV 26101
Phone: (304) 485-1721
Payment: Insurance, Self-pay

**Worthington Center
Management Co.**

Serve: Children (5+),
Youth/Teens, Adults, Families
2515 Washington Blvd. Belpre,
OH 45714
Phone: (740) 423-4225
Payment: Insurance, OH
Medicaid, Self-pay

What are the signs and symptoms of mental disorders?

There are a wide variety of signs and symptoms associated with mental illness, depending on the condition, the person, and other factors. The following are some of the signs and symptoms of mental illness:

- Feeling sad, down, hopeless and helpless
- Problems with speech, logical thinking, concentration or memory not explained by any physical conditions.
- Feeling disconnected from people and events
- Detachment from reality (delusions), paranoia or hallucinations
- Significant tiredness and low energy OR excessive energy and hyperactivity
- Feeling unable to cope with problems and stress
- Paranoia, fear or suspiciousness of other people; anxiety
- Trouble understanding and relating to situations and to people
- Alcohol or drug abuse
- Major changes in eating habits, personal hygiene and/or sleeping habits
- Unusual peculiar behavior
- Excessive anger, hostility or violence
- Thinking about suicide
- Unexplained physical discomforts, such as stomachache, back pain or headache.

Having one or two of these symptoms does not necessarily mean a person has a mental disorder, but if someone is experiencing several of these symptoms and it is interfering with his or her ability to perform everyday tasks or take care of normal responsibilities, it can make a huge difference if he or she sees a mental health professional.

Other Resources

National Resources

Mental Health

www.mentalhealth.gov

Mentalhealth.gov provides one-stop access to U.S. government mental health information. Mentalhealth.gov aims to educate and guide; the general public, Health and emergency preparedness professionals, Policy makers, Government and business leaders, School systems, and local communities.

Mental Health America

www.nmha.org

With over a century of advocacy, public education, and the delivery of programs and services, Mental Health America is the country's leading nonprofit dedicated to helping all people live mentally healthier lives.

NAMI (National Alliance on Mental Illness)

www.nami.org

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and search and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

SAMHSA (Substance Abuse and Mental Health Services Administration)

www.samhsa.gov

SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

StopBullying.gov

www.stopbullying.gov

StopBullying.gov provides information from various government agencies on how kids, teens, young adults, parents, educators, and others in the community can prevent or stop bullying. If you or someone you know is being bullied, get help.

National Institute of Mental Health

(866) 615-6464

www.nimh.nih.gov

The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

For the Institute to continue fulfilling this vital public health mission, it must foster innovative thinking and ensure that a full array of novel scientific perspectives are used to further discovery in the evolving science of brain, behavior and experience. In this way, breakthroughs in science can become breakthroughs for all people with mental illnesses.

Statewide Resources

Network of Care

www.networkofcare.org

Network of Care is a highly interactive, single information place where consumers, community-based organizations and municipal government workers all can go to easily access a wide variety of important information. The resources in this “virtual community” include a fast, comprehensive Service Directory; links to pertinent Web sites from across the nation; a comprehensive, easy-to-use Library; a political advocacy tool; community message boards; and many others.

Ohio Citizens Advocates

www.oca-ohio.org

The mission of Ohio Citizen Advocates for Chemical Dependency Prevention and Treatment is to eliminate the stigma and discrimination associated with alcohol and other drug addiction by:

- Educating the public that alcohol and other drug addiction is a preventable, treatable medical illness.
- Reducing barriers to treatment
- Advocating for a system of care that supports a continuum of effective alcohol and other drug services.

ODMHAS (Ohio Department of Mental Health and Addiction Services)

www.mha.ohio.gov

ODMHAS works to assure access to quality mental health services for Ohioans at all levels of need and life stages.

Red Treehouse

www.redtreehouse.org

Red Treehouse was created to provide a welcoming and vibrant online community for families and professionals to explore resources to help children and young adults, prenatal through age 25.

School and Community Continuum of Service

www.oberlinkconsulting.com/mhmapping

The web-based resource, called the “School and Community Continuum of Services”, was developed as a user-friendly guide that schools can use to locate information about treatment, intervention and prevention services for school aged children and their families.

