



BUTLER COUNTY
MENTAL HEALTH &
ADDICTION RECOVERY
SERVICES BOARD

PROVIDER SERVICE GUIDE

2024 - 2025



513-860-9240



WWW.BCMHARS.ORG

5963 BOYMEL DRIVE
FAIRFIELD, OHIO 45014

Who We Are

The Butler County Mental Health and Addiction Recovery Services Board (BCMhARS) is a county government organization that oversees the community mental health and addiction service system in Butler County. Mental health and addiction services are available to Butler County citizens through local certified mental health and addiction recovery provider agencies.

Our Mission

To faithfully secure, administer and monitor the public funds provided by the Federal, State and County governments and grants. Additionally, the Board through partnerships, collaboration and the convening of stakeholders will use this funding to support its county providers. These designated programs and services will address prevention, treatment and recovery of Mental and Addiction Health for Individuals, families and communities in need of such local services.

Our Vision

To be a valued trustee of public moneys in order to provide a stable and up-to-date mental and addiction health service network to improve the quality of life for all in need in Butler County.

Please Note: This guide is designed to provide information and resources on a wide array of mental health and substance use disorder related services.

Not all services listed in this guide are supported by board funding and funding of services may vary between agencies.

Butler County Behavioral Health Crisis Services



1-844-427-4747

Available 24/7

Additional Crisis Resources



BCBH CRISIS LINE.....1-844-427-4747

(Butler County Behavioral Health Crisis Line)

- Suicide Prevention & Information referral Hotline
- Provides access to Mobile Crisis Team, Mobile Response & Stabilization Services (*MRSS), and the Hopeline Quick Response Team (QRT)

Operated by Beckett Springs

BUTLER COUNTY CONSULTATION &

CRISIS INTERVENTION CENTER.....513-881-7180

- Open Monday through Friday 8 am – 5 pm
- Walk-in Services Available
- Assistance in the Event of a Community Crisis
- Mobile Crisis Assessments
- Consultations with Providers & Families
- Short term Post-Crisis Mental Health Therapy and Case Management Services

***MRSS - Mobile Response & Stabilization Services**

- Family Defines the Crisis Situation
- Reachable through the BBH Crisis line.....**1-844-427-4747**
- www.mobileresponse.org

Operated by Butler Behavioral Health Services, Inc.

 <div> Behavioral Health Services <small>See pages 36 – 38 for surveys on Anxiety, Depression, and substance use disorder</small> </div>		Consultation	Crisis Services	Employment Support	Guardianship	Housing (MH)
Access Counseling Services	Page 8	✓	✓			
Atrium Medical Center	Page 11		✓			
Beckett Springs	Page 12		✓			
Big Brothers Big Sisters of Butler County	Page 14					
Butler Behavioral Health Services, Inc.	Page 15	✓	✓	✓		
Catholic Charities Southwestern Ohio	Page 17	✓				
Community Behavioral Health Services	Page 18	✓				✓
DeCoach Rehabilitation Centre	Page 21		✓			
Envision Partnerships	Page 22					
LifeSpan, Inc.	Page 24				✓	
NAMI Butler County	Page 25					
NewPath Child & Family Solutions	Page 27					
Sojourner Recovery Services	Page 28					
Transitional Living	Page 30			✓		
YWCA Goodman Place Program	Page 32					✓

Information & Referral	Justice Related Services	Medication Assisted Treatment (MAT)	Mental Health Outpatient	Peer Support	Prevention / Education	Psychiatric Medication	Recovery Housing (SUD)	Residential Treatment (MH)	Residential Treatment (SUD)	Social Recreation	SUD Outpatient	Withdraw Management (SUD)	Youth & Young Adults	Inpatient MH Treatment
	✓	✓	✓	✓	✓	✓					✓		✓	
														✓
✓			✓			✓					✓	✓	✓	✓
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					✓								✓	

 Service Provider Locations	Hamilton	Fairfield	Middletown	West Chester
Access Counseling Services Page 8	✓		✓	
Atrium Medical Center Page 11			✓	
Beckett Springs Page 12				✓
Big Brothers Big Sisters of Butler County Page 14	✓			
Butler Behavioral Health Services, Inc. Page 15	✓		✓	
Catholic Charities Southwestern Ohio Page 17	✓			
Community Behavioral Health Services Page 18	✓			
DeCoach Rehabilitation Centre Page 21	✓	✓		
Envision Partnerships Page 22	✓			
LifeSpan, Inc. Page 24	✓			
NAMI Butler County Page 25		✓		
NewPath Child & Family Solutions Page 27		✓		
Sojourner Recovery Services Page 29	✓		✓	
Transitional Living Page 31	✓		✓	
YWCA Goodman Place Program Page 33	✓			

Behavioral Health Service Definitions

**Behavioral Health examines how behaviors impact someone's health physically and mentally.*

MH = Mental Health SUD = Substance Use Disorder
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Consultation- A formal and systematic exchange of information to improve conditions that adversely affect one's behavioral health.

Crisis Services- Provides assistance in an urgent behavioral health situation to safely de-escalate an individual or situation, determine appropriate treatment services, and coordinate the follow through to minimize any psychological trauma.

Employment Support- Promotes recovery to obtain and maintain employment by providing training and skill development that is goal-oriented, ability-based, and increases self-sufficiency.

Guardianship- Services available to a client deemed incompetent by the Butler County Probate Court, age 18 and older. To be eligible for a guardianship, a medical doctor, psychiatrist, or psychologist must complete an expert evaluation deeming a client incompetent.

Housing (MH)- Characterized as a safe and healthy living environment that promotes mental health recovery and stability.

Information & Referral- A point of contact that assists in providing information regarding behavioral health services available in Butler County including services offered, where services are located, and agency contact information.

Justice Related Services- Programs that support individuals who are court-involved or who are currently incarcerated including assessments, drug or mental health courts, as well as access to treatment and recovery support services.

Medication Assisted Treatment (MAT)- The use of medication(s) in combination with counseling and behavioral therapies to provide both a whole patient and best practice approach to the treatment of substance use disorders.

Peer Support- Community-based services provided by a certified support specialist for individuals with a behavioral health disorder. Consists of activities that promote recovery, self-determination, self-advocacy, well-being and independence.

Prevention/Education- Formal presentations focused on preventing and reducing the incidence, prevalence, and/or severity of specific types of behavioral health disorders.

Psychiatric Medication- Used to stabilize and reduce mental health symptoms with the goal of improved mental health functioning and quality of life. Best practice suggests medication is likely more effective when used in conjunction with other behavioral health services such as counseling.

Recovery Housing (SUD)- Characterized as a safe and healthy living environment that promotes abstinence from alcohol and/or illicit drugs.

Residential Treatment (MH)- Therapeutic services provided at a live-in facility to an individual with mental health disorder(s) who require supervision and support with the goal of transitioning into independent living in the community.

