



This is a resource guide for those suffering from addiction in Northwestern Pennsylvania. Inside you will find guidance on recognizing drug overdoses, what to do in an overdose emergency, where to get help treating addiction, and support resources for family members. There is also a section with guidance for ex-offenders to reenter their community.

This resource guide is available online in PDF format at <http://NotOneMoreNWPA.org>

Any questions, suggestions, or anything really can be directed to:
support@NotOneMoreNWPA.org

Overdoses

- Opiod Overdose Signs

- Naloxone or Narcan

- Other Drugs Overdose Signs

Resources for Recovery

- Hope for Healing Hearts Support Group

- Addiction Community Resources Toolkit

- NA Meeting List | CWPASCNA

- AA Meeting List | NWPA

- Substance Abuse Treatment Facilities

- Mental Health Treatment Facilities

- A Fresh Start: Resources for Post-Incarceration

THE OPIATE OVERDOSE EPIDEMIC:

Frequently Asked Questions (1)

What is an Opiate?

- Opiates are pain-killing pills or substances that are very addictive.
- This includes prescribed pills such as OxyContin, Vicodin, Percocet, as well as illegal substances such as heroin.

How Do People Become Addicted?

- Drugs such as these make people feel good. Because of this, people continue using.
- After a time, a person's body becomes used to the drug and needs more of it to have the same pleasant effect.
- By this point, if this person stops using the drug, they will experience withdrawal symptoms such as sweating, vomiting, shaking, irritability, and inability to sleep.
- They continue to use to avoid the very unpleasant withdrawal symptoms.

What is an Overdose?

- An overdose happens when a person has too much of a particular drug in their body.
- **Opiate** overdoses are characterized by limited to no breathing, very slow heart rate, unconsciousness, blue lips or fingertips, and can cause death.

Can Someone Having an Overdose be Saved?

- **YES!** By performing rescue breathing and administering naloxone/Narcan® quickly, an opiate overdose can be stopped.
- **Note:** after naloxone/Narcan®/Evzio® is administered, **the person having an overdose should always be taken to the hospital as they can go back into an overdose**, depending on how much or how strong the drug was.

THE OPIATE OVERDOSE EPIDEMIC:

Frequently Asked Questions (2)

What is Narcan®/Naloxone/Evizio® and Who Can Use it?

- Naloxone (na-locks-own, brand name Narcan® or Evzio®) is a drug that reverses an opiate-related overdose.
- Naloxone works by quickly blocking opiate receptors in the brain and prevents more from entering the bloodstream. It's most commonly given via a nasal spray or a major muscle injection.
- Thanks to ACT 139 (David's Law), **it is available for everyone to purchase for use from a pharmacy.**

Why Don't People Get Arrested When They Overdose?

- **Overdosing by itself is not illegal.** It is a medical crisis saving that person's life is the most important action to take at that moment.

Why Can't People Be Forced Into Drug Rehabilitation/Treatment?

- **There are no laws in PA to force people into treatment,** unlike mental health.
- Those addicted have to enter treatment voluntarily, either by entering treatment themselves.
- People can be court-ordered to go to treatment, but they always have the option to refuse and go to jail instead.
- Anyone can sign themselves out of treatment at any time, even if it is against medical advice (AMA).

THE OPIATE OVERDOSE EPIDEMIC:

Frequently Asked Questions (3)

Is Drug Treatment/Rehabilitation Effective?

- It absolutely helps. Within treatment, people learn new behaviors that help them not to use in the future.
- In addition, treatment can help those suffering from addiction to have a support group of others who are going through the same difficulties.
- Even if a person leaves treatment without fully going through the program, they are more likely to change in the future than one who has not gone to treatment.

My Friend/Family Member is Overdosing.

If I call 911, Will They or I be Arrested?

- You will not get arrested *if you comply with ALL the following requirements:*
 - After you call 911, you stay with the person until help arrives AND you give your name
 - You have only a SMALL amount of drugs or paraphernalia OR none at all
 - You **do not** have a warrant out for your arrest

THE OPIATE OVERDOSE EPIDEMIC:

Common Myths (1)

Myth: You Can't Become Addicted to Prescription Medications

- False! Many prescription medications, especially opioids (OxyContin, Vicodin, Percocet), benzodiazepines (Xanax, Ativan, Klonopin), sleep medications, and some ADHD medications are very addictive.
- **Just because a doctor prescribes a medication does NOT mean a person will be safe from becoming addicted, *even if they used that medication as directed.***

Myth: You Can Get Addicted to Narcan®/Naloxone/Evizio®

- Also **false!** Narcan®/Naloxone/Evizio® are all drugs that contain naloxone (na-locks-own).
- This drug *reverses* an opiate overdose and does not produce any positive or pleasurable feelings.
- For a person who is addicted, having naloxone administered makes them immediately go into drug withdrawal--an incredibly unpleasant experience.

Myth: The Availability of Narcan®/Naloxone/Evizio® Causes Drug Users to be More Reckless

- **False.** There is a very, very small population of users who use more because they know they can be saved via opiate overdose-reversing drugs.
- Most users do not use more with the knowledge of opiate overdose-reversing drugs. People truly do not want to overdose.

OPIOIDS

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WHAT ARE OPIOIDS?

Opioids is an umbrella term for natural or synthetic drugs that are derived from – or related to – the opium poppy.

Opioids attach to receptors in the central nervous system, reducing pain signals to the brain. Commonly used opioids include oxycodone, morphine, codeine, heroin, fentanyl, methadone and opium.

SIGNS OF OVERDOSE

Opioids dull the senses, induce relaxation and euphoria. They depress (slow down) breathing and the heart rate.

In high doses, opioids depress the body's natural urge to breathe. When someone is having an overdose they can stop breathing and may die. Even if a person does not die from overdose, they can sustain brain damage.

Signs of overdose can include:

- No response to stimuli
- Shallow/stopped breathing
- Can't be woken up
- Unusual snoring/gurgling sounds
- Blue/grey lips or finger tips
- Floppy arms and legs

If you cannot get a response from someone, do not assume they are asleep. Unusual or deep snoring is a common sign of overdose. Do not let people at risk 'sleep it off'.

OVERDOSE RESPONSE

Sometimes it can take hours for someone to die from an opioid overdose. Action taken as soon as possible could save a life. If you think someone has overdosed, knowing how to respond is crucial:

Check for vital signs:

- A Alert:** Not responding to voice?
B Breathing: Noisy? Shallow? Slow? Stopped? Strange snoring?
C Colour: For fair-skinned people, blue or pale lips or fingertips?
 For darker skinned people, grayish or ashen lips and skin colour.

If you see any of these signs, you should immediately move to activate the response plan for opioid overdose.

Before you act, check for dangers such as needles.

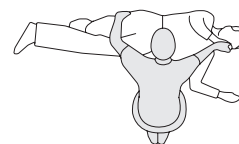
Call an ambulance, tell the operator your location, and stay on the line.

Try to get a response from the person by calling their name and/or giving a sternal rub (rub your knuckles firmly across their sternum).

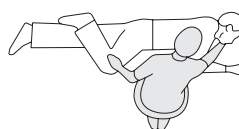
If you can't get a response, put them in the recovery position allowing their airways to remain open.

The Recovery Position

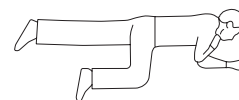
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



If you HAVE narkan/naloxone:

1. Assemble the naloxone ready for use and inject the full amount into the outer thigh or upper arm (or use nasal spray).
2. Record the time of administration. Provide this information to paramedics when they arrive.
3. If the person is not breathing, apply rescue breathing (2 breathes every 5 seconds).
4. If there has been no response after 3-5 minutes, give another dose of naloxone. Remember to record the time of administration.

Note: Naloxone will only temporarily reverse an overdose.

If you DO NOT HAVE narkan/naloxone:

- If the person is breathing, leave in recovery position and monitor breathing.
- If person is not breathing apply rescue breathing and continue until:
 - The person starts to breathe on their own
 - Ambulance arrives
 - Someone else can take over for you.

WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO **ACT.**



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www.overdoseday.com

OVERDOSE IS MOST COMMON WHEN:

- ✗ Your tolerance is down due to not using heroin or methadone – after incarceration, detox, or drug-free drug treatment.
- ✗ When drugs are mixed, especially heroin with other downers, like alcohol or benzos.
- ✗ When using alone – nobody is around to respond if you get into trouble.

WARNING SIGNS OF A HEROIN OVERDOSE:

- ✗ Can't be woken up by noise or pain (try yelling their name or "Narcen!" and rubbing your knuckles on their breastbone)
- ✗ Blue or ashy lips and fingernails
- ✗ Slow (less than 1 breath every 5 seconds) or shallow breathing
- ✗ Gaspings, gurgling, or snoring
- ✗ Vomiting

If the person is conscious, but can't talk, try to keep them awake and watch their breathing.

MORE INFORMATION

Overdose Prevention

call toll-free:

1-866-STOP-ODS

Drug Treatment in California

call toll-free:

1-800-879-2772 or

1-800-662-4357

HIV Testing or Treatment in California

call toll-free:

1-800-367-AIDS (English/Spanish)

TDD 1-888-225-AIDS

D.O.P.E. PROJECT

Drug Overdose Prevention & Education

is a program of the

Harm Reduction Coalition
1440 Broadway, Suite 510

Oakland, CA 94612

510.444.6969 x 16

dope@harmreduction.org



www.harmreduction.org

A medical professional prescribed this naloxone to the carrier. If you have questions, please contact:

OPIATE OVERDOSE PREVENTION AND SURVIVAL

got naloxone?



WHEN SOMEONE IS OVERDOSING...

REMEMBER TO S.C.A.R.E. M.E.

STIMULATION

- ✗ Try to wake them up by calling their name, shouting "Narcan!", shaking them, pinching their fingernails, or raking their breastbone with your knuckles.



CALL 911

- ✗ If they don't respond to noise or pain, call 911. If you must leave the person alone to make the call, put them in the recovery position.*



- ✗ Give address/location
- ✗ Say, "The person is unconscious and not breathing."
- ✗ **You don't have to say that any drugs are involved until the ambulance arrives.**

AIRWAY

- ✗ Make sure nothing is blocking their airway, then watch their chest and put your cheek over their nose and mouth to feel for breathing.



RESCUE BREATHING

- ✗ If they aren't breathing at least 1 breath every 5 seconds, tilt their head back, pinch their nose closed, and give one slow breath every 5 seconds until the paramedics arrive. Watch to see that their chest rises and falls with each breath.



EVALUATE

- ✗ Are they any better?
- ✗ Can you get to naloxone (Narcan) and prepare it quickly enough that they won't go too long without your help breathing?



MUSCULAR INJECTION

- ✗ Prepare the naloxone and inject it straight into a muscle (upper arm, butt, or thigh)
- ✗ Keep breathing for them until the naloxone kicks in or the paramedics arrive



EVALUATE & SUPPORT

- ✗ Are they breathing on their own?
- ✗ If the first shot doesn't kick in after 4 minutes, give them a second dose of naloxone.
- ✗ Naloxone wears off in 30-90 minutes.
- ✗ Comfort the person – he/she will be dope sick from the naloxone. Try not to let him/her use more drugs until the naloxone wears off.



