

MENTAL & SOCIAL HEALTH QUICK TIPS & RESOURCES

LOCAL SUBSTANCE ABUSE

Logan County Peer Support **ON CALL:**

937-210-9003

Champaign County **ON CALL** Emails:

amber@recoveryzonelc.org

brenda@recoveryzonelc.org



Recovery
Zone

MENTAL HEALTH CRISIS

There is hope.



If you or someone you know
needs support now, call or text

988 SUICIDE & CRISIS
LIFELINE



LOCAL MENTAL HEALTH PROVIDER CONSULTATION

24/7 Crisis Line - Connect to or
consult with a **LOCAL TCN**
Mental Health Provider

937-376-8701



HOMELESS RESOURCES

Champaign County
Caring Kitchen
24/7 **EMERGENCY SHELTER**



937-653-8443

Logan County
24/7 **HOMELESS SHELTER**



937-935-4292



National Call Center
for Homeless Veterans
877-424-3838
va.gov/homeless

SOCIAL HEALTH NEEDS



United Way
Logan County

United Way
Champaign
County



Local
Help
Now

CIT FORM
Quick Link



LOCAL DOMESTIC VIOLENCE

24/7 Advocate on Call

937-508-6002



Project Woman
24/7 Crisis
800-634-9893

TCN CRISIS RESOURCES



LOCAL TREATMENT SYSTEM NAVIGATION

CALL **NAMI** of Logan-Champaign
for help navigating the treatment
system CALL **Pete Floyd**

937-750-1702

petefloyd.nami.lc@gmail.com



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ENGAGE - stabilize and establish trust

- Be aware of how you present yourself
- Speak in a calm tone and be patient
- Introduce yourself to the person
- Ask for the individual's name
- Clearly state the reason you are there
- Compliance orders do not work in crisis
- Use "I" statements, they build trust
- Acknowledge the person is having a hard time

ASSESS - gather the information for safe resolution

- Focus on observable symptoms (see below)
- Rule out substance abuse & medical conditions
- Ask about medications, **especially** recent changes
- Inquire about doctors/therapists - Can you call?
- Assess for suicide lethality (QR code on front)
- Call for mental health consultation (TCN or 988)
- Talk to family/friends/support persons
- Determine if "pink slip" criteria is met

RESOLVE - safe & voluntary ending

- Give clear and simple instructions
- Check understanding of instruction
- One instruction at a time
- Tell them what you are going to do
 - *"I am going to reach in your pocket"*
- Creating options = desired outcome
 - *"Let's go see your doctor"*
 - *"Come with me"*
 - *"Let's go get you some help today"*

SUBSTANCE USE DISORDER

- Intense cravings that can not be blocked
- Not meeting work/family obligations
- Giving up hobbies and social life to use
- Irresponsible spending of money
- Doing things out of character- i.e. stealing
- Driving under the influence
- Risk taking while under the influence
- Spending a lot of time using /recovering
- Failing in the attempts to stop using
- Experiencing intense withdraw symptoms
- Continuing use even when you know it is causing physical/mental/ social harm

MANIA

- Being easily distracted
- Having abnormally high energy
- Talking very fast/excessive
- Cannot be interrupted
- Purposeless and excessive movement
- Fidgeting and Pacing around the room
- Switching topics of conversation quickly
- Overly or inappropriately happy/excited
- Impulsive behavior
- Feeling invincible
- Not sleeping
- Hallucinating or having delusions

PSYCHOSIS

- **Hallucination**-see/hear/smell/taste/feel things that do not exist outside of their mind.
- **Delusions**-unwavering belief in something that is not true. (i.e., person/organization is going to kill them, belief they are the president).
- **Disturbed/Confused Thoughts**- switching from one topic to another mid thought, sudden pause mid conversation, rapid or constant speech.



SCAN
THE QR
CODE

TO VIEW ALL THE RESOURCES
MHDAS HAS TO OFFER