Residential Treatment (SUD)- Therapeutic services provided at a live-in facility to an individual with substance use disorder(s) who require supervision and support with the goal of transitioning into independent living in the community.

Social Recreation- Includes structured and non-structured activities and supports to enhance the quality of life of the person served.

Outpatient Mental Health- Structured individual and group mental health activities and services that are provided by a certified treatment program. Services include, but are not limited to, the following: assessment, counseling, psychiatric medication services, and case management.

Outpatient Substance Use Disorder- Structured individual and group substance use disorder activities that are provided at a certified treatment program. Services can include, but are not limited to, the following: assessments, counseling, MAT, and case management.

Withdraw Management (SUD)- Medically managed SUD services to discontinue alcohol and/or illicit drug use to become medically stable.

Youth & Young Adults- Specialized services that are offered to transitional aged youth (ages 16-24).

For more detailed descriptions of these and other behavioral health services please visit:

<http://codes.ohio.gov/oac/5122-29>

The Butler County Mental Health and Addiction Recovery Services Board may help pay for certain services and specialized programs for individuals that meet financial qualification requirements. The following information provided by our service providers contains descriptions of services and programs not necessarily covered by our board.

Access Counseling Services

<https://www.acscounseling.com>

📞 513-649-8008

Location(s) and hours:

(Hours differ by location, please call)

4464, 4448, 4432
S. Dixie Hwy
Middletown, Ohio 45005

20 S. Breiel Blvd
Middletown, Ohio 45044
8:00 am to 5:00 pm (M-F)

Patrick Square
1531 S. Breiel Blvd
Middletown, Ohio 45044
9:00 AM to 5:00 PM (M-F)

2114 Central Ave
Middletown, Ohio 45044

**Telehealth visits are also offered for clients after 5 PM*

Payment Sources Accepted:

Ohio Medicaid, Medicare, Self-Pay, Private Insurance and BCMHARS Board sliding fee scale based on income

Special Populations Served:

Families, couples, homeless and developmentally disabled, LGBTQ, Youth & Young Adults

All Addiction Recovery Services Offered:

Substance Use Treatment (Adults): It is the philosophy of this program that individuals benefit most from a holistic biopsychosocial approach to care which includes attention to physical, emotional, social, interpersonal, and spiritual well-being. All of our groups encourage 12 step group participation; coordination with a physician for medical care; random drug screens; encourage family participation; referrals to other appropriate community resources as needed; and individual case management to monitor progress in all major life areas along with abstinence from all mood-altering chemicals. Target populations are 18 and older.

Substance Use Treatment (Adolescents) The Seven Challenges ®: The program is designed specifically for adolescents with substance use disorder, to motivate a decision and commitment to change – and to support success in implementing the desired changes. The Program simultaneously helps young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems. The Seven Challenges is listed as an evidenced-based program in the SAMHSA National Registry of Evidenced Based Programs and Practices (NREBPP).

Regional Harm Reduction Collaborative (RHRC): The mission of RHRC is to introduce, support implementation of, and expand harm reduction strategies and services throughout Butler, Brown, Clermont, Clinton, and Warren Counties to improve the health of individuals and communities by reducing the negative impacts associated with substance use. RHRC seeks to reduce overdose-related deaths, infectious diseases, physical health impacts, mental health impacts, trauma, stigma, barriers, vulnerability/victimization. www.ohiorhrc.com

All Mental Health Services Offered:

Dialectical Behavior Therapy (DBT): This approach has a focus on helping clients increase their ability to self-regulate their emotional and cognitive triggers. It also helps to assess which coping skills to apply in the sequences of events, thought, feelings, and behaviors to help avoid undesired reactions and consequences.

Mental Health Court Grant: Partnered with the Butler County criminal justice court system, this provides outreach, engagement, and early intervention for individuals with mental health needs. The goal is to connect clients with appropriate clinical treatment and support services needed for recovery. This partnership includes involvement with the Butler County Area Courts where a certified mental health court has been established in Area III Court along with active outreach and engagement in the City of Middletown Municipal Court and Middletown City Jail.

School Based Treatment: On-site mental health therapy in various schools, including but not limited to Middletown elementary, middle and high schools and Monroe elementary, middle and high schools.

Play Therapy: This form of therapy is utilized to treat a multitude of behavioral health disorders in adolescents. It is also used to help children process difficult life circumstances.

All Specialized Services Offered:

Co-Occurring Treatment: The purpose and goals of this program is to provide specialized intensive outpatient treatment for clients (adolescents and adults) that are diagnosed with both a mental health condition and a substance use disorder.

Cognitive Processing Therapy (CPT): CPT is a cognitive-behavioral treatment for posttraumatic stress disorder (PTSD) and related problems. The overall goals of CPT are to reduce PTSD symptoms, and associated symptoms such as depression, anxiety, guilt and shame. It also aims to improve day-to-day living; CPT consists of 12 individual (one-on-one) therapy sessions. Each session lasts 50 to 60 minutes. If conducted in a group, the 12 sessions will last 90 minutes each. In these sessions, participants will learn about the symptoms of PTSD and why some people develop them.

Eye Movement Desensitization and Reprocessing (EMDR): EMDR is an evidence based integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma. EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches.

New Life Mission: Access Counseling Services, in partnership with New Life Mission are working to focus on outreach, engagement, and early intervention for individuals with mental health and/or substance use treatment needs into the appropriate clinical treatment and support services needed for recovery. This partnership includes Access staff at new Life Mission 4 days per week (Monday –

Thursday 8 am – 2 pm) to offer services such as education and prevention, community resources for areas such as housing and food, diagnostic, assessment, therapy, psychiatry, case management, groups, and other clinically appropriate services to empower the individuals who are served.

Serve City: Located in Hamilton, Ohio, Access Counseling has staff on site to provide a variety of services including mental health and addiction assessment and therapy, and case management which assists the clients in finding stable housing, attaining income / benefits, and scheduling needed appointments. We also provide psychiatric care with both a nurse and doctor.

YWCA: Located in Hamilton, Ohio, Access Counseling has staff on site to provide a variety of services including mental health and addiction assessment and therapy. Trauma services are also offered, including EMDR. Case management is available to assist clients in finding stable housing, attaining income/benefits, and scheduling needed appointments. We provide psychiatric care with both a nurse and prescriber in Hamilton so residents do not have to travel to Middletown to see their Access Counseling prescriber.

“Structured Sensory Interventions for Traumatized Children, Adolescents and Parents” (SITCAP): SITCAP ® is an evidence-based, structured sensory program utilizing interventions that teach how to apply mind body skills while focusing on the primary themes of trauma including safety, worry, hurt, fear, anger, revenge and moving from victim to survivor thinking. Helping clients understand how trauma impacts brain functions of memory, emotional regulation, behavior, and learning.