*RECOVERY POSITION

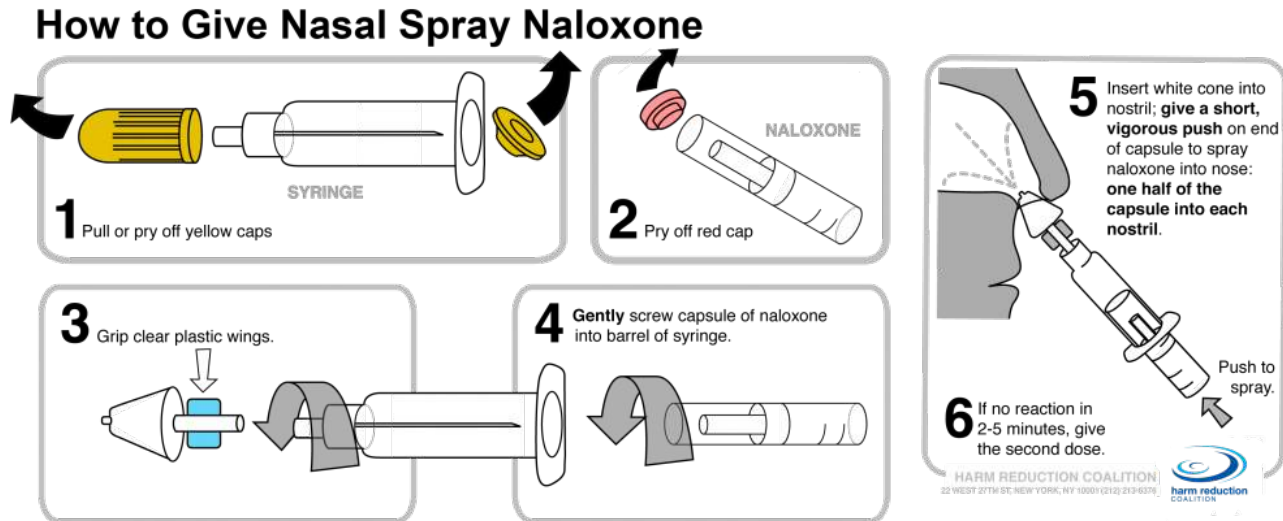
If you must leave, give the person rescue breathing until you hear the ambulance sirens. Then, put the person on their side with their hands under their head. This way, if they vomit, they won't choke on it.

Administering Naloxone

harmreduction.org/issues/overdose-prevention/overview/overdose-basics/responding-to-opioid-overdose/administer-naloxone/

Overdose Response

Nasal Naloxone:



1. Do rescue breathing for a few quick breaths if the person is not breathing.
2. Affix the nasal atomizer (applicator) to the needleless syringe and then assemble the glass cartridge of naloxone (see diagram).
3. Tilt the head back and spray half of the naloxone up one side of the nose (1cc) and half up the other side of the nose (1cc).
4. If there is no breathing or breathing continues to be shallow, continue to perform rescue breathing for them while waiting for the naloxone to take effect.
5. If there is no change in 3-5 minutes, administer another dose of naloxone and continue to breathe for them. If the second dose of naloxone does not revive them, something else is wrong—either it has been too long and the heart has already stopped, there are no opioids in their system, or the opioids are unusually strong and require more naloxone (can happen with Fentanyl, for example).



Nasal Naloxone — Photo: N.O.M.A.D (Not One More Anonymous Death)

Injectable Naloxone:

Injectable naloxone comes packaged in several different forms- a multi dose 10 mL vial and single dose 1mL flip-top vials with a pop off top. With all formulations of naloxone, it is important to check the expiration date and make sure to keep it from light if it is not stored in a box. If someone has an injectable formulation of naloxone, all of the steps in recognizing and responding to an overdose are the same except how to give the naloxone. To use injectable naloxone:

1. Do rescue breathing for a few quick breaths if the person is not breathing.
2. Use a long needle: 1 – 1 ½ inch (called an IM or intramuscular needle)- needle exchange programs and pharmacies have these needles.
3. Pop off the orange top vial
4. Draw up 1cc of naloxone into the syringe 1cc=1mL=100u.
5. Inject into a muscle – thighs, upper, outer quadrant of the butt, or shoulder are best.
6. Inject straight in to make sure to hit the muscle.
7. If there isn't a big needle, a smaller needle is OK and inject under the skin, but if possible it is better to inject into a muscle.
8. After injection, continue rescue breathing 2-3 minutes.
9. If there is no change in 2-3 minutes, administer another dose of naloxone and continue to breathe for them. If the second dose of naloxone does not revive them, something else may be wrong—either it has been too long and the heart has already stopped, there are no opioids in their system, or the opioids are unusually strong and require more naloxone (can happen with Fentanyl, for example).



Once naloxone has been delivered and if the person is not breathing, continued rescue breathing is important until help arrives.

Naloxone only lasts between 30 – 90 minutes, while the effects of the opioids may last much longer. It is possible that after the naloxone wears off the overdose could recur. It is very important that someone stay with the person and wait out the risk period just in case another dose of naloxone is necessary. Also, naloxone can cause uncomfortable withdrawal feelings since it blocks the action of opioids in the brain. Sometimes people want to use again immediately to stop the withdrawal feelings. This could result in another overdose. Try to support the person during this time period and encourage him or her not to use for a couple of hours.

IMPORTANT!

If a victim is not responsive to stimulation, not breathing, and has no pulse after receiving naloxone and rescue breathing, then the victim needs cardiopulmonary resuscitation (CPR) via a trained bystander and the emergency medical system. **Call 911!**

Emergency Response for Opioid Overdose



nasal naloxone



Try to wake the person up

- Shake them and shout.
- If no response, grind your knuckles into their breast bone for 5 to 10 seconds.



Someone has overdosed.

Someone isn't breathing.



Call 911

If you report an overdose, New York State law protects you and the overdosed person from being charged with drug possession, even if drugs were shared.



Administer nasal naloxone

- Assemble nasal naloxone.
- Spray half up each nostril.
- Repeat after 2 to 5 minutes if still not conscious.



Check for breathing

Give CPR if you have been trained, or do rescue breathing:

- Tilt the head back, open the mouth, and pinch the nose.
- Start with 2 breaths into the mouth. Then 1 breath every 5 seconds.
- Continue until help arrives.



Stay with the person

- Naloxone wears off in 30 to 90 minutes.
- When the person wakes up, explain what happened.
- If you need to leave, turn the person on his or her side to prevent choking.

Next Page: [Aftercare](#)

Overdose Response

Withdrawal and re-overdose risk

Because naloxone blocks opioids from acting, it is possible that it can cause withdrawal symptoms in someone that has a habit, daily opioid pain medication use or other opioid tolerance. Therefore, after giving someone naloxone he or she may feel dopesick and want to use again right away. **It is very important that one does not use again until the naloxone wears off so that a re-overdose does not occur.**

Bystanders who use naloxone often report that it works immediately, however it may take up to 8 minutes to have an effect. Naloxone's effect lasts for about 30 to 90 minutes in the body. Because most opioids last longer than that, the naloxone *may* wear off before the effects of the opioids wear off and the person *might* go into an overdose again. Naloxone administration may be repeated without harm if the person overdoses again. In addition, if the person uses more heroin or opioids when there is still naloxone in the system, he or she may not feel it at all – naloxone will knock it out of the opioid receptors and the person will have wasted their drugs.

The likelihood of overdosing again depends on several things including:

- How much drug was used in the first place and the half-life of the drug(s) taken
- How well the liver works to process things; and
- If the person uses again.

If the person cannot walk and talk well after waking up, then it is very important that they are taken to the hospital. If possible, stay with the person for several hours keeping them awake.

STIMULANTS

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WHAT ARE STIMULANTS?

Stimulants are a category of drug that increase alertness and heart rate, producing an effect of increased confidence, and energy.

Large doses of these drugs can result in anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Examples of stimulant drugs include: amphetamines, cocaine and Ecstasy (MDMA).

SIGNS OF OVERDOSE

Physical signs

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing

Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

OVERDOSE RESPONSE

Before you act, check for danger

Call an ambulance, tell the operator your location, and stay on the line.

Move the person to a quiet, safe room away from bystanders, noise, excessive light, heat and other stimulation.

If confused or panicking, try to reassure them.

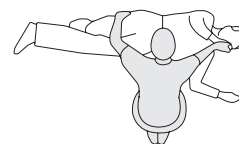
If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

If you can't get a response or the person is unconscious, put them in the recovery position.

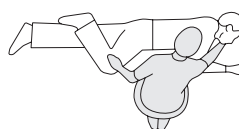
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

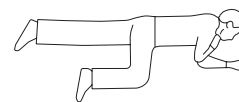
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

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NEW PSYCHOACTIVE SUBSTANCES

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WHAT ARE NEW PSYCHOACTIVE SUBSTANCES?

New Psychoactive Substances (NPS), also known as 'synthetic drugs' or 'legal highs' are chemicals that are made to act in a similar way to drugs like cannabis, ecstasy, cocaine or methamphetamine.

They come in different forms including:

- a) Powders / pills.
- b) Synthetic cannabis (synthetic chemicals that have been added to herbal or plant material).

Although called 'new' some have been around for decades and are often sold as incense, bath salts, plant food or wrongly marketed as safer or legal alternatives to other drugs.

MISCONCEPTION ABOUT THEIR LEGAL STATUS

In attempts to stay ahead of, or get around the law, manufacturers have changed the molecular structure of NPS. NPS have been changed so often and new substances made that it is practically impossible to know what is in what you are taking.

Laws regarding NPS may be different depending on where you are in the world but even NPS bought from regulated licenced sources can be dangerous. Buying them from the internet or from unregulated sources can be very risky as even if it has 'legal' on the packet there is no guarantee what's in the packet is legal or safe.

For example, two products, each sold as synthetic cannabis may be completely different chemicals from each other and have nothing in common with cannabis or even the ingredients written on the packets.

NPS have been linked to deaths in the United Kingdom, Europe, America and Australia.

SIGNS OF OVERDOSE

The effects of NPS vary from substance to substance and so may signs of overdose.

Some signs of overdose can include:

Physical signs

- Rigid muscles / spasms
- Shaking / shivering
- Fever / overheating
- Nausea or vomiting
- Difficulty / stopped breathing
- Can't be woken up
- Seizure

Psychological signs

- Confusion or distress
- Paranoia, fear and panic
- Agitation and aggression

OVERDOSE RESPONSE

If you think someone has overdosed, please consider the following:

Before you act, check for dangers such as needles.

Call an ambulance, tell the operator your location, and stay on the line.

If confused or panicking, try to reassure them.

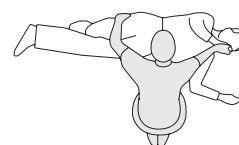
Maintain calmness in the area.

If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

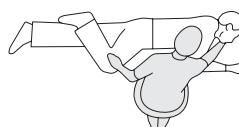
If you can't get a response, put them in the recovery position.

The Recovery Position

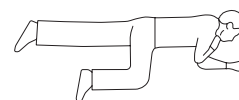
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
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DEPRESSANTS

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WHAT ARE DEPRESSANTS?

