

# CLARK AND CUMBERLAND ROSC NOVEMBER NEWSLETTER 23'

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## EDUCATION & CONNECTIONS

**On Tuesday, October 25th, Kyle started education groups in the Clark County jail!! After a few months of discussions with the jail administrator, a working agreement was signed between the Clark County Sheriff's Department and the Clark/Cumberland County ROSC.**

**Providing resource linkages and education in the jails can assist the jail population in becoming educated on the disease of addiction. Additionally, providing information for resource connection is crucial for their success upon re-entry into the community.**

The holiday season is upon us! During this season let's not forget about self-care. It can be easy to get so wrapped up in helping those we care for, but like the old saying goes, "you cannot pour from an empty cup!"



# DRUG OVERDOSE PREVENTION PROGRAM (DOPP) AND OTHER NARCAN SITES

## CLARK

MARSHAL LIBRARY (DOPP)  
THE MEDICINE SHOPPE (DOPP)  
HUMAN RESOURCE CENTER (HRC)  
(DOPP)  
MILL CREEK STATE PARK (DOPP)  
CASEY LIBRARY (DOPP)  
CLARK COUNTY HEALTH DEPT.

## CUMBERLAND

NEOGA LIBRARY (DOPP)  
NEOGA MUNICIPAL BUILDING (DOPP)  
SAV-MOR PHARMACY (DOPP)  
THE LUCKY PIG (DOPP)  
TOLEDO PHARMACY (DOPP)  
NOBLE HEALTH ASSOCIATES (DOPP)  
CUMBERLAND CO HEALTH DEPARTMENT

COMMUNITY MEMBERS CAN WALK INTO ANY DOPP SITE LOCATION AND TAKE AS MANY BOXES OF NARCAN AS THEY WISH. THE OTHER LOCATIONS HAVE FREE NARCAN AVAILABLE UPON REQUEST.

NARCAN IS A MEDICATION THAT CAN BLOCK OR REVERSE THE EFFECTS OF AN OPIOID OVERDOSE. ANYONE CAN EASILY USE NARCAN TO SAVE THE LIFE OF SOMEONE OVERDOSING ON OPIOIDS, INCLUDING HEROIN OR PRESCRIPTION MEDICINES LIKE OXYCONTIN® OR PERCOCET®.

## UPCOMING EVENTS

NOVEMBER (TBD): CLOTHES DRIVE (BOTH COUNTIES)/  
FAMILY ENGAGENT NIGHT

MARCH (TBD): CUMBERLAND CO NARCAN  
TRAINING

DECEMBER (TBD): CLARK CO LAUNDRY DAY

APRIL (TBD): CLARK CO LAUNDRY DAY

JANUARY (TBD): CUMBERLAND CO LAUNDRY DAY

MAY (TBD): CUMBERLAND CO LAUNDRY DAY

FEBRUARY 26, 2024: CUMBERLAND COUNTY PANEL ON  
THE CORRELATION BETWEEN  
TRAUMA AND SUBSTANCE USE  
DISORDER

JUNE (TBD): CLARK COUNTY PANEL ON THE  
IMPACT OF SUBSTANCE USE  
DISORDERS ON THE FAMILY AND  
COMMUNITY

# RECOVERY TESTIMONIAL!!

**BO S.**

We all see what addiction does to the sufferer, those that love them, and even the communities across the nation. I was one of those lost in the darkness with no hope of finding my way out. Yet I did, on May 28th, 2015. What I'd like to share are some of the things I've learned in recovery. Healthy boundaries are essential and its ok to say no. Self-care is not selfish or a luxury, sometimes it's as simple as a bath and good book. My past traumas don't define me and still having a response to it doesn't mean I've not healed. I can choose to no longer be a victim. Childhood trauma doesn't excuse my behavior today. It's important to talk about mental health. Being honest is so important, especially when you're not ok (it's also ok to not be ok). Asking for help is not a weakness but a strength. This to shall pass means the bad and the good. Helping others is the key to staying clean and sober. These, and the healing of my family, are the true gifts recovery has given me.

## RECOVERY MEETINGS

### CLARK

NA, MONDAY, 6PM  
HUMAN RESOURCE CENTER

AA, THURSDAY, 5:30PM  
HUMAN RESOURCE CENTER

NA, FRIDAY, 6PM  
HUMAN RESOURCE CENTER

### CUMBERLAND

AA, MONDAY, 7PM, TOLEDO  
CHRISTIAN CHURCH

AA, TUESDAY, 7PM, NEOGA  
FREE METHODIST CHURCH

CELEBRATE RECOVERY, 7PM,  
CALVARY TABERNACLE  
TOLEDO