

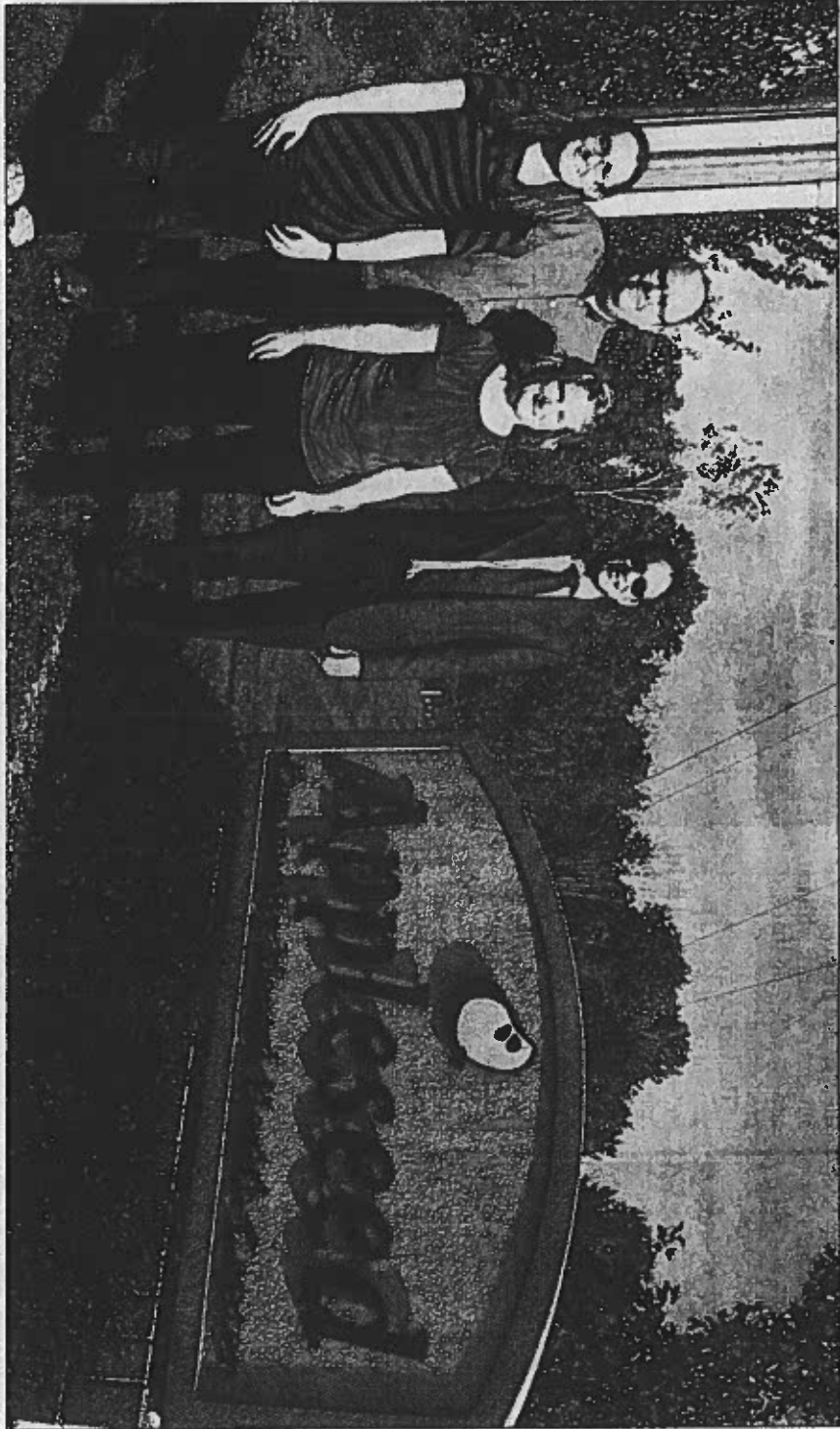
Appleseed has response to opiate and substance use crisis

Appleseed Community Mental Health Center, located at 2233 Rocky Lane, is committed to the recovery, resiliency and wellbeing of all of Ashland County's residents.

As an organization we realize that presently, the drug and alcohol misuse combined with mental health and other factors is resulting in multiple problems in our county. We also believe that our most precious resources are our human resources. In response to our commitment to community needs, Appleseed is developing a state-of-the-art program to help county residents who struggle with drug and alcohol issues that occur along with or in conjunction with mental health concerns such as depression, anxiety or post-traumatic stress.

The Appleseed Co-occurring Disorder Team is made up of individuals with several years' experience providing treatment for both substance misuse and mental health concerns. Team members include Roy Vellanki M.D., Professional Clinical Counselor and Program Coordinator Jeremy Smith, Professional Clinical Counselor Deb Lyon and Case Manager Jody Knight.

The program includes the following components:
Medication Support: Dr. Vellanki uses a medication called Vivitrol (also known as Naltrexone in pill form) and potentially other solutions to help individuals manage their withdrawal symptoms as they work with counselors and case managers to build recovery skills.
Group Counselings: Appleseed's counselors and case man-



Submitted photo
Pictured from left to right are Appleseed's case manager Jody Knight, counselor Jeremy Smith, counselor Deb Lyon and psychiatrist Roy Vellanki.

ager provide various groups that facilitate recovery, teach coping skills and offer therapy to support the individual's effort to achieve sobriety and live a healthy life. Groups include Early Recovery Group, My Ongoing Recovery Experience 1, My Ongoing Recovery Experience 2 and other groups focused helping the participants move forward in achieving and maintaining a healthy recovery experi-

ence.
Individual Counseling: Our counselors use evidenced-based and effective solutions to help individuals recovering from a substance-use-disorder. Techniques such as Motivational Interviewing, Dialectical Behavioral Therapy, Trauma-Focused-Cognitive-Behavioral Therapy, Cognitive Behavioral Therapy, Solution Focused Therapy, Integrated Family and

Systems Treatment, Yoga, and Eye Movement Desensitization and Reprocessing (EMDR) are all used to help our clients find recovery and maintain recovery going forward.
Case Management: Case managers assist individuals in securing the necessary supports they need to gain and maintain recovery. Case managers also teach and support the integration of key coping skills such as

anger management, effective communication, and problems solving skills.
For more information, please call 419-281-3716 or visit appleseedmentalhealth.com.
Appleseed is a contract provider of the Mental Health and Recovery Board of Ashland County. Appleseed is a partner agency of the United Way of Ashland County and the Mohican Area Community Fund.