Benzodiazepines, barbiturates (medical depressants), and alcohol all slow the central nervous system to produce a calming effect.

These substances are often prescribed to relieve pain, help you sleep or in the case of alcohol, used recreationally when socialising. However, when taken in excessive amounts or in combinations with other drugs, depressants can depress normal functions such as breathing and heart rate until they eventually stop, resulting in brain damage or death.

SIGNS OF OVERDOSE

- Vomiting
- Unresponsive, but awake
- Limp body
- Pale and/or clammy face
- Blue fingernails or lips
- Shallow or erratic breathing, or not breathing at all
- Slow or erratic pulse (heartbeat)
- Choking or sounds of a gurgling noise
- Loss of consciousness

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

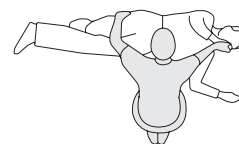
Ensure the person has adequate air by keeping crowds back or opening windows. Loosen tight clothing.

If the person is unconscious or wants to lie down, put them in the recovery position and continue to monitor them.

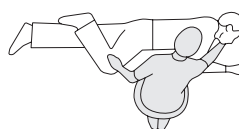
Provide paramedics with as much information as possible, such as what, and how much of the drug was taken, how long ago and any pre-existing medical conditions. If the drug came in a bottle or packet, give the packaging to the ambulance officers.

The Recovery Position

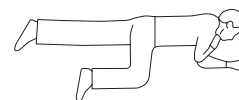
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** ignore snoring or gurgling: This could mean someone is having trouble breathing.
- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

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ALCOHOL

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WHAT IS ALCOHOL?

Alcohol is a legal depressant that slows down the messages travelling between the brain and the body. In small amounts, alcohol can cause you to feel relaxed, more confident and heighten your emotions.

Alcohol depresses the nerves that control involuntary actions such as breathing and the gag reflex (to prevent choking). A fatal dose of alcohol will eventually cause these functions to shut down. Since alcohol is an irritant to the stomach, excessive vomiting is also common. If the person is unconscious, this could lead to death by asphyxiation.

SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Keep them warm.

If you can't get a response or the person is unconscious, put them in the recovery position. Don't leave them on their back.

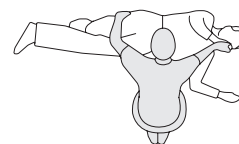
If they are awake, try to keep them in a sitting position and awake.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

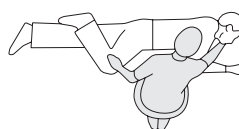
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

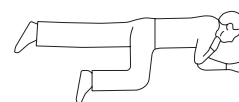
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- **Do NOT leave them to sleep it off:** the amount of alcohol in someone's blood continues to rise even when they stop drinking.
- **Do NOT give them coffee:** alcohol and coffee both dehydrate the body. Having both can lead to severe dehydration and permanent brain damage.
- **Do NOT make them sick:** alcohol can interfere with a person's gag reflex, causing them to choke on their own vomit.
- **Do NOT walk them around:** alcohol slows brain function and affects co-ordination and balance. Walking them around might cause accidents.
- **Do NOT put them in a cold shower:** it could dangerously reduce body temperature and lead to hypothermia.
- **Do NOT let them drink more alcohol:** the amount of alcohol in their bloodstream could become even higher – which could put them in further danger.

TIME TO
REMEMBER.
TIME TO **ACT.**



International Overdose
Awareness Day
prevention and remembrance

For more information visit
www.overdoseday.com

CRYSTAL METHAMPHETAMINE

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT IS CRYSTAL METHAMPHETAMINE?

Methamphetamine (or methylamphetamine hydrochloride) is a central nervous system (CNS) stimulant.

It is generally available in four forms:

- 1 **Speed** – which comes in powder form and is typically of low purity.
- 2 **Base** – a damp oily substance with white to yellow or brown colour (also known as “pure”, “paste”, “wax”).
- 3 **Pills/tablets** – usually contain only a small dose of methamphetamine.
- 4 **Crystal** – purest form of methamphetamine and has a translucent to white crystalline appearance. The crystal form of the drug is also known as ice.

Meth can be swallowed, snorted, smoked or injected, with each of these methods having different risks. For example, swallowing makes it difficult to work out the dose and when its effects will be felt. Smoking is harsh on the lungs and risks burning them. Injecting any drug attracts risks of injection-related injury and diseases including blood borne viruses (e.g. HIV, hepatitis C).

Smoking and injecting ice can have a nearly instantaneous onset of its effects which might account for the higher likelihood of methamphetamine dependence among people who smoke and/or inject ice.

SIGNS OF OVERDOSE

Because of its high purity, meth overdose, or toxicity, can occur even with small doses, especially when mixed with other drugs. The greatest concern in meth overdose is the risk of seizures, stroke and heart attack. Emergency presentations featuring meth toxicity are less common than meth psychosis. However, risks to the cardiovascular system from high levels are significant, especially when there is a pre-existing health problem.

Some signs of overdose can include:

Physical signs

- Hot, flushed, sweaty skin
- Severe headaches
- Chest pain
- Unsteady walking
- Rigid muscles or tremors, spasms, jerky movements
- Movement of the limbs, and seizures
- Difficulty breathing

Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state (e.g. confusion, disorientation)

OVERDOSE RESPONSE

Before you act, check for dangers such as needles.

Call an ambulance, tell the operator your location, and stay on the line.

Move the person to a quiet, safe room away from bystanders, noise, excessive light, heat and other stimulation.

If confused or panicking, try to reassure them.

If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

If you can't get a response or the person is unconscious, put them in the recovery position.

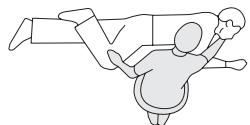
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

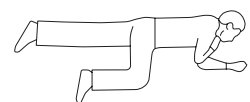
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO **ACT.**



International Overdose
Awareness Day
prevention and remembrance

For more information visit
www.overdoseday.com

Places to go for Help with Addiction!

Crawford County Drug and Alcohol | Meadville | (814) 724-4100
PA Department of Drug and Alcohol Programs | (717) 783-8200

Detox:

Hospital based:

Armstrong County - Kittanning PA | (724) 543-8500
Bradford Medical Center - Bradford PA | (814) 368-2023 or 800-446-2583
Butler Hospital | Butler PA | (724) 283-6666 or (800) 831-2468 | Admission thru Emergency Room
Stepping Stones | Meadville Medical Center | (814) 333-5810 | Admission thru Emergency Room
Millcreek Hospital | Erie PA | (814) 868-8311
Warren General Hospital | Warren PA | (814) 723-3300 x1875
WPIC Pittsburgh PA Crisis Line | (800) 796-8226 or (877) 624-1000 or (412) 647-9305

Non Hospital Based:

Cove Forge | Williamsburg PA | 1-800-873-2131 | Nationwide
Gaudenzia | Erie PA | (814) 459-4775
Pyramid | Altoona | (888) 694-9996 | Adolescent
Turning Point | Franklin PA | (814) 437-1750
White Deer Run | Allenwood PA | (800) 626-9355 | Adolescent

Rehabs:

Alpine Springs | Linesville PA | (866) 680-7184
Cove Forge | Williamsburg PA | (800) 873-2131 | Nationwide
Deerfield Dual Rehab | Erie PA | (814) 878-2100
Firetree Rehab | Wernersville PA | (717) 533-0428
Gaiser Center | Butler PA | (724) 287-8205
Gateway | Aliquippa PA (800) 472-1177 | Adolescent
Gaudenzia/Crossroads | Erie PA | (814) 459-4775
Glenbeigh | Rock Creek OH | (440) 563-3400
Greenbriar | Washington PA | (800) 637-4673
Pyramid | Altoona | (888) 694-9996
Ridgeview Adolescent Behavioral Health Center | Gibsonia PA | (724) 443-3220
Turning Point | Franklin PA | (814) 437-1750 or (888) 272-8922
Twin Lakes | Somerset PA | (800) 452-0218
White Deer Run | Allenwood PA | (800) 626-9355 | Adolescent

Outpatient:

Crawford County Drug and Alcohol | Meadville PA | (814) 724-4100
Glenbeigh | Erie PA | (814) 864-4226
Mercy House | Meadville PA | (814) 337-6180
Stepping Stones | Meadville PA | (814) 333-5810

Families:

Hope for Broken Hearts | Butler PA | (724) 287-7601
Mercy House | Meadville PA | (814) 337-6180



Hope for Healing Hearts Support Group

Support for Families Dealing with Drug/Alcohol Use and Addiction

Tuesdays at 7p

Meadville Medical Center | Grove Street Campus
1034 Grove Street, Meadville PA 16335
Annex Conference Room
Just past the Chapel on your left!



@NotOneMoreNWPA

Contact us: support@notonemorenwpa.org

Addiction Community Resources Toolkit

This Toolkit includes resources around prevention, drug treatment, recovery support and general information for families, community organizations, schools, and parents concerned about addiction and looking for support.

Resources on Prevention, Treatment, and Recovery

PREVENTION

1. [The Parent Toolkit](http://www.drugfree.org/the-parent-toolkit/age-by-age-advice/): Whether your child is toddling through preschool, meandering through middle school or cruising through his '20s here are tips to help guide him toward a healthy life at every age!
<<http://www.drugfree.org/the-parent-toolkit/age-by-age-advice/>>
2. [Join a Community Anti-Drug Coalition](http://www.cadca.org/webform/join-existing-coalition): Community Anti-Drug Coalitions of America (CADCA) is the leading substance abuse prevention organization, representing over 5,000 community based coalitions across the United States and in 22 countries who work to create safe, healthy, and drug-free communities. CADCA's Membership Department is ready and able to connect you with our coalition network which reaches into every U.S. state and territory. <<http://www.cadca.org/webform/join-existing-coalition>>
3. Free Online Course: "[Medicine Safety: Drug Disposal and Storage](http://learning.cadca.org/)" <<http://learning.cadca.org/>>
4. [6 Parenting Practices](https://drugfree.org/download/6-parenting-practices/6-parenting-practices/): 6 practices that will help you reduce the chances your child will develop a drug or alcohol problem.
<<https://drugfree.org/download/6-parenting-practices/6-parenting-practices/>>
5. [How to Connect with Your Kids](https://drugfree.org/the-parent-toolkit/connecting-with-your-kids/): Teens say that parents are the most important influence when it comes to drugs and alcohol. This link provides information for parents on how to bond with your teenagers as well as 8 ways to talk with your teen about drugs and alcohol. <<https://drugfree.org/the-parent-toolkit/connecting-with-your-kids/>>
6. [Family Checkup](https://www.drugabuse.gov/family-checkup): Highlight parenting skills that are important in preventing the initiation and progression of drug use among youth. <<https://www.drugabuse.gov/family-checkup>>
7. [National Medicine Abuse Awareness Month and Online Toolkit for Community Leaders](http://www.preventrxabuse.org): CADCA's online prescription drug abuse prevention toolkit introduces facts, strategies, and tools to prevent and reduce teen prescription drug abuse in your communities. <<http://www.preventrxabuse.org>>
8. [SAMHSA Parent Resources Underage Drinking](#): Check out these resources to help you start—and keep up—the conversation about the dangers of drinking alcohol at a young age.
9. [Teen Engagement](#): Resources to help teens live “Above the Influence” and learn the facts about drugs and alcohol.
10. [The Medicine Abuse Project](#): The Medicine Abuse Project website includes information about prevention of prescription drug abuse, painkiller addiction, and overthecounter (OTC) medicine abuse. It provides information about how to dispose of medicine and how to safeguard the medicine in your home, as well as lists medicine abuse facts and includes comprehensive information about the most abused prescription drugs.