Incredible Years Program: The program is designed to promote emotional and social competence and to prevent, reduce, and treat aggression and emotional problems in young children 0 – 12 years old.



Atrium Medical Center

www.premierhealth.com/locations/hospitals/atrium-medical-center

📞 (513) 974-2111

Location(s) & Hours:

One Medical Center Drive
Middletown, OH 45005

Open 24/7

Payment Sources Accepted:

Most private insurances
(except Cigna), Medicare,
Medicaid

Partially funded by BCMHARS
Board

Population Served:

Adults

All Addiction Recovery Services Offered:

At Upper Valley Medical Center and Atrium Medical Center's Behavioral Health Pavilion, we treat alcohol and chemical dependency only as they affect a client's mental health disorder. Withdrawal management is not provided

All Mental Health Services Offered:

Inpatient Treatment Units: Provides those experiencing a behavioral health crisis with a safe, welcoming atmosphere and well-tested therapies to help them get through the crisis and return safely home. Patients work with a team of psychiatrists, nurses, and social workers. They will assess and assist client in setting goals for a healthier, more balanced mindset.

Beckett Springs

www.beckettsprings.com

📞 513-942-9500

Location(s) and hours:

8614 Shepherd Farm Dr.
West Chester, OH 45069

24/7 Assessment
Department/Walk-ins

Payment Sources Accepted:

Most commercial insurances,
Medicare, Tricare for
Inpatient, Buckeye and
Paramount Medicaid for
Outpatient Services

Partially funded by BCMHARS
Board

Population Served:

Inpatient- adults with mental
health and/or substance use
disorders. Outpatient-
Children/Adolescents 5-18,
adults 18+

Special Populations Served:

Outpatient-
children/adolescents

All Addiction Recovery Services Offered:

Substance Use Treatment: Adult Inpatient withdrawal management from substances. Includes psychiatric and medical evaluations, therapeutic and recreational groups, social services and discharge coordination. May include medication assisted treatment.

Residential Treatment: 21-30 day program for adults with substance use disorder. Includes psychiatric and medical evaluation, intensive daily group therapies, relapse prevention planning, social services, and discharge coordination. May include medication assisted treatment. (Not covered by all insurance payers.)

Partial Hospitalization: Intensive group therapy 5-6 days a week, for 5-6 hours per day. Offered for both adults and adolescents. Includes psychiatric evaluation within 48 program hours and weekly psychiatric appointments. Typically, 10-15 sessions. Youth program includes an academic support component.

Intensive Outpatient Treatment: Intensive group therapy 3-5 days a week for 3 hours a day. Offered for both adults and adolescents. Includes psychiatric evaluation within 48 program hours and monthly psychiatric appointments. Typically, 18-20 sessions. Adult programming offered during the day or evening.

All Mental Health Services Offered:

Inpatient MH Treatment: Inpatient treatment for adults in a secure hospital for mental health evaluation, safety, and stabilization. Includes psychiatric and medical evaluations, therapeutic and recreational groups, social services and discharge coordination.

Partial Hospitalization: Intensive group therapy program that is 5-6 days a week for 5-6 hours per day. Offered for both adults and adolescents. Includes psychiatric evaluation within 48 program hours and weekly psychiatric appointments. Typically, 10-15 sessions. Youth program includes academic support component.

Intensive Outpatient Treatment: 3-5 days a week intensive group therapy for 3 hours per day. Offered for both adults and adolescents. Includes psychiatric evaluation within 48 program hours and monthly psychiatric appointments. Typically, 18-20 sessions.

Specialized Services Offered:

Help for Heroes Inpatient: Inpatient mental health/substance use treatment for first responders, active duty military personnel, and veterans. Programming is geared toward the unique occupational cultures of this population. Includes collaboration as needed/desired with command/employer/peer support groups.

Help for Heroes Outpatient: Partial Hospitalization/Intensive Outpatient groups for mental health/substance use treatment for first responders, active duty military personnel, and veterans. Programming is geared toward the unique occupational cultures of this population. Includes collaboration as needed/desired with command/employer/peer support groups. Includes psychiatric evaluation within 48 program hours and weekly (PHP) or monthly (IOP) psychiatric appointments. Typically, 18-20 sessions. Offered in afternoons to accommodate typical shifts.

Big Brothers Big Sisters of Butler County

www.bbbsbutler.org

📞 513-867-1227

Location(s) & Hours:

1755 South Erie Blvd., Suite D,
Hamilton, OH 45011

Monday – Friday
8:30 AM to 4:30 PM
By appointment on weekends
and evenings

Payment Sources Accepted:

BCMhARS Board provides
funding for programming

Population Served:

Youth ages 6-18

Special Populations Served:

Children who are facing
adverse situations from ages
6-18.

Volunteers need to be over the
age of 15 if mentoring in a
school setting and over 18 if
mentoring in the community.

All Specialized Prevention Services Offered:

Community-based Mentoring: One-to-one evidenced based mentoring relationships to children who are facing adversity.

This program provides screening and training of the volunteer mentors as well as ongoing support for the children, volunteers and family members who are involved in the program.

While children are waiting to be matched with a volunteer mentor they are encouraged to attend our *Club of Unmatched Littles* (COUL) activities. These occur every two weeks in the summer and bi-monthly during the school year. All activities are at no cost and designed to be fun and enriching.

Big Futures: One-to-one evidenced based mentoring relationships for high school aged youth. This program is focused on relationship building, goal setting and career exploration. It also includes monthly field trips to local businesses and organizations.

Side Based Mentoring: One-to-one evidenced based mentoring relationships with children in need after school. Mentors are matched 1 – 1 with a child but meet as a group at the school with children. A staff member is present during mentoring activities.

Butler Behavioral Health Services, Inc.

www.bbhs.org

📞 513-896-7887

Location(s) & Hours:

Butler Behavioral Health
1502 University Boulevard
Hamilton, Ohio 45011

Counseling Center
1490 University BLVD
Hamilton, OH 45011

Monday-Thursday
8:00 am to 5:30 pm
Friday 8:00 am to 4:00 pm

Middletown Counseling Center
1131 Manchester Ave
Middletown, OH 45042

Monday & Wednesday
8:00 am to 5:00 pm
Tuesday & Thursday
8:00 am to 5:30 pm
Friday 8:00 am to 4:00 pm

Payment Sources Accepted:

Ohio Medicaid, Medicare, Self-Pay, Private Insurance and BCMHARS Board sliding fee scale based on income

Population Served:

Children, adolescents, adults and seniors

All Addiction Recovery Services Offered:

None at this time

All Mental Health Services Offered:

Crisis Consultation & Intervention (CCI): The purpose of the CCI program is to provide a safety-net for any individual in the county who is experiencing an acute mental health emergency.