Local Resources

Crisis Text Line

Text 4HOPE to 741741 or **call** (614)224-1111
Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

EVE, Inc.

(740) 374-5820

EVE, Inc. seeks to prevent family violence and sexual assault through education and intervention while providing supportive services to survivors; thereby promoting a safe and healthy community and improving the quality of life.

House of Hope of Washington County

(740) 374-0420

www.washingtongov.org/index.asp?nid=344

750 County House Lane, Marietta, OH 45750

Provide socialization opportunities, peer support, programs and activities that foster recovery for residents of Washington County aged 18 years and older who are recovering from a mental illness.

Mental Health First Aid

(740) 374-6990

Washington County Behavioral Health Board

Mental Health First Aid is an adult public education program designed to improve participants' knowledge and modify their attitudes and perceptions about mental health and related issues, including how to respond to individuals who are experiencing one or more acute mental health crises or are in the early stages of one or more chronic mental health problems. The course is taught by a trained, certified instructor through an interactive 8-hour course. The course provides an introduction to risk factor, warning signs, and symptoms for a range of mental health problems; and provides an overview of common support and treatment resources for those with a mental health problem. Participants also are taught a five-step action plan, known as ALGEE, for use when providing Mental Health First Aid to an individual in crisis. After completing the course and passing an examination, participants are certified for 3 years as a Mental Health First Aider. By appointment only; call to schedule a MHFA course.

There may be a fee charged to cover costs.

For more information: www.mentalhealthfirstaid.org

Suicide Awareness Alliance of Washington County

(740) 374-6990

www.washingtongov.org/index.aspx?NID=346

Washington County Behavioral Health Board

(740)374-6990

www.washingtongov.org/wcbhb

The Behavioral Health Board plans, monitors, evaluates and finances publicly-funded treatment, prevention, and recovery services for mental illness and addiction in Washington County.

Washington County Family and Children First Council

(740) 376-7081

www.wcfcfc.org

The Washington County Family & Children First Council promotes coordination and collaboration among county and local governments, non-profit organizations, businesses, schools and families in a manner which fosters wellness and self-sufficiency for families.

Washington County Home

(740) 373-2028

<http://www.washingtongov.org/index.aspx?NID=114>

The Washington County Home recognizes that Man is holistic, with a variety of needs. We follow the principles of normalization, holding the belief that all human beings are worthy of being treated with dignity and respect. The Washington County Board of Commissioners also realizes that man's needs are influenced by his past experiences, present perceptions of reality, and future expectations. We recognize that as an individual goes through life, circumstance may arise that prevent him from caring for himself or meeting his needs.

Support Groups

Use the information below to find a support group near you

- **Narcotics Anonymous**
www.na.org/meetingsearch
- **Alcoholics Anonymous**
1-800-870-3795
www.aa.org/pages/en.us/find-local-aa
- **Heroin Anonymous**
www.heroinanonymou.us.org/meetings/
- **HOPE- Helping Other People Endure**
(For Suicide Survivors)
For more information:
(740) 350-3365
- **TAP- The Addict's Parents United Face to Face Support Group**
www.tapunited.org
- **Al-Anon & Alateen**
www.al-anon.alateen.org

Regional Detox, Short and Long-Term Treatment Information

Use the information below to locate a Treatment Facility near you.

- Counseling Center
Serve: Men, Women, Children
Portsmouth, OH
Phone: (740) 354-6550
- Pomegranate Health Systems
Serve: Youth
Columbus, OH
Phone: (614) 223-1650
- Emerald Jenny Foundation, The
www.emeraldjennyfoundation.org
- Rural Women's Recovery Program
Serve: Women
Athens, OH
Phone: (740) 593-6152
- Maryhaven
Serve: Men, Women, Children
Columbus, OH
Phone: (614)445-8131
- Salvation Army
Serve: Men, Women
Columbus, OH
<https://www.salvationarmyusa.org/usn/colombat-addiction/>

A full list of Regional Treatment Facilities can be found on the Washington County Behavioral Health Board website in the Resources tab under State Resources. www.washingtongov.org/wcbhb