CHILDREN PARENTAL SUBSTANCE USE

1. [Children of Alcoholics Kit for Parents](#) The National Association for Children of Alcoholics (NACoA) has assembled this kit to help you and your children learn more about this disease and to provide information for you about resources others have found to be helpful.
2. [Find AlAnon](#) AlAnon is a network of support groups for friends and families of problem drinkers. This link provides information on how to tell if someone's problem drinking is affecting you and resources available for support.
3. [Find Alateen](#) Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking. Alateen groups are sponsored by Al-Anon members who help the group to stay on track. Alateens come together to share experiences, strength, and hope with each other, discuss difficulties learn effective ways to cope with problems, encourage one another, help each other understand the principles of the Al-Anon program, learn how to use the Twelve Steps and Alateen's Twelve Traditions.

OVERDOSE TREATMENT

[How to Administer Intranasal Narcan](https://vimeo.com/151191919): <<https://vimeo.com/151191919>>

[Opiate Overdose Prevention and Survival](http://harmreduction.org/wp-content/uploads/2011/12/naloxoneBrochure.pdf): <<http://harmreduction.org/wp-content/uploads/2011/12/naloxoneBrochure.pdf>>

TREATMENT

1. [Behavioral Health Treatment Services Locator](https://findtreatment.samhsa.gov/) A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems. <<https://findtreatment.samhsa.gov/>>
2. [Find a Behavioral Health Provider](https://www.thenationalcouncil.org/providers/) A comprehensive list of behavioral health providers throughout the country. <<https://www.thenationalcouncil.org/providers/>>
3. [Find an Addiction Psychiatrist](https://www.aaap.org/patient-resources/find-a-specialist/) The AAAP (American Academy of Addiction Psychiatry) Patient Referral Program (or Physician Locator) is a listing of AAAP Members by state for quick and easy navigation and referrals. <<https://www.aaap.org/patient-resources/find-a-specialist/>>
4. [Finding Quality Addiction Treatment](#) Whether you are seeking help for yourself or for a friend, family member or someone you know, this guide will point you toward the best quality treatment. Depending on where you live, your treatment options may be limited, but that doesn't mean you should ever go without treatment.
5. [Intervention eBook](#): What to do if your child is drinking or using drugs This ebook answers parents' most pressing questions about confronting their child about his or her use.
6. [Medication Assisted Treatment \(MAT\) Ebook](http://www.centeronaddiction.org/sites/default/files/files/Final-patient-guide-april-2016.pdf) This eBook will help you learn more about medication assisted treatment – what it is, how it's used, where to find it and how you can best support your child through treatment. <<http://www.centeronaddiction.org/sites/default/files/files/Final-patient-guide-april-2016.pdf>>
7. [National Institute of Drug Abuse: Treatment](https://www.drugabuse.gov/related-topics/treatment) Drug addiction is a chronic disease characterized by compulsive, or uncontrollable, drug seeking and use despite harmful consequences and changes in the brain, which can be long lasting. These changes in the brain can lead to the harmful behaviors seen in people who use drugs. Drug addiction is also a relapsing disease. Relapse is the return to drug use after an attempt to stop. <<https://www.drugabuse.gov/related-topics/treatment>>
8. [Patient Guide](https://www.centeronaddiction.org/addiction-treatment/patient-guide) The National Center on Addiction and Substance Abuse's stepbystep guide was created to help you navigate the vast amount of information—and misinformation—about finding addiction treatment and the questions that may arise along your journey. <<https://www.centeronaddiction.org/addiction-treatment/patient-guide>>
9. [Questions to Ask Treatment Programs](https://drugfree.org/download/questions-to-ask-treatment-programs/) This list of questions can help guide your conversation with treatment program staff in helping you decide which program is the best fit for your child and family. <<https://drugfree.org/download/questions-to-ask-treatment-programs/>>
10. [SAMHSA's National Helpline](https://www.samhsa.gov/find-help/national-helpline) SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hours-a-day, 365days-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. <<https://www.samhsa.gov/find-help/national-helpline>>
11. [Treatment eBook](http://www.pharmacy.ca.gov/consumers/treatment_find_help_for_your_child.pdf): How to find the right help for your child with a drug or alcohol problem. Our Treatment ebook (pdf) has all the facts you need to know so that you can get the right help for your child. You will learn what alcohol and drug abuse treatment is, how to pay for treatment, how to get your child to start treatment and what you can do to help yourself and your family cope with the challenges you're facing. <http://www.pharmacy.ca.gov/consumers/treatment_find_help_for_your_child.pdf>

RECOVERY

1. [Continuing Care](http://continuingcare.drugfree.org/) A Parent's Guide to Your Teen's Recovery from Substance Abuse <<http://continuingcare.drugfree.org/>>
2. [Find Local A.A.](http://www.aa.org/pages/en_US/find-local-aa) Find local Alcoholics Anonymous programs and meetings. <http://www.aa.org/pages/en_US/find-local-aa>
3. [Find Local N.A.](https://www.na.org/meetingsearch) Locate helplines and websites for local groups near you who can assist you in finding a meeting. <<https://www.na.org/meetingsearch>>
4. Find a Recovery Community Organization Locate local organizations providing peer recovery support services in recovery community centers and other diverse settings.
5. Guide to Mutual Aid Resources: Find a Support Group Mutual aid is the process of giving and receiving nonclinical and nonprofessional help to achieve long-term recovery from addiction. There are mutual aid groups for people seeking, initiating and sustaining their recovery and for their families and significant others.
6. Join an Association of Recovery Community Organizations Find a local recovery organization.
7. [Locate an Association of Recovery Schools Member School](#) The map of schoolbased recovery support initiates from a broad market study conducted by The Stacie Mathewson Foundation on behalf of the Association of Recovery Schools. The goal is to paint a picture of the present landscape of schools that have a recovery support emphasis.
8. Parent support network The Parent Support Network at Partnership for DrugFree Kids is a system of care for parents whose teen and young adult children are struggling with drugs and alcohol.
9. [Recovery Residences](#) – Information about access to quality recovery residences through standards, support services, placement, education, research and advocacy.
10. [Young People in Recovery](#) Find a Chapter Find a Young People in Recovery chapter nearest to you with this map.

FACTS AND INFORMATION

1. [Drugs, Brains, and Behavior: The Science of Addiction](#) Provides scientific information about the disease of drug addiction, including the many harmful consequences of drug abuse and the basic approaches that have been developed to prevent and treat the disease. <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/soa_2014.pdf>
2. [A Focus on Heroin & Opioids: From Understanding to Action](#) Information to understand the opioid epidemic and how to take action. <<https://drugfree.org/article/heroin-other-opioids-from-understanding-to-action>>
3. [Drug Facts: Heroin](#) Facts from the National Institute on Drug Abuse. <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/drugfacts_heroin_10_14.pdf>
4. [Prescription Drugs and Cold Medicines](#) Some medications have psychoactive (mind-altering) properties and, because of that, are sometimes abused—that is, taken for reasons or in ways or amounts not intended by a doctor, or taken by someone other than the person for whom they are prescribed. In fact, prescription and over-the-counter (OTC) drugs are, after marijuana (and alcohol), the most commonly abused substances by Americans 14 and older. <<https://www.drugabuse.gov/drugs-abuse/prescription-drugs-cold-medicines>>
5. [Prescription Opioids and Heroin](#) Facts on prescription opioids and heroin from the National Institute on Drug Abuse. <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/rx_and_heroin_rrs_layout_final.pdf>
6. [That's Right. Addiction is a Disease.](#) Video Video presentation from the Partnership for DrugFree Kids. <<https://www.youtube.com/watch?v=P--6LEbksds>>
7. [Rx and OTC Drug Guide](#) Teen medicine abuse is an epidemic one that is not poised to get better. But there are steps we can all take, starting with getting educated about the types of medicine that teens frequently abuse, you can take the first step in helping to end medicine abuse. Here, you can learn about the prescription and over-the-counter drugs that teens are most commonly abusing, including what they look like, their street or slang names, how they're taken and what the potential side effects are. <<https://drugfree.org/medicine-abuse-project>>
8. [The Teen Brain](#) Scientists are beginning to learn that it takes a brain about 25 years to fully develop, and that a huge burst of development happens during adolescence. That burst can explain a lot of unpredictable – and sometimes risky – teen behavior. <<https://drugfree.org/article/brain-development-teen-behavior>>

Helplines

SAMHSA's National Helpline

SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24 hours-a-day, 365 days-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community based organizations. Callers can also order free publications and other information. Call 1800662HELP (4357) or visit the [Online treatment locators](#). <<https://findtreatment.samhsa.gov>>

Partnership for DrugFree Kids Helpline

1 (855) DRUGFREE is a toll-free, national Helpline for parents whose children are abusing drugs or alcohol take effective action to support their loved one. The Helpline is staffed by trained and caring, bilingual, master's level parent support specialists. Their job is to talk confidentially with callers and share information to help.

Community Anti-Drug Coalition of America Technical Assistance Hotline
180054CADCA, Ext. 240

Special thanks to the following organizations:

[Addiction Policy Forum](#) <www.addictionpolicy.org>
[Community Anti-Drug Coalitions of America](#) <www.cadca.org>
[Partnership for DrugFree Kids](#) <www.drugfree.org>
[Young People in Recovery](#) <www.youngpeopleinrecovery.org>
[Faces & Voices of Recovery](#) <www.facesandvoicesofrecovery.org>
[National Council for Behavioral Health](#) <www.thenationalcouncil.org>
[National Association for Children of Alcoholics](#) <www.nacoa.org>

GOT HURTS, HANG-UPS & HABITS?

CelebrateRecovery®

Celebrate Recovery is a Christ-centered recovery ministry for anyone struggling with hurts, hang-ups, and destructive habits, no matter how big or small.

Our purpose is to fellowship together and support one another as we celebrate God's healing power in our lives through the eight recovery principles found in the Bible and in Christ-Centered 12 Steps of Recovery.

All Are Welcome!

CHRIST-CENTERED RECOVERY GROUPS IN THE OIL REGION

Monday at 7:00pm in Seneca

United Methodist Church
196 East State Road, Seneca, PA

Tuesday at 7:00pm in Oil City

Free Methodist Church
206 Wilson Avenue, Oil City, PA

Wednesday at 7:00pm in Oil City

Free Methodist Church, Siverly
71 Willow Street, Oil City, PA

Wednesday at 6:00pm in Meadville

The Altar International House of Prayer
898 Park Ave (upstairs) Meadville, PA

Friday at 7:30pm in Franklin

1st Baptist Church
1041 Liberty Street, Franklin, PA
(Use Buffalo Street entrance)

Sunday at 6:00pm in Titusville

New Life Care Center
107 W. Spring St., Titusville, PA

For more information, please call 814-432-5304.