Mobile Response and Stabilization Services (MRSS): Families with youth and young adults up to the age 22 who are experiencing difficulties or distress can receive assistance within 60 minutes after contacting MRSS. MRSS services are also available for up to 45 days of intensive, in-home services and linkage to ongoing supports.

Health Now Integrated Care Management: Designed to improve the physical and behavioral health of children, adolescents and adults with behavioral health disorders. Health Now staff supplements the behavioral health and medical services each client receives in order to promote excellent care coordination among providers, to advocate for state-of-the-art medical care, to teach each client health self-management skills and to promote healthy lifestyle choices. Note: Health Home services are limited to individuals with qualifying diagnoses and who are current recipients of Ohio Medicaid.

Uplift Senior Services: An evidence-based program designed for adults (60+) experiencing symptoms of depression and anxiety. Uplift consists of eight one-on-one sessions that take place in the comfort of home over the course of 5-6 months. Uplift utilizes the PEARLS model (Program to Encourage-

Active, Rewarding Lives). Focus is on development of problem-solving skills and activity planning to help improve overall mental health.

WINGS Intensive Home-based Treatment: Intensive Home-Based Treatment program to improve the psychological functioning of youth ages 0-18 years old that are at risk of out-of-home placement and facilitate their continued placement with their family and their inclusion in mainstream community & school life. Serves as a step-up for youth who fail to benefit from outpatient behavioral programs. Serves as a step-down from residential programs. Offers intensive, non-traditional services with frequent therapeutic interventions per week and a team of providers who have low caseloads.

Workplace Associates Program: Helps individuals 16 and over who have behavioral health disorders to both gain and retain employment. Provides supported employment services including career assessment, job try-outs, individualized job placement, job coaching (at or away from the work site), and job retention services for adults.

Harbor House Social Club: Harbor House Social Club aims to improve the quality of life of adults with behavioral health disorders by helping them to expand their social support and community living skills.

Outpatient Mental Health Services: Structured individual and group mental health activities and services that are provided by a certified treatment program. Services include, but are not limited to, the following: assessment, counseling, psychiatric medication services, and case management.

Catholic Charities Southwestern Ohio

<https://www.ccswoh.org/>

📞 513-863-6129

Location(s) & Hours:

MidPoint Tower
7162 Reading Road, 6th and
7th Floors,
Cincinnati, OH 45237

1910 Fairgrove Ave, Hamilton,
OH 45011

Monday – Friday
8:30 AM to 4:30 PM

Payment Sources Accepted:

Medicaid, Private Insurance,
Self-Pay, BCMHARS Board
sliding fee scale based on
income

Population Served:

Children, youth, families,
adults, Spanish-speakers,
speakers of languages other
than English

Special Populations Served:

Spanish-speakers and
speakers of languages other
than English

All Addiction Recovery Services Offered:

None at this time

All Mental Health Services Offered:

Early Childhood Mental Health Consultations: Provides consultations for childcare centers, staff and families to support the mental health needs of children ages 0-5.

Outpatient Counseling: Spanish and English language counseling offered both in-person and via telehealth.

Outpatient Psychiatry: Spanish and English language psychiatric and medication management services offered out of Cincinnati office.

Specialized Services Offered:

Immigration Legal Services: Professional legal counsel for immigration cases. Case management services for recently arrived immigrant families through Refugee Settlement Services and Su Casa Hispanic Center. Also offers clinical evaluations for immigration court.

AccuracyNow Language Services: Professional language interpretation and translation services.

Parent education: Classes to support parenting skills and healthy families.

Senior Companion Program: Supportive senior services to help seniors remain in their home.

Foster Grandparents Program: Mentoring program for seniors serving vulnerable children.

Caregiver Assistance Network: Education and support groups for caregivers.

Community Behavioral Health

www.community-first.org/CBH

📞 513-887-8500

Location(s) & Hours:

820 South Martin Luther King
Jr Blvd.
Hamilton, OH 45011

Monday - Thursday
8:00am – 8:00pm
Friday 8:00am-4:00pm

Payment Sources Accepted:

Medicaid, Medicare,
Commercial Insurance, Private
Pay, BCMHARS Board sliding
fee scale based on income

Population Served:

Adults 18 +, Youth 8+,
Families, Couples

Special Populations Served:

Butler County Jail residents,
Sex Offenders, Dual Diagnosis,
Domestic Violence
perpetrators and victims

All Addiction Recovery Services Offered:

Ambulatory Detox: This program offers detox services to clients with opiate use disorders on an outpatient basis. This program assists clients with opiate withdrawals utilizing over-the-counter and prescribed medications in a comfortable outpatient setting. Treatment typically lasts 5 to 7 days.

Partial Hospitalization: This outpatient program meets 5 days a week for 4 hours a day. Client therapeutic treatment utilizes evidence-based interventions and curriculum. Clients also receive individual counseling, case management, and urinalysis testing within this treatment program.

Intensive Outpatient (IOP): The groups meet 3-4 times a week for 2-3 hours a day, depending on the severity of client's illness. Client therapeutic treatment utilizes evidence-based interventions and curriculum. Clients also receive individual counseling, case management, and urinalysis testing within this treatment program.

Outpatient Treatment: The groups meet 2 times a week for 2 hours. Client therapeutic treatment utilizes evidence-based interventions and curriculum. Clients also receive individual counseling, case management, and urinalysis testing within this treatment program. Safety and cognitive behavioral treatment focus groups are available.

Relapse Prevention: This group meets 1 day a week for 2 hours. Clients learn relapse prevention strategies based on evidence-based interventions and curriculum. Clients also receive individual counseling, case management, and urinalysis testing within this treatment program.

Jail Services: Offers assessment, IOP, individual, and case management services to inmates located at the Butler County jail.

Jail Outreach Program: A program that helps with re-entry for individuals with substance use disorders coming out of the jail system. The program will focus on linkage to services back in the community.

Treatment Alternatives for Safer Communities: Offers assessment, case management, and linkage services to clients who are chemically dependent and involved in the legal system.

Peer Support Services: Provide peer support services to individuals referred for services or transitioning out of the jail system to help adjust and connect in the community

The Teen Intervention Program (TIP): Focuses on the mental health and substance use disorder needs of youth under the age of 18. The program can include individual therapy, family counseling, substance use disorder outpatient group that meets twice a week for two hours, SUD individual sessions, case management, and urine analysis as appropriate. The client's therapeutic treatment utilizes evidence-based interventions and curriculum.

All Mental Health Services Offered:

Mental Health Counseling Services: A program designed to treat clients with mental health disorders utilizing evidence-based interventions, such as cognitive behavioral therapy, client-centered therapy, solution-focused therapy and Dialectical Behavioral Therapy skills (DBT). Mental Health counselors also provide couples and family therapy sessions.