Nat'l. CR website: www.CelebrateRecovery.com

AA – Saturday

| | | |
|-------------------------------|---|--------|
| Greenville, PA | 10:30 a.m. | CD |
| Zion Reformed Lutheran Church | 260 Main St. | |
| Spartansburg, PA | 6:00 p.m. | OS |
| Church, Main St. | | |
| Meadville, PA | 8:00 p.m. | OS, HA |
| Stone Methodist Church | 956 Main St. across from Marquette Bank | |
| Conneaut Lake PA | 8:00 p.m. | OS, HA |
| 5th St. Presbyterian Church | Meeting in Basement | |

AL-Anon - Monday

| | | |
|--------------------------|------------------------|----|
| Linesville, PA | 7:30 p.m. | CD |
| Presbyterian Church | 206 Erie St., Upstairs | |
| Titusville, PA | 9:00 a.m. | CD |
| Titusville Senior Center | 714 E. Main St. | |

AL-Anon – Tuesday

| | | |
|-------------------------------------|--------------------------|----|
| Hermitage, PA | 7:00 p.m. | CD |
| Hermitage Middle Sch. Community Rm. | Rt. 18 Across from Sears | |

AL-Anon – Wednesday

| | | |
|-----------------------------|-----------|----|
| Mercer, PA | 8:00 p.m. | CD |
| Mercer County Living Center | Rt. 58 | |

AL-Anon – Thursday

| | | |
|--------------------------------|---------------------------|--------|
| Edinboro, PA | 7:30 p.m. | CD, HA |
| McLane Church (Old Ames Bldg.) | Rt. 99 N, Behind PNC Bank | |
| Jamestown, PA | 8:00 p.m. | CD |
| First Presbyterian Church | 411 Liberty St. | |

AL-Anon – Friday

| | | |
|--------------------------------|------------------------|--------|
| Meadville, PA | 8:00 p.m. | CD, HA |
| MMG, 1034 Grove St. | ACR2 | |
| Grove City, PA | 8:30 p.m. | CD |
| Church of the Beloved Disciple | 1310 S Center St. Ext. | |

NAMES & PHONE NUMBERS

Meadville & Vicinity Edition
Alcoholic Anonymous

AA Meetings

Revised January 2017



Responsibility Statement

I am responsible... When anyone, anywhere reaches out for help, I want the hand of AA always to be there and for that... I am responsible.

Serenity Prayer

God, Grant me the Serenity to accept the things I cannot change, Courage to change the things I can and Wisdom to know the difference.

OD-Open Discussion, OS-Open Speaker
CS-Closed Speaker, CD-Closed discussion
HA-Handicapped Accessible, NS-No Smoking
BB-Big Book, 12S-12 Steps & 12 Traditions

- Open Meetings are for any interested person
- Only OD & OS meetings welcome students and professionals
- Closed Discussion meetings are open to Alcoholics Only

-Hot Lines – AA Answering Service-

814-337-4019 Meadville Area

814-452-2675 Erie Area, 814-726-2345 Warren Area
800-227-2421 Oil City, 412-342-0612 Sharon Area

AA – Sunday

| | | |
|--|------------|-------------|
| Titusville, PA | 9:00 a.m. | 12S |
| Titusville Senior Center 714 E. Main St. | | |
| Meadville, PA | 10:00 a.m. | OD, 12S, HA |
| MMC, 1034 Grove St. Assembly Hall | | |
| Mercer, PA | 10:00 a.m. | OS, HA |
| Old County Home Rt. 18 | | |
| Edinboro, PA | 6:30 p.m. | OS, HA |
| Borough Bldg., Meadville St. | | |
| Sandy Lake, PA | 7:30 p.m. | OD |
| Sandy Lake Borough Bldg. | | |
| Meadville, PA | 7:30 p.m. | OD, HA |
| MMC, 1034 Grove St., Assembly Hall | | |

AA – Monday

| | | |
|--|-------------------|--------|
| Mercer, PA | 11:00 a.m. | |
| Immaculate Heart of Mary Church 100 Penn Ave. – Rt. 19 & 58 | | |
| Meadville, PA | 12:00 Noon | OD, HA |
| Unitarian Church 346 Chestnut St | | |
| Meadville, PA | 12:00 Noon Womens | OD, HA |
| Unitarian Church 346 Chestnut St | | |
| Saegertown, PA | 7:30 p.m. | OD |
| Christ Evangelical Free Church, Hill Rd. Rt. 19, 2 mi. N. of St. light | | |
| Cambridge Spgs. PA | 7:30 p.m. | OD, HA |
| Presbyterian Church 338 S. Main St. | | |
| Titusville, PA | 7:30 p.m. | OD |
| St. Walburga's School 120 Brook St. | | |
| Linesville, PA | 7:30 p.m. | OS |
| United Presbyterian Church 206 Erie St. – Traffic Light | | |

AA – Tuesday

| | | |
|---|------------|--------|
| Meadville, PA | 12:00 Noon | OD, HA |
| Unitarian Church 346 Chestnut St | | |
| Greenville, PA | 7:00 p.m. | OD |
| Greenville Women's Tuesday Night Lutheran Church, Clinton & Penn Sts. | | |
| N. Richmond, PA | 7:30 p.m. | OD, OS |
| United Methodist Church Corner N. Richmond & Whitehall Rd. | | |
| Titusville, PA | 7:30 p.m. | OS |
| St. James Episcopal Parish Hall 1112 E. Main St. | | |
| Meadville, PA | 7:30 p.m. | OD |
| Alliance Church 660 North Main St. | | |

AA – Wednesday

| | | |
|--|------------|--------|
| Meadville, PA | 12:00 Noon | BB, HA |
| Unitarian Church 346 Chestnut St | | |
| Edinboro, PA | 12:00 Noon | OD, HA |
| Luncheon Meeting Chering Health Center, ESU | | |
| Titusville, PA | 7:30 p.m. | OS, HA |
| New Beginnings Churchl 220 West Elm St | | |
| Edinboro, PA | 8:00 p.m. | OD, HA |
| McLane Church (old Ames Bldg.) Rt. 99 N, Behind PNC Bank | | |
| Mercer, PA | 8:00 p.m. | OS, HA |
| Immaculate Heart of Mary Church 100 Penn Ave – Rt. 19 & 58 | | |

AA – Thursday

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|--|------------|--------|
| Meadville, PA | 12:00 Noon | OD, HA |
| Unitarian Church 346 Chestnut St | | |
| Meadville, PA | 7:30 p.m. | OD |
| First Presbyterian Church 890 Liberty St., Rear Access | | |

| | | |
|--|-----------|--------------|
| Edinboro, PA | 7:30 p.m. | CD |
| McLane Church (old Ames Bldg.) Rt. 99 N, Behind PNC Bank | | |
| Jamestown, PA | 7:00 p.m. | OD |
| First Presbyterian Church 411 Liberty St. (In back) | | |
| Conneautville, PA | 8:00 p.m. | OS |
| Valley United Methodist Church Main St. (In back) | | |
| Titusville, PA | 7:30 p.m. | Big Book, OD |
| St. Walburga's School 120 Brook St. | | |

AA – Friday

| | | |
|-------------------------------------|------------|-------------|
| Meadville, PA | 12:00 Noon | OD, 12S, HA |
| Unitarian Church 346 Chestnut St. | | |
| Meadville, PA | 8:00 p.m. | OS, HA |
| MMC, 1034 Grove St. Assembly Hall | | |
| Cambridge Spgs. PA | 8:00 p.m. | OS, HA |
| Presbyterian Church 338 S. Main St. | | |
| Corry, PA | 8:00 p.m. | OS, HA |
| Corry Memorial Hospital Smith St. | | |

Phone #'s

| | |
|-------|----------------------------|
| AB | Ask It Basket |
| BT | Basic Text Study |
| C | Closed- Addicts Only |
| D | Discussion |
| HCP | Handicapped Accessible |
| LIT | Literature Study |
| NS | Non-Smoking |
| O | Open- Everyone Welcome |
| S | Speaker Meeting |
| TS | Topic Speaker |
| x | Times Per Month |
| SWG | Step Working Guide |
| 12&12 | Steps and Traditions |
| WHY | It Works How and Why Study |
| V | Varied Format |

[illegible]

Meeting Schedule
for the Conneaut Lake,
Franklin, Meadville, Oil City,
Jamestown, Cochranston
and Titusville Communities.
Updated 19-Aug-2017



Central Western PA A.S.C.
PO Box 1281
Meadville, PA 16335

cwpascna.com

Regional Help Line (412) 391-5247

| Sunday | | Tuesday | | Thursday | |
|--|--|--|---|------------------------------------|--|
| 6:00 pm NS | <u>Sunday Night Get Right</u> | 7:00p NS; O; D | <u>Fight the Fight</u> Franklin Church of Christ 32 Bleakley Avenue, Franklin PA | 8:00 pm NS; HCP; O; V | <u>New Freedom</u> Meadville Medical Center Café 1034 Grove Street., Meadville, PA |
| | Colbert Ave. & Wabash St., Oil City, PA | 8:00 pm NS; Sx2; TSx2 | <u>Clean and Serene Group</u> Stone United Methodist Church 956 S. Main Street, Meadville, PA | 7:30 pm NS; O | Friday <u>Recovery First Group</u> St. Walburga School 120 Brook Street, Titusville, PA |
| 7:30 pm NS; HCP; O | <u>Just for Today</u> Meadville Medical Center Assembly Hall 1034 Grove Street, Meadville, PA | Wednesday <u>Living Clean</u> St. Mary's Church 1085 Water Street, Meadville, PA | | 8:00 pm NS; C; V; HCP | <u>Friday New Beginnings</u> 1st Presbyterian Church 890 Liberty Street, Meadville, PA |
| 6:00 pm NS; O | <u>Monday Night Miracles</u> Stone United Methodist Church 956 S. Main Street, Meadville, PA | 12:00 pm O; NS | <u>We Care</u> Stone United Methodist Church 956 S. Main Street, Meadville, PA | 10:00 am NS; OD | Saturday <u>Celebrating Recovery</u> Stone United Methodist Church 956 S. Main Street, Meadville, PA |
| 7:30 pm NS; HCP; O | <u>Desire For Recovery</u> Meadville Medical Center Café 1034 Grove Street, Meadville, PA | 6:30 pm NS; O; D; LB; BT | <u>United Freedom Group</u> Hand To Hand 118 Grant Street, Franklin, PA | | |
| 7:30 pm O; V; NS | <u>You Are Not Alone (Y. A. N. A.)</u> Westford Church Outreach Center 2031 Westford Road, Jamestown, PA | 7:00 pm O; NS | <u>H.O.W. Now Family Group</u> Presbyterian Church 5th Street, Conneaut Lake, PA | 6:00 pm OD; Sx1 | <u>New Visions Group</u> Christ Episcopal Church 16 Central Avenue, Oil City, PA |
| 8:00 pm NS; HCP; O D; Sx1 | <u>Come and Get It Group</u> 2nd Presbyterian Church 1 st & Reed Street, Oil City, PA | 7:00 pm NS; OD; O | | | Saturday 12 & 12 Cornerstone Church 18320 Conneaut Lake Road Meadville, PA |
| Tuesday | | | | | |
| 7:00 pm | <u>Cochranon Cares</u> Cochranon United Methodist 114 Adams Road, Cochranon, PA | 8:00 pm NS; V; O | <u>Recovery Through Fellowship</u> St. Mary's Church 1085 Water Street, Meadville, PA | 12&12; HCP | |

| Treatment Facility | Secondary Name | Street | City | ST | Zip | County | Phone | http://www. |
|--|------------------------------|--------------------------|------------|----|-------|-----------|--------------------|--|
| Stepping Stones Unit at | Meadville Medical Center | 1034 Grove Street | Meadville | PA | 16335 | Crawford | 814-333-5810 | mmchs.org |
| Crawford County Drug and Alcohol | Executive Commission Inc | 920 Water Street | Meadville | PA | 16335 | Crawford | 814-724-4100 | ccdaec.org |
| Greenfield Counseling Services | | 11127 Perry Highway | Meadville | PA | 16335 | Crawford | 814-337-7431 | greenfieldcounseling.org |
| Alpine Springs Linesville | Alpine Springs Rehab and Re | 226 West Erie Street | Linesville | PA | 16424 | Crawford | 814-818-0002 | |
| Community Counseling Center of Mercer | | 77 North Main Street | Greenville | PA | 16125 | Mercer | 724-588-6490 | |
| Turning Point | Outpatient Services | 150 Prospect Avenue | Franklin | PA | 16323 | Venango | 814-346-7217 | turningpointtreatment.com |
| Family Services and | Childrens Aid Society | 150 Prospect Avenue | Franklin | PA | 16323 | Venango | 814-432-3466 x106 | fscas.org |
| Turning Point | Freedom Center for Women | 853 Allegheny Boulevard | Franklin | PA | 16323 | Venango | 814-346-7142 | turningpointtreatment.com |
| Turning Point | Chemical Dependency Treat | 4849 U.S. 322 | Franklin | PA | 16323 | Venango | 814-437-1750 x14 | turningpointtreatment.com |
| Family Servs and Childrens Aid Society | | 716 East 2nd Street | Oil City | PA | 16301 | Venango | 814-677-4005 | |
| Rainbow Recovery Center | | 112 Timber Village Lane | Mercer | PA | 16137 | Mercer | 724-269-5130 | rainbowrecoverycenters.com |
| George Junior Republic | | 233 George Junior Road | Grove City | PA | 16127 | Mercer | 724-458-9330 x2142 | georgejuniorrepublic.org |
| Community Counseling Center | | 2201 East State Street | Hermitage | PA | 16148 | Mercer | 724-981-7141 | cccmr.org/ |
| Glenbleigh Center of Erie | | 4906 Richmond Street | Erie | PA | 16509 | Erie | 814-864-4226 | glenbleigh.com |
| Discovery House | NPA (Farrell) | 1914 Mercer Avenue | Farrell | PA | 16121 | Mercer | 724-981-9815 | |
| Veterans Affairs Medical Center | Substance Abuse Treatment | 135 East 38th Street | Erie | PA | 16504 | Erie | 814-860-2038 | erie.va.gov/bh/index.asp |
| Cove Forge Behavioral Health System | Division of White Deer Run I | 1921 West 8th Street | Erie | PA | 16505 | Erie | 814-452-2991 | whitedeerrun.com |
| Stairways Drug and Alcohol Outpatient | | 2911 State Street | Erie | PA | 16508 | Erie | 814-464-8438 | stairwaysbh.org |
| Esper Treatment Center | | 25 West 18th Street | Erie | PA | 16501 | Erie | 814-459-0817 | rtreatmentcenter.com |
| Gage House | | 1813 Holland Street | Erie | PA | 16503 | Erie | 814-878-2100 | stairwaysbh.org |
| Catholic Charities | Counseling and Adoption Se | 329 West 10th Street | Erie | PA | 16502 | Erie | 814-456-2091 | cccas.org |
| Gaudenzia Erie Inc | Outpatient | 141 West 11th Street | Erie | PA | 16501 | Erie | 814-459-6304 | gaudenziaerie.org |
| Gaudenzia Erie Inc | Community House | 521 West 7th Street | Erie | PA | 16502 | Erie | 814-459-5853 | gaudenziaerie.org |
| Gaudenzia Erie Inc | | 414 West 5th Street | Erie | PA | 16507 | Erie | 814-459-4775 | gaudenziaerie.org |
| Gaudenzia Erie Inc | Dr Daniel S Snow Halfway Ho | 361 West 5th Street | Erie | PA | 16507 | Erie | 814-456-5758 | gaudenziaerie.org |
| Lake Area Recovery Center | Outpatient Drug Free Progra | 2801 C Court | Ashtabula | OH | 44004 | Ashtabula | 440-998-0722 | larc.cc |
| Lake Area Recovery Center | Turning Point | 2711 Donohoe Drive | Ashtabula | OH | 44004 | Ashtabula | 440-998-0722 | larc.cc |
| Signature Health | | 4726 Main Avenue | Ashtabula | OH | 44004 | Ashtabula | 440-992-8552 | signaturehealthinc.com |
| Glenbeigh | | 2863 State Route 45 | Rock Creek | OH | 44084 | Ashtabula | 440-951-7000 | glenbeigh.com |
| Neil Kennedy Recovery Centers | | 160 Clifton Drive NE | Warren | OH | 44484 | Trumbull | 330-609-5441 x7102 | nkrc.org |
| Louis Stokes VA Medical Center | Youngstown CBOC | 2031 Belmont Avenue | Youngstown | OH | 44505 | Mahoning | 330-740-9200 | |
| Highland House | | 312 Highland Avenue | New Castle | PA | 16101 | Lawrence | 724-654-7760 | hnhc.org |
| White Deer Run | New Castle | 413 Highland Avenue | New Castle | PA | 16101 | Lawrence | 724-657-9916 | whitedeerrun.com |
| Discovery House CTC New Castle | | 2710 West State Street | New Castle | PA | 16101 | Lawrence | 724-598-7999 x405 | acadiahhealthcare.com |
| Turning Point Counseling Services Inc | | 611 Belmont Avenue | Youngstown | OH | 44502 | Mahoning | 330-744-2991 | turningpoints.com |
| Highland Outpatient Services | | 101 South Mercer Street | New Castle | PA | 16101 | Lawrence | 724-856-7211 | .org |
| Louis Stokes VA Medical Center | Warren CBOC | 1460 Tod Avenue NW | Warren | OH | 44485 | Trumbull | 330-392-0311 | cleveland.va.gov |
| TASC-A Division of Meridian Healthcare | | 64 Ridge Avenue | Youngstown | OH | 44502 | Mahoning | 330-743-2192 | |
| Neil Kennedy Recovery Centers | | 2151 Rush Boulevard | Youngstown | OH | 44507 | Mahoning | 330-744-1181 | nkrc.org |
| Meridian HealthCare | Outpatient - Adult and Yout | 527 North Meridian Road | Youngstown | OH | 44509 | Mahoning | 330-797-0070 x8581 | meridiancommunitycare.org |
| Meridian HealthCare | Co Occurring Treatment Pro | 527 North Meridian Road | Youngstown | OH | 44509 | Mahoning | 330-746-6452 | meridiancommunitycare.org |
| Meridian Healthcare | Mens Center | 550 West Chalmers Avenue | Youngstown | OH | 44511 | Mahoning | 330-797-0070 | meridianhealthcare.org |
| Neil Kennedy Recovery Centers | | 5211 Mahoning Avenue | Youngstown | OH | 44515 | Mahoning | 330-792-4724 x7133 | nkrc.org |
| ARC Manor | Addiction Recovery Center | 30 Pinnacle Drive | Clarion | PA | 16214 | Clarion | 800-323-1333 | arcmantor.org |