Case Management Program: A voluntary program that serves adults ages 18 and over by providing services for those with persistent, chronic, and severe mental health disorders. Many case management clients have co-occurring problems with substance use. Case Managers primarily serve clients in community settings.

Connections: Provides a short-term program to assist Butler County residents with accessing mental health care. The program assists Butler County residents accessing a long-term mental health provider or re-connecting them to a prior provider. Often these individuals are being discharged from a hospital or released from jail. The goal of Connections is to ensure Butler County residents have access to their psychiatric medications to prevent decompensation. To accomplish this goal, Connections provides interim medication management and case management while identifying and connecting the client with appropriate long-term mental health services.

Mental Health Housing: Offers apartments throughout Butler County for individuals who have mental illness, are receiving case management services, and have the ability to pay rent.

Probate Monitor: Provides clinical oversight and court liaison services for adults who are civilly probated to the Butler County Mental Health and Addiction Recovery Services Board by the Butler County Probate Court.

Forensic Monitor: Provides clinical oversight and court liaison services for consumers involved with the criminal court and, due to their mental health status, are found to be incompetent to stand trial or cannot be convicted due to their mental status at the time of the criminal defense.

Sex Offender Individuals and Group Program: This program provides evidence-based treatment to clients with a history of sex offense charges.

Specialized Services Offered:

Men and Women's Anger Management: This group is for clients who have difficulty managing their anger, and who may have previous arrests caused by anger responses. This program provides group education for a length of time, depending upon each client's individualized recommendation. Education consists of evidence-based interventions and curriculum. Individual sessions are offered in conjunction with group sessions. These groups are gender specific.

Batterer's Intervention Program: This program is for clients with a history of physical abuse towards an intimate partner. This program provides group education for a length of time, depending upon each client's individualized recommendation. Individual sessions are offered in conjunction with group session. These groups are gender specific.

New Perspectives: This program is for victims of domestic violence. The program provides group education for a length of time depending on individual client needs. The program utilizes evidence-based interventions and curriculum. These groups are gender specific.

Corrective Thinking Group: This program is for clients with a history of criminal or antisocial thinking patterns. The program lasts for a period of six weeks with each session lasting one and one-half hours. Group sessions consist of evidence-based curriculum, True Thought.

Theft Group: This group provides evidence-based interventions and curriculum for clients with a history of stealing or theft. This is a seminar lasting 4 hours. If recommended, clients will then attend corrective thinking group focused on specific criminal thinking patterns that correlate to stealing.

Substance Use Education: This program is for clients who do not meet diagnostic criteria for a substance use disorder or who have a mild substance use disorder. Services are provided in the form of a group and/or individual for a length of time based upon client need. Clients are drug screened and monitored for signs and symptoms of more severe substance use during attendance.

Parenting Class: This program is for both men and women who are trying to achieve bettering parenting skills and build healthier relationships with their children. Program is 7 weeks.

Diversion Program: Is a program is geared toward misdemeanor offenses such as open container violations, underage consumptions, and drug paraphernalia. The course consists of a screening and one class.

Decoach Rehabilitation Center

www.decoachrehabctr.com

513-892-4673 (HOPE): Hamilton office

513-942-4673 (HOPE): Fairfield office

Location(s) & Hours:

3103 Dixie Hwy
Hamilton, OH 45015

6570 Sosna Dr
Fairfield, OH 45014

Monday 8:30 am – 7:30 pm

Tuesday: 8:30 am – 4:30 pm

Wednesday:

8:30 am – 7:30 pm

Thursday: 8:30 am – 7:30 pm

Friday: 8:30 am – 4:30 pm

Saturday: 9:00 am – 11:00 am

Sunday: closed

Payment Sources Accepted:

Medicaid, Medicare,
Commercial (call for
coverage), self-pay, BCMHARS
Board sliding fee scale based
on income

Population Served:

18+ Mental Health and
Substance Use Disorder
Patients

Special Populations Served:

Pregnant Mothers, Families,
Skilled Nursing Facility
Residents, Court Involved
Individuals

All Addiction Recovery Services Offered:

- Intensive Outpatient Program
- Partial Hospitalization Program

Opioid Treatment Program: Both Butler County DeCoach locations offer on-site pharmacies where clients pick up their medication in the office. Often, this is at no cost to the patient.

All Mental Health Services Offered:

None at this time.

Specialized Services Offered:

Skilled Nursing Services: Education and treatment services are provided on site to various butler county skilled nursing facilities.

Court Services: This program consists of on-site assistance at any court within Butler County.

Integrated Peer Support: The program provides on-site peer support assistance in two Butler County hospitals for patients needing treatment resources.

Integrated FQHC Treatment: This program partnership with Primary Health Solutions offers on-site counseling services for individuals who are participating with the MAT program at any Primary Health Solutions location. (FQHC = Federally Qualified Health Center)

Envision Partnerships

www.envisionpartnerships.com

📞 513-868-2100

Location(s) & Hours:

2935 Hamilton Mason Rd
Hamilton, Ohio 45011

Monday – Friday
8:00 AM to 4:30 PM

Payment Sources:

BCMHAARS Board provides
funding for programming

Populations Served:

Butler County Residents

Special Populations Served:

Children affected by the
Disease of Addiction

LGBTQ Youth and their
Guardians

Prevention Services Offered:

Substance use, behavioral health prevention, education and consultation: A behavioral health risk reduction/strength-based intervention and prevention approach for direct and indirect services.

Project Success: A comprehensive/broad brush prevention program incorporating multiple prevention strategies that reach universal, selective and indicated populations (youth and adults). Includes: classroom-based instruction; county and school wide prevention activities; teacher/staff training/in-services and consultations; informal screenings; problem ID/referral and parent education.

Butler County Youth & Community Development: Expanding community resources and enhancing community group's ability to organize, plan and network in an effort to prevent substance use and abuse in their own communities. Youth programs meet their clients' key developmental needs by building assets. Community plays a vital role in behavioral health prevention advocacy efforts.

Adult Prevention Minimize Risk – Maximize Life: Educate Butler County residents about the Low Risk Drinking Guidelines and the standard drink definition. Focus on direct service delivery, the goal is to know people intend to use the information to make low risk choices regarding their drinking decisions.

Butler County Gambling Prevention Project: Utilize the current knowledge and understanding of the considerable impact of problem gambling on the health and well-being of the community. Priorities are to: Delay participation in gambling until legal age; Prevent the onset of gambling

problems by reducing associated risks through public awareness and education.

Butler County Suicide Prevention Project: Utilize the current data and understanding of the public health concerns of suicide in our county. Evidence-based suicide prevention programs are available for youth. Evidence-based suicide prevention training teaches ordinary citizens how to recognize a mental health crisis and make appropriate referrals.

Community Presentations: Provide presentations to community groups to increase understanding of addiction/ mental health conditions and their impact on the community, business, families, and individuals. Developed for the needs of your group around 4 pillars of prevention: Substance Abuse, Gambling, Violence, and Suicide.

Specialized Services Offered:

Camp Mariposa: An overnight program offered year-round for youth (ages 9-12) and teens (ages 13-16) impacted by a family member's substance use. Family activities are held bi-monthly (during off camp months).

Community Safe Space: A monthly facilitated group for LGBTQ. Youth, and their guardians to support youth mental well-being.

Conflict Resolution / Problem Solving: Through mediation is a nonjudgmental, confidential process that provides participants with opportunity to address conflict and issues they are experiencing. The mediator is a neutral, third party that assists participants with improving communication, restoring relationships, finding solutions, and creating a written agreement. Mediations for various individuals and groups, such as: families, youth-to-youth, community members, or businesses.

LifeSpan, Inc.

www.lifespanohio.org

☎ 513-868-3210

Location(s) & Hours:

1900 Fairgrove Ave, Hamilton,
OH 45011

Monday – Friday

8:00 AM to 5:00 PM

(Guardianship, on call 24/7)

Payment Sources Accepted:

Grant funded, private pay,
donations

BCMhARS Board provides
funding for the guardianship
program

Population Served:

18+

Special Populations Served:

Teens, Families,
Developmentally disabled
Senior citizens

All Addiction Recovery Services Offered:

None at this time.

All Mental Health Services Offered:

None at this time.

All Specialized Services Offered:

Representative Payee Program: LifeSpan partners with the Social Security Administration to manage money and pay bills for those adults with disability or mental illness who cannot manage on their own, ensuring that bills are paid on time to keep rent and utilities current and lives stable. A Private Pay Payee Program is also provided for individuals who desire a payee service to help them establish a budget and take over paying their bills with their deposited funds.

Guardianship Program: LifeSpan court-appointed guardians provide stability and safety to adults 18 and up that need someone to manage life changes and decisions when they cannot manage them on their own due to mental illness or disability.

School Based Support Services: Lifespan's School Based Support Workers (SBSW) reduce and/or remove the barriers to academic achievement and increase students' social emotional development and overall mental health.

NAMI Butler County

www.nami-bc.org

☎ (513) 860-8386 or (513) 860-8387

Location(s) & Hours:

5963 Boymel Dr
Fairfield, OH 45014

Hours vary – contact NAMI Butler County or visit the website for more information and/or to register for classes and events

Payment Sources Accepted:

All services provided are free of charge and are partially funded by BCMHARS Board

Populations Served:

Families, friends and individuals who have been affected by mental health issues.

All Addiction Recovery Services Offered:

None at this time.

All Mental Health Services Offered:

Family to Family Class: Free 8-week evidence-based education program providing support and education to family members and friends of individuals who are living with mental illness. Trained volunteers who have experience supporting a loved one with mental health disorders teach classes. In addition to learning about treatment strategies, and how to more effectively communicate with loved ones, many participants also find the emotional support they receive crucial during their loved ones' times of illness and stress.

Family Support Group: For family and friends of individuals struggling with mental health disorders.

NAMI Basics Class: Free 6-week program that fosters learning, healing and empowerment among parents/caregivers and families of children with emotional/mental/neurobiological disorders.

NAMI Connection Recovery Support Group: Peer-facilitated support group for adults living with mental illness. Group provides an opportunity to share challenges, strategies, and successes with others who understand.

Community Forums: Presentations by host speakers on a variety of mental health educational topics. These are held quarterly at 6:30 pm. Adults are welcome, no registration required.

Community Presentations: NAMI staff and volunteers provide presentations to community groups to increase understanding of mental health conditions and their impact on the community, business, families and individuals.

NAMI Walk: Single largest community awareness event for mental health in Butler County. Held the second Saturday of October at the Fitton Center for Creative Arts in Hamilton, Ohio.

Speakers' Bureau /In Our Own Voice: Volunteer speakers dedicated to promoting better understanding of mental illness, living in recovery, and living with a loved one with an illness.

Annual Awards Dinner: An annual dinner held to recognize outstanding contributions in service to families and individuals in Butler County and the surrounding area who have been impacted by mental health disorders and/or addiction.

See information at www.nami-bc.org for virtual programs and support groups.

NewPath Child & Family Solutions

formerly St. Joseph Orphanage

📞 (855) 577-PATH (7284)

Location(s) & Hours:

6975 Dixie Hwy
Fairfield, OH 45014

Monday – Friday
8:00 am to 4:30 pm

Populations Served:

Children & adolescents ages 3-24
and family members of child and
adolescent clients

Payment Sources Accepted:

Ohio Medicaid, Self-Pay, and
BCMHSARS Board sliding fee scale
based on income

All Addiction Recovery Services Offered:

None at this time.

All Mental Health Services Offered:

Outpatient Mental Health: Community-based mental health services play an intricate part in our continuum of care.

Education & Day Treatment: Therapeutic learning environments and daily group therapy to support positive social and emotional development.

Partial Hospitalization/Day Treatment: Group Therapy: (Grades K-12) Daily group therapy offers a therapeutic peer environment to support positive social and emotional development and relationships.

Site Based, Home Based and Virtual Counseling Services (Individual & Family): (Ages 3+) Individual, group and family therapy for youth with home, school, and office based settings.

Young Adult Transitional Services: Providing guidance and support to youth transitioning into adulthood with access to housing, education, employment, and physical/mental health wellness.

Residential Interventions: (Ages 5-17) Providing a highly structured and secured living environment to assist youth with severe emotional or behavioral concerns.

Foster Care: (Ages 0+) Providing therapeutic foster homes for children birth to 21, with a special focus on youth with behavioral health concerns.

Foster Parent Training: (Ages 18+) Provide training to new and existing Ohio foster parents in order to become a state licensed foster parent or to keep your foster parent license current

Sojourner Recovery Services

<https://sojournerrecovery.com/>

📞 513-868-7654

Location(s) & Hours:

Main Office
515 Dayton St
Hamilton, OH 45011
513-868-7654

Medical Clinic
1430 University Blvd
Hamilton, OH 45011
513-896-3497

OTP Clinic
3606 Commerce Drive
Middletown, OH 45005
513-863-6383

Monday – Friday
8:00 am to 5:00 pm

Population Served:

Adults and Adolescents
experiencing issues with
substance use

Payment sources Accepted:

Ohio Medicaid and BCMHARS
Sliding fee scale based on
income

Special Populations Served:

Pregnant Women & Families

All Addiction Recovery Services Offered:

Intensive Outpatient Services: Offered several days per week and include a combination of individual and group counseling totaling around 10 hours per week. Outpatient services are offered at Dayton St., University Blvd., and High St. locations. All of which are in Hamilton, Ohio.