| Treatment Facility | Secondary Name | Street | City | ST | Zip | County | Phone | http://www. |
|--|-----------------------------|-----------------------------|---------------|----|-------|------------|--------------------|--|
| Travco Behavioral Health Inc | | 8261 Market Street | Youngstown | OH | 44512 | Mahoning | 330-286-0050 | travcobhs.com |
| Serenity Center of Youngstown LLC | | 8440 Market Street | Youngstown | OH | 44512 | Mahoning | 330-965-9999 | |
| Butler Regional Recovery Program | Butler Memorial Hospital | 1 Hospital Way | Butler | PA | 16001 | Butler | 724-284-4759 | butlerhealthsystem.org |
| Warren General Hospital | | 2 Crescent Park | Warren | PA | 16365 | Warren | 814-723-3300 | wgh.org |
| Butler Regional Recovery Program | Family Resource Center | 216 North Washington Street | Butler | PA | 16001 | Butler | 724-284-4894 | butlerhealthsystem.org |
| Deerfield Centers for Addictions Trt | Deerfield Behavioral Health | 514 West 3rd Street | Warren | PA | 16365 | Warren | 814-723-8120 | |
| Ellen O'Brien Gaiser Addiction Center | | 315 Liberty Street | Butler | PA | 16001 | Butler | 724-256-8882 | gaisercenter.com |
| Deerfield Centers for Addictions Trt | Drug and Alcohol Program/NA | 125 Chestnut Street | Marienville | PA | 16239 | Forest | 814-723-8120 | |
| Foundations Medical Services LLC | | 160 Hindman Road | Butler | PA | 16001 | Butler | 724-431-2006 | pyramidhealthcarepa.com |
| Family Services of Warren County Inc | | 589 Hospital Drive | Warren | PA | 16365 | Warren | 814-723-1330 | fswc.org |
| Ravenwood Health | | 12557 Ravenwood Drive | Chardon | OH | 44024 | Geauga | 440-285-3568 | ravenwoodmh.org |
| Ravenwood Health | South Street Office | 695 South Street | Chardon | OH | 44024 | Geauga | 440-286-1631 | |
| Catholic Charities Community Services | Geauga County | 602 South Street | Chardon | OH | 44024 | Geauga | 440-285-3537 | cle.org/ |
| Lake Geauga Recovery Centers Inc | | 209 Center Street | Chardon | OH | 44024 | Geauga | 440-285-9119 | lgrc.us |
| Lake Geauga Recovery Centers Inc | Drug Abuse/Oak House | 800 Oak Street | Painesville | OH | 44077 | Lake | 440-354-2848 | lgrc.us |
| Chautauqua County Department of | Mental Hygiene/CD Services | 200 East 3rd Street | Jamestown | NY | 14701 | Chautauque | 716-661-8330 | |
| Louis Stokes VA Medical Center | Painesville CBOC | 54 South State Street | Painesville | OH | 44077 | Lake | 440-357-6740 x1458 | appcl.va.gov/directory |
| UPMC Chautauqua WCA IP | | 207 Foote Avenue | Jamestown | NY | 14701 | Chautauque | 716-664-8620 | |
| OhioGuidestone | | 90 North State Street | Painesville | OH | 44077 | Lake | 440-234-2006 | |
| Lake Geauga Recovery Centers Inc | Drug Abuse/Lake House | 796 Oak Street | Painesville | OH | 44077 | Lake | 440-352-9607 | lgrc.us |
| Gateway Rehab | The Moffett House | 1215 7th Avenue | Beaver Falls | PA | 15010 | Beaver | 724-846-6145 x2130 | gatewayrehab.org |
| Beacon Health | | 9220 Mentor Avenue | Mentor | OH | 44060 | Lake | 440-354-9924 | |
| Lake Geauga Recovery Centers Inc | | 9083 Mentor Avenue | Mentor | OH | 44060 | Lake | 440-255-0678 | lgrc.us |
| Charak Center for Health and Wellness | Rakesh Ranjan MD and Asso | 8532 Mentor Avenue | Mentor | OH | 44060 | Lake | 440-205-1008 | charakcenter.org |
| Crossroads Lake County | Adolescent Counseling Servi | 8445 Munson Road | Mentor | OH | 44060 | Lake | 440-255-1700 | crossroads-lake.org |
| Clear Choices LLC | | 373 Cleveland Street | Rochester | PA | 15074 | Beaver | 724-775-7905 | |
| Discovery House | | 301 Smith Drive | Cranberry Tow | PA | 16066 | Butler | 724-779-2010 | discoveryhouse.com |
| Armstrong County Council on Alc and | Other Drugs/ARC Manor | 200 Oak Avenue | Kittanning | PA | 16201 | Armstrong | 724-548-7607 | arcmanor.org |
| Gateway Rehab | Cranberry | 1659 Route 228 | Cranberry Tow | PA | 16066 | Butler | 724-776-4844 | gatewayrehab.org |
| Signature Health | | 38882 Mentor Avenue | Willoughby | OH | 44094 | Lake | 440-953-9999 | signaturehealthinc.com |
| Louis Stokes VA Medical Center | Ravenna CBOC | 6751 North Chestnut Street | Ravenna | OH | 44266 | Portage | 330-296-3641 | |
| Summit Psychological Associates Inc | | 6693 North Chestnut Street | Ravenna | OH | 44266 | Portage | 330-296-3700 | |
| Compass Recovery Center | | 246 South Chestnut Street | Ravenna | OH | 44266 | Portage | 330-298-9391 | compassrecoverycenter.com |
| Drug and Alcohol Services of | Beaver Valley Inc | 697 State Street | Beaver | PA | 15009 | Beaver | 724-728-8220 | |
| Townhall II | Horizon Halfway House | 5536 South Prospect Street | Ravenna | OH | 44266 | Portage | 330-296-8590 | townhall2.com |
| Family Recovery Center | Fleming House | 7300 Rose Drive | Lisbon | OH | 44432 | Columbiana | 330-420-3760 | familyrecovery.org |
| TLC Health Cassadaga Clinic | Chemical Dependency Outpa | 33 North Main Street | Cassadaga | NY | 14718 | Chautauque | 716-595-3355 | tlchealth.org |
| Columbiana County Mental Health Center | Chemical Dependency Progr | 40722 State Route 154 | Lisbon | OH | 44432 | Columbiana | 330-424-9573 x260 | |
| Family Recovery Center | Outpatient Program | 964 North Market Street | Lisbon | OH | 44432 | Columbiana | 330-424-1468 | familyrecovery.org |
| Family ACTS Inc | | 837 5th Avenue | Ford City | PA | 16226 | Armstrong | 724-763-7600 | |
| Windsor Laurelwood Center for | Behavioral Medicine | 35900 Euclid Avenue | Willoughby | OH | 44094 | Lake | 440-953-3000 | windsorlaurelwood.com |
| Gateway Rehab | Baden | 262 Ohio River Boulevard | Baden | PA | 15005 | Beaver | 724-876-0480 | gatewayrehab.org |
| Gateway Rehab | Tom Rutter House | 100 Moffett Run Road | Aliquippa | PA | 15001 | Beaver | 412-766-8700 | gatewayrehab.org |
| Gateway Rehab | Aliquippa Abes Place | 100 Moffett Run Road | Aliquippa | PA | 15001 | Beaver | 412-378-4461 | gatewayrehab.org |

| Treatment Facility | Secondary Name | Street | City | ST | Zip | County | Phone | http://www. |
|--|------------------------------|----------------------------|-------------|----|-------|-----------|-------------------|--|
| Meadville Medical Center | Inpatient Mental Health | 1034 Grove Street | Meadville | PA | 16335 | Crawford | 814-333-5800 | http://www.mmcchs.org |
| Achievement Center Inc | Crawford County | 18275 Industrial Drive | Meadville | PA | 16335 | Crawford | 814-724-1333 | achievementctr.org |
| Erie VAMC | Crawford County Clinic 561 | 16954 Conneaut Lake Road | Meadville | PA | 16335 | Crawford | 866-962-3210 | erie.va.gov/ |
| Bethesda Childrens Home | | 15487 State Highway 86 | Meadville | PA | 16335 | Crawford | 814-724-7510 x242 | bethesda-home.org |
| Community Counseling Center of | Mercer County Greenville | 77 North Main Street | Greenville | PA | 16125 | Mercer | 724-588-6490 | |
| Regional Counseling Center Inc | | 1 Dale Avenue | Franklin | PA | 16323 | Venango | 814-432-3320 | regionalcounselingcenter.com |
| Family Service of NW PA | | 206 Seneca Street | Oil City | PA | 16301 | Venango | 814-670-0524 | fsnwpa.org/ |
| Regional Counseling Center Inc | | 815 Grandview Road | Oil City | PA | 16301 | Venango | 814-676-5614 | regionalcounselingcenter.com |
| Paoletta Counseling Services Inc | | 456 North Pitt Street | Mercer | PA | 16137 | Mercer | 724-662-7202 | Paoletta.org |
| UPMC Northwest | Behavioral Health | 100 Fairfield Drive | Seneca | PA | 16346 | Venango | 814-676-7700 | |
| Community Counseling Center of | Mercer County Grove City | 107 Breckenridge Street | Grove City | PA | 16127 | Mercer | 724-458-4144 | cccmer.org |
| Community Counseling Center of | Mercer County/Outpatient | 2201 East State Street | Hermittage | PA | 16148 | Mercer | 724-981-7141 | cccmer.org/ |
| Community Counseling Center of | Mercer City Family Based | 2201 East State Street | Hermittage | PA | 16148 | Mercer | 724-981-3341 | cccmer.org |
| Achievement Center Inc | | 4950 West 23rd Street | Erie | PA | 16506 | Erie | 814-459-2755 | achievementctr.org/ |
| Millcreek Community Hospital | Behavioral Health | 5515 Peach Street | Erie | PA | 16509 | Erie | 814-864-7668 | millcreekcommunityhospital.org |
| Sharon Regional Health System | Behavioral Health Services | 740 East State Street | Sharon | PA | 16146 | Mercer | 724-983-3911 | sharonregional.com |
| Comprehensive Children and | Family Services | 194 East State Street | Sharon | PA | 16146 | Mercer | 800-630-2237 x107 | comprehensivewraparound.com |
| Sarah A Reed Childrens Center | | 2445 West 34th Street | Erie | PA | 16506 | Erie | 814-838-7603 | sarahreed.org |
| Family Services of NW PA | | 7 West State Street | Sharon | PA | 16146 | Mercer | 724-704-7227 | fsnwpa.org |
| Sarah A Reed Childrens Center | Preschool Early Intervention | 2931 Harvard Road | Erie | PA | 16508 | Erie | 814-453-4309 | sarahreed.org |
| Counseling Services Center Inc | | 45 East Washington Street | Corry | PA | 16407 | Erie | 814-664-7761 | cscorry.org |
| Safe Harbor Behavioral Health of UPMC | | 1330 West 26th Street | Erie | PA | 16508 | Erie | 814-459-9300 | shbh.org/ |
| Safe Harbor Behavioral Health of UPMC | Hamot | 2560 West 12th Street | Erie | PA | 16505 | Erie | 814-456-2014 | shbh.org |
| Erie VAMC | Behavioral Health Clinic | 135 East 38th Street | Erie | PA | 16504 | Erie | 814-868-8661 | erie.va.gov/bh |
| Stairways Behavioral Health | Erie Outpatient Clinic | 2910 State Street | Erie | PA | 16508 | Erie | 814-453-5806 | stairwaysbh.org |
| Residential Trt Facility for Adults | | 106 East 29th Street | Erie | PA | 16504 | Erie | 814-453-5806 | stairwaysbh.org |
| Saint Vincent Health Center | Behavioral Health | 232 West 25th Street | Erie | PA | 16544 | Erie | 814-452-5533 | ahn.org/locations/saint-vincent-hospital |
| Sarah A Reed Childrens Center | | 1611 Peach Street | Erie | PA | 16501 | Erie | 814-480-8985 | sarahreed.org |
| Stairways Behavioral Health | Gage House | 1813 Holland Street | Erie | PA | 16503 | Erie | 814-878-2100 | stairwaysbh.org |
| Catholic Charities Counseling and | Adoption Services | 329 West 10th Street | Erie | PA | 16502 | Erie | 814-456-2091 | cccas.org |
| PsyCare | | 378 North High Street | Cortland | OH | 44410 | Trumbull | 330-637-8668 | psycaire.com |
| Community Counseling Ctr of Ashtabula | | 2801 C Court | Ashtabula | OH | 44004 | Ashtabula | 440-998-4210 | ccohoio.com |
| Childrens Ctr for Trt and Education | DBA Beacon Light BH System | 623 Elm Street | Tionesta | PA | 16353 | Forest | 814-755-3639 | beacon-light.org |
| Signature Health | | 4726 Main Avenue | Ashtabula | OH | 44004 | Ashtabula | 440-992-8552 x119 | signaturehealthinc.com |
| Ashtabula County Medical Center | Behavioral Health Unit | 2420 Lake Avenue | Ashtabula | OH | 44004 | Ashtabula | 440-997-6530 | acmchealth.org |
| Harborcreek Youth Services | | 5712 Inroquois Avenue | Harborcreek | PA | 16421 | Erie | 814-899-7664 x332 | hys-erie.org |
| PsyCare | | 8577 East Market Street | Warren | OH | 44484 | Trumbull | 330-856-6663 | psycaire.com |
| Valley Counseling Services | Southeastern Office | 4970 Belmont Avenue | Youngstown | OH | 44505 | Mahoning | 330-759-8237 x114 | |
| Belmont Pines Hospital | | 615 Churchill Hubbard Road | Youngstown | OH | 44505 | Mahoning | 330-759-2700 | belmontpines.com/ |
| Hopewell | | 9637 State Route 534 | Middlefield | OH | 44062 | Geauga | 440-426-2000 x105 | hopewellcommunity.org |
| Specialty Care Counseling Services Ltd | | 2000 East Market Street | Warren | OH | 44483 | Trumbull | 330-399-1221 | |
| PsyCare | | 2980 Belmont Avenue | Youngstown | OH | 44505 | Mahoning | 330-759-2310 | psycaire.com |
| Trumbull Memorial Hospital | Behavioral Health Services | 1350 East Market Street | Warren | OH | 44482 | Trumbull | 330-841-9638 | |
| Louis Stokes VA Medical Center | Youngstown CBOC | 2031 Belmont Avenue | Youngstown | OH | 44505 | Mahoning | 330-740-9200 | cleveland.va.gov |