Partial Hospitalization: Services are offered several days per week and include a combination of individual and group counseling totaling over 20 hours per week. Counseling services are utilized in partnership with addiction medicine, psychiatry, case management and peer recovery services based on individualized needs and goals.

Individual Counseling: An in-person or telehealth encounter with the purposes of assisting the individual in achieving treatment goals through exploration of their substance use and mental health and the impact on their lives.

Case Management: Case management is a service that aids individuals in gaining access to needed medical, social, and educational resources. Case management services may involve family members and other professionals such as medical providers and educators. Case Management can be done in-person or via telehealth.

Group Counseling: In group counseling, treatment objectives are achieved through group discussions of attitudes and feelings, possible solutions, and sensible decision-making. Group Counseling may be done in-person or via telehealth.

Family Counseling: Family Counseling is an in-person or telehealth encounter between an individual, family members, and a counselor. The purpose of family counseling is to create an open, honest dialogue between the client and family members.

Recovery Housing: Recovery Housing supports individuals continuing outpatient treatment services while working on finding employment and affordable long-term housing. Recovery Housing provides residents with opportunities to practice recovery skills in an independent living environment with a safety net.

Residential Services: Comprehensive substance use residential treatment services to address substance use and mental health in a structured and safe setting for those at high risk for continued use without an intensive supportive living environment and withdrawal management. Residential patients also have access to primary care and psychiatry through Sojourner's on-site clinic. Sojourner offers family units and on-site childcare for mom's and their children at two residential locations.

All Mental Health Services Offered:

Psychiatric and mental health services are a core component of Sojourner's comprehensive behavioral health continuum and play a key role in improving the individual's quality of life. Clients receive individualized treatment for co-occurring mental health and substance use needs.

Specialty Services Offered:

Court Outreach: Individualized behavioral health services for court involved and/or incarcerated individuals. The goal is transition to appropriate treatment settings. Complete on-site assessments at the Butler, Clinton, Preble, and Warren county jails by request. We also have the ability to conduct walk in assessments at our office on University Blvd. Sojourner participates in several Specialty Court Programs in Butler County. We are the dedicated treatment provider for Butler County's Drug Court Docket. We have clinicians and a case manager that provide individualized services for these participants throughout their entire journey in this program. Additionally, we offer residential and outpatient treatment services for individuals participating in the other Specialty Courts: Substance Abuse and Mental Illness (SAMI) Court, Family Treatment Drug Court, Felony Non Support (FNS) Court, and Veteran's Treatment Court (VTC).

MAMAS (Motherhood and Maternity Addiction Services): Sojourner's MAMA's program provides educational, healthcare, and recovery housing services for pregnant women and women with young children who are struggling with a substance use disorder. Patients participate in outpatient treatment services, case management services, and have access to our medical and psychiatric practitioners as needed to meet their goals in achieving long term sobriety. The program collaborates with multiple social service agencies to provide additional support and resources for clients.

Opioid Treatment Program – Medication Assisted Treatment

Medications like Methadone, Suboxone and Vivitrol help provide relief from painful and uncomfortable withdrawal symptoms. These medications are safe for long-term use and are part of a comprehensive approach to treatment that involves individual counseling, group counseling and case management. With the combination of medication and behavioral counseling this approach provides both the whole patient and best practice approach to the treatment of substance abuse disorder.

Transitional Living, Inc.

www.tliving.org

Hamilton: ☎ 513-863-6383 or Middletown: ☎ 513-422-4004

Location(s) & Hours:

2052 Princeton Road
Hamilton, OH 45011
P. 513-863-6383

Middletown Location
3606 Commerce Drive
Middletown, OH 45005
P. 513-422-4004

Monday – Friday
9:00 am to 5:00 pm

Payment Sources Accepted:

Ohio Medicaid and BCMHARS
sliding fee scale based on
income

Populations Served:

Adults and Adolescents with
behavioral health concerns

Special Populations Served:

Homeless, Court-Involved,
Butler County residents that
are incarcerated

All Addiction Recovery Services Offered:

None at this time

All Mental Health Services Offered:

Assessment: Comprehensive assessments for behavioral health to identify individual needs and guide treatment options. Walk-in assessments are available at the Hamilton and Middletown locations and via telehealth. Please call 513-863-6383 for a Telehealth Assessment. Walk-In Hours are available from 8:00 am to 12:30 PM Monday through Friday, at both locations. You may also call and schedule an appointment if you prefer.

Case Management: These services address individual needs to help improve functioning and reach personal goals to live successfully in the community. Case management activities may include ongoing assessment of needs, assistance in managing basic needs, development of daily living skills, coordination of services, assistance with accessing support systems, linkages to community services and supports, symptom monitoring, education and training and behavioral interventions.

Counseling and Therapy: Counseling services are designed to address a variety of mental health and/or addiction challenges which may interfere with a person's ability to effectively function at home, school or in the community. Individual, group and family counseling and psychotherapy is available in-person at Hamilton and Middletown locations or via telehealth.

Psychiatry Services: Designed to support individuals to enhance quality of life, reduce symptoms, and restore or improve functioning. Medical providers evaluate and prescribe medication based on the individual needs of each client to address mental health concerns. Nursing staff assist in providing education, support and coordination of care. Services are available in-person at Hamilton and Middletown locations or via telehealth.

Homeless Outreach (PATH): The PATH Program (Projects for Assistance in Transition from Homelessness) provides outreach and engagement to individuals who are homeless or at high risk of becoming homeless who have mental health needs. The PATH Program provides education on available services and resources in the community and works to connect individuals. They help link to food pantries, job assistance, education assistance, housing opportunities and medical resources. Referrals to PATH can come from anyone.

Court Outreach: Designed to support the recovery of individuals in the community who have severe and persistent mental health needs who have been charged with misdemeanor crimes. Individuals are referred to the program through judges, family members, attorneys, probation departments, and police departments. This program works in partnership with the Fairfield Municipal Treatment Alternative Court, as well as other local courts.

Employment Success: The Employment Success Program is a collaborative partnership with Butler County Job and Family Services and multiple local agencies with the purpose of removing barriers to employment and helping individuals achieve meaningful employment. Our service coordinators work with individuals to make connections to services to address mental health and substance use treatment needs. Service Coordinators also assist with navigating community systems, help to get basic needs met and assist in educational or vocational needs.

Forensic Jail Services: The Mental Health Forensic Team provides a variety of mental health supports to inmates and corrections personnel as indicated or requested in the Butler County Jail. These services are primarily prevention education, consultation, crisis intervention and linkage services. Inmates who present with overt problematic or concerning symptoms, histories of mental illness and/or behavioral challenges, active or recent suicidal or homicidal ideation or actions, are referred to the Mental Health Forensic Team for further crisis assessment and mental health support services within the jail. This program works in partnership with the Butler County Sheriff's Department.

Residential Mental Health: Residential mental health services are 24/7 and available to those individuals with mental health needs, which severely impact their ability to live and function independently in the community. The goal of residential treatment is to stabilize functioning, reduce symptoms, and improve independent living skills so that the individual can live independently in the community.

YWCA Hamilton

www.ywcahamilton.com

513.856.9800 (main business)

1.800.618.6523 (Domestic violence crisis hotline)

Location(s) & Hours:

1570 Grand Boulevard
Hamilton, Ohio 45011

Monday – Friday
8:00 AM to 5:00 PM

Domestic violence shelter
24/7/365

Payment Sources Accepted:

All services are provided by multiple grants to the YWCA Hamilton including: BCMHARS, COHHIO, United Way, VAWA/VOCA

Population Served:

Chronically Homeless individuals with disabilities, Survivors of Domestic Violence who need emergency protective shelter, Youth in the public-school systems and community centers, and provider partners working to eliminate racism and promote equity in healthcare, education, and civic/community sectors

Special Populations Served:

Chronically Homeless with disabilities (primarily MH/SUD) as well as Black, Indigenous and People of Color (especially women and girls of color).

All Addiction Recovery Services Offered:

None at this time

All Mental Health Services Offered:

YWCA Hamilton Goodman Place: Offers low-Income housing tax credit apartments with permanent supportive housing services (24/7 staffing, including on site social workers and client support specialist) for individuals with chronic homelessness and disabilities.

YWCA Hamilton Dove House: Offers a protective emergency domestic violence shelter, crisis hotline with case management, healthcare, and treatment referrals.

YWCA Hamilton Racial Justice program: Offers free cultural competency/DEI training to providers, partners, and the wider community. Primary areas of focus are increases in Health Equity, Youth Development & Empowerment and Community & Civic Engagement within historically marginalized communities.

YWCA Hamilton Youth program: Offers FIERCE Youth Program (Fearless, Independent, Educated, Resilient, Confident and Engaged) in Hamilton City Schools and local community centers. There is a specific emphasis on BIPOC youth and providing social emotional learning with a trauma informed care philosophy. The curriculum focuses on educating youth on safe and healthy relationships. The programs are evidence-based, culturally responsive, trauma informed, gender-expansive, and strengths-based.

Anxiety Survey

Generalized Anxiety Disorder (GAD-7) Anxiety Scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

Scoring: Sum the numerical answers to questions number 1 through 7.

<u>Score</u>	<u>Severity</u>
0-4	None-Minimal
5-9	Mild
10-14	Moderate
15-21	Severe

If you are feeling overwhelmed, depressed or unable to do the things you once enjoyed, it may be time to pause and assess your emotional health.

Please note that suicidality is not assessed in this survey.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

Call 911 or the 24/7 Crisis Hotline at 1-844-4CRISIS (1-844-427-4747).

Depression Survey

Patient Health Questionnaire (PHQ-9) Depression Scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself or that you are failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Scoring: Sum the numerical answers to questions number 1 through 9.

<u>Score</u>	<u>Severity</u>
0-4	None-Minimal
5-9	Mild
10-14	Moderate
15-19	Moderately Severe
20-27	Severe

If you are feeling overwhelmed, depressed or unable to do the things you once enjoyed, it may be time to pause and assess your emotional health.

Please note that suicidality is not assessed in this survey.

If you feel you may be at risk or have thoughts about harming yourself or others, please seek immediate help from a medical professional.

Call 911 or the 24/7 Crisis Hotline at 1-844-4CRISIS (1-844-427-4747).

Substance Abuse Survey

Self-Administered Screening Instrument

The questions that follow are about your use of alcohol and other drugs. Mark the response that best fits for you. Answer the questions in terms of your experiences in the past 6 months.

- | | |
|--|---------------|
| 1. Have you used alcohol or other drugs (Such as wine, beer, hard liquor, pot, coke, heroine or other opioids, uppers, downers, hallucinogens, or inhalants) | <i>Y or N</i> |
| 2. Have you felt that you use too much alcohol or other drugs? | <i>Y or N</i> |
| 3. Have you tried to cut down or quit drinking or using alcohol or other drugs? | <i>Y or N</i> |
| 4. Have you gone to anyone for help because of your drinking or drug use? (Such as Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, counselors, or a treatment program) | <i>Y or N</i> |
| 5. Have you had any health problems? For example, have you: <ul style="list-style-type: none">- Had blackouts or other periods of memory loss?- Injured your head after drinking or using drugs?- Had convulsions, delirium tremens ("DTs")?- Had hepatitis or other liver problems?- Felt sick, shaky or depressed when you stopped using alcohol or drugs?- Felt "coke bugs" or a crawling feeling under the skin after you stopped using drugs?- Been injured after drinking or using?- Used needles to shoot drugs? | <i>Y or N</i> |
| 6. Has drinking or other drug use caused problems between you and your family or friends? | <i>Y or N</i> |
| 7. Has your drinking or other drug use caused problems at school or at work? | <i>Y or N</i> |
| 8. Have you been arrested or had other legal problems? (Such as bouncing bad checks, driving while intoxicated, theft or drug possession) | <i>Y or N</i> |
| 9. Have you lost your temper or gotten into arguments or fights while drinking or using other drugs? | <i>Y or N</i> |

Assessment continues on the next page ➡

Substance Abuse Survey

Self-Administered Screening Instrument (Continued)

10. Are you needing to drink or use drugs more and more to get the effect you want? *Y or N*

11. Do you spend a lot of time thinking about or trying to get alcohol or other drugs? *Y or N*

12. When drinking or using drugs, are you more likely to do something you wouldn't normally do, such as break rules, break the law, sell things that are important to you, or have unprotected sex with someone? *Y or N*

13. Do you feel bad or guilty about your drinking or drug use? *Y or N*

The next questions are about your lifetime experiences:

14. Have you ever had a drinking or other drug problem? *Y or N*

15. Have any of your family members ever had a drinking or drug problem? *Y or N*

16. Do you feel that you have a drinking or drug problem now? *Y or N*

Scoring: Questions 1 and 15 are not scored.

Give yourself 1 point for every **Yes** circled and add sum of questions 2 through 14 and 16.

<u>Score</u>	<u>Degree of Risk for Substance Abuse</u>
0-1	None-Low
2-3	Minimal
≥4	Moderate to High: Possible need for further assessment

Please note that suicidality is not assessed in this survey.

If you feel you may be at risk please seek immediate help from a medical professional.
Call 911 or the 24/7 Crisis Hotline at 1-844-4CRISIS (1-844-427-4747).

**Butler County
Behavioral Health
crisis hotline**

Available 24/7

1-844-427-4747

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