| Treatment Facility | Secondary Name | Street | City | ST | Zip | County | Phone | http://www. |
|--|-----------------------------|-----------------------------|-------------|----|-------|----------|--------------------|--|
| Compass Family and Community Services | Doris Burdman Home | 278 Broadway Avenue | Youngstown | OH | 44504 | Mahoning | 330-743-9275 | compassfamily.org |
| NBH/CSN | Mahoning ACT Team | 1344 5th Avenue | Youngstown | OH | 44504 | Mahoning | 330-742-2595 | |
| Family Based Mental Health Services | | 123 East Grant Street | New Castle | PA | 16101 | Lawrence | 724-658-7874 | humanservicescenter.net |
| Greentree Counseling Center Inc | | 430 Franklin Street SE | Warren | OH | 44483 | Trumbull | 330-372-2200 | greentreecounseling.com/ |
| Saint Elizabeth Hospital | | 1044 Belmont Avenue | Youngstown | OH | 44501 | Mahoning | 330-480-3655 | mercy.com |
| Human Services Center | | 130 West North Street | New Castle | PA | 16101 | Lawrence | 724-658-3578 x106 | humanservicescenter.net |
| Valley Counseling Services | Adult Office | 150 East Market Street | Warren | OH | 44481 | Trumbull | 330-394-6244 x1150 | vcsinc.org |
| Mercy Health Saint Elizabeth | Behavioral Health Services | 1044 Belmont Avenue | Youngstown | OH | 44501 | Mahoning | 330-480-3655 | mercy.com |
| Alta Care Group | | 711 Belmont Avenue | Youngstown | OH | 44502 | Mahoning | 330-793-2487 | altacaregroup.org |
| Valley Counseling Services | Childrens Office | 318 Mahoning Avenue NW | Warren | OH | 44483 | Trumbull | 330-395-9563 | |
| Turning Point Counseling Services Inc | | 611 Belmont Avenue | Youngstown | OH | 44502 | Mahoning | 330-744-2991 | turningpointcs.com |
| Compass Family and Community Services | The Trumble Intensive Cor | 820 Pine Avenue | Warren | OH | 44483 | Trumbull | 330-393-0598 | |
| Homes for Kids of Ohio Inc | | 165 East Park Avenue | Niles | OH | 44446 | Trumbull | 330-544-8005 | hfk.org/ |
| Compass Family and Community Services | Riverbend Center | 3120 West Market Street | Warren | OH | 44485 | Trumbull | 330-898-6992 | compassfamily.org |
| Turning Point Counseling Services | Struthers Office | 420 Youngstown Poland Road | Struthers | OH | 44471 | Mahoning | 330-755-2147 | turningpointcs.com |
| PsyCare | Struthers Clinic | 520 Youngstown Poland Road | Struthers | OH | 44471 | Mahoning | 330-318-3078 | psycares.com/location/struthers-clinic |
| Meridian Healthcare | Co Occurring Treatment P | 527 North Meridian Road | Youngstown | OH | 44509 | Mahoning | 330-797-0070 | meridianhealthcare.net |
| Compass Family and Community Services | | 535 Marmion Avenue | Youngstown | OH | 44502 | Mahoning | 330-782-5664 | compassfamily.org |
| Camp Challenge | | 939 Wilkinson Avenue | Youngstown | OH | 44509 | Mahoning | 330-793-2487 x214 | alta.com |
| Beacon Light Behavioral Health Systems | Youngsville Treatment Cer | 585 East Main Street | Youngsville | PA | 16371 | Warren | 814-584-1124 | beacon-light.org |
| PsyCare | | 136 Westchester Drive | Youngstown | OH | 44515 | Mahoning | 330-270-1400 | psycares.com |
| Comprehensive Psychiatry Group Inc | | 955 Windham Court | Youngstown | OH | 44512 | Mahoning | 330-726-9570 | cpgboardman.com |
| Comprehensive Behav Hlth Assoc Inc | | 104 Javit Court | Youngstown | OH | 44515 | Mahoning | 330-797-4050 | cbhai.org/ |
| Family Psychological Associates | Clarion | 342 South 5th Avenue | Clarion | PA | 16214 | Clarion | 814-226-4912 | kcfipa.com/ |
| Churchill Counseling Services | | 3649 Canfield Road | Canfield | OH | 44406 | Mahoning | 330-270-3040 | churchillcounseling.com/ |
| Clarion Psychiatric Center | | 2 Hospital Drive | Clarion | PA | 16214 | Clarion | 814-226-9545 | clarioncenter.com/ |
| Ravenwood Health | | 16030 East High Street | Middlefield | OH | 44062 | Gauga | 440-285-3568 | ravenwoodmhc.org |
| PsyCare | | 997 Boardman Canfield Road | Youngstown | OH | 44512 | Mahoning | 330-758-0101 | psycares.com |
| PsyCare | | 3837 Starr Center Drive | Canfield | OH | 44406 | Mahoning | 330-533-1870 | psycares.com |
| Travco Behavioral Health Center Inc | | 8261 Market Street | Youngstown | OH | 44512 | Mahoning | 330-286-0050 | travcobhs.com |
| Butler Memorial Hospital | Behavioral Health Services | 1 Hospital Way | Butler | PA | 16001 | Butler | 724-284-4093 | |
| Warren General Hospital | Deerfield Behavioral Health | 2 Crescent Park West | Warren | PA | 16365 | Warren | 814-723-4973 | wgh.org |
| Butler Health System Family Services | | 216 North Washington Street | Butler | PA | 16001 | Butler | 724-284-4894 | butlerhealthsystem.org |
| Glade Run Lutheran Services | | 220 South Main Street | Butler | PA | 16001 | Butler | 724-283-9436 | gladerrun.org |
| Family Psychological Associates | Butler | 200 Renaissance Drive | Butler | PA | 16001 | Butler | 724-287-1880 | kcfipa.com |
| Beacon Light Behavioral Health Systems | Warren Outpatient Service | 1885 Market Street | Warren | PA | 16365 | Warren | 814-723-1832 | beacon-light.org/ |
| Beacon Light Behavioral Health Systems | Recovery Center | 1885 Market Street | Warren | PA | 16365 | Warren | 814-723-1832 | |
| Family Pathways | | 100 Brugh Avenue | Butler | PA | 16001 | Butler | 724-284-9440 | familypathways.net/ |
| Family Services of Warren County Inc | | 589 Hospital Drive | Warren | PA | 16365 | Warren | 814-723-1330 | fswc.org |
| WomenSafe Inc | | 12041 Ravenna Road | Chardon | OH | 44024 | Gauga | 440-285-5665 | womensafe.org |
| Ravenwood Health | | 12557 Ravenwood Drive | Chardon | OH | 44024 | Gauga | 440-285-3568 | ravenwoodmhc.org |
| Univ Hospitals Geauga Medical Center | Behavioral Health Unit | 13207 Ravenna Road | Chardon | OH | 44024 | Gauga | 440-285-6586 | uhospitals.org |
| Ravenwood Mental Health Center | Outpatient Clinic | 695 South Street | Chardon | OH | 44024 | Gauga | 440-286-1631 | ravenwoodmhc.org |
| Family Pride of Northeast Ohio Inc | | 695 South Street | Chardon | OH | 44024 | Gauga | 440-286-1553 | familyprideonline.org/ |

Criminal Records and Getting Back into the Workforce: Six Critical Steps for Ex-offenders Trying to Get Back into the Workforce

<http://www.privacyrights.org/ar/rosencrim.htm>

For an ex-offender, a job search can become a frustrating Catch-22. Nearly every employment application will ask in some fashion if a person has a criminal record. If a person lies, then they are always at risk of being terminated upon such a criminal record being discovered. If a person is honest and admits the past misconduct, there is a risk of not getting the job.

There is no perfect answer. A person with a criminal record is going to face greater challenges in getting employment. There are certain jobs where an employer will justifiably not hire an ex-offender. However, challenging is not the same as impossible. The key is the right attitude and getting and keeping that first job, so that as time goes by, a person has developed a successful job history that outweighs past problems.

Here are six approaches a person with a past criminal record can take:

One: Understand your rights:

A person who has a criminal record and is looking for employment must understand their rights. There are instances where an applicant can legally and ethically answer NO on a question about a past offense. This may occur in some of the following situations:

- In many states, there is no obligation to report arrests not resulting in a conviction or that are not currently pending.
- There are limitations on reporting pre-trial adjudications where the conduct by statute is not considered a criminal offense. Some states have pre-trial diversion or delayed entry of judgment.
- Some states have procedures to judicially "erase" a criminal offense..

Also keep in mind that most employment applications also contain language that the conviction of a crime will not automatically result in a denial of employment. Automatic disqualification could be a violation of state and federal discrimination laws. However, an employer may deny employment if the employer can establish a business-related reason for the refusal to hire.

Two: See an attorney to explore if you are eligible to get your conviction sealed, expunged, or legally minimized and to make sure you understand your rights.

This is critical. Ask an attorney if the criminal record can be expunged or set aside by going back to court, or whether it is the type of offense that an employer may legally ask about or consider. Each state has different rules, but in all states there is a mechanism for going back to court to try to seal or expunge certain offenses. Make sure you have explored your options. The attorney who represented you, or the local Public Defender or Probation Office should be able to assist.

Three: Seek professional assistance.

There are also organizations that assist past offenders. Some of these organizations have relationships with employers who are willing to give an ex-offender a chance. In addition, these organizations can help a person prepare a resume and practice interview techniques that deals honestly with the past offense, but helps a job applicant put their best foot forward by explaining why they can perform the job and why the employer should hire them. Various re-entry or training program will help ex-offenders develop new skills, or teach job search techniques.

Four: Honesty is the best policy.

In applying for a job, honesty is always the best policy. A criminal matter honestly explained during an interview may have much less negative impact than hiding it and having an employer discover it later. If an employer discovers an applicant was dishonest, the denial of a job could be based upon a lack of honesty, regardless of the nature of the offense. However, a person who has made a mistake and is now motivated to do well at a job may be of great interest to some employers.

Five: Start to rebuild your résumé one step at a time, even if it is not the "perfect" job.

All employers know that the best indicator of future job performance is past job performance. If a person with a criminal record can obtain whatever job they can, hold that job and do well, the next job become much easier. It is the building block approach--one block at a time.

It is critical to seek to rebuild your resume by finding any employment you can to rebuild your resume. You should first seek employment with people you know. Ask everyone that likes you if they know someone who might be willing to hire you. Yes, mention your conviction, but stress your strengths and how much you learned from your past. Someone who knows you personally is more likely than a stranger to give you a chance.

If that does not work, then consider starting at the bottom. A few months of good work in an entry-level position can yield a good reference, which can start your career back upward.

Eventually, what a new employer sees is a person with great recommendations and an excellent job history. As the criminal conviction gets older, and the job history become stronger, a person who has made a mistake the past will eventually find that the criminal record is less of an issue. It cannot be stressed enough that the best way to get a great job in the future is to get any job you can right now, and perform well.

Six: Take the long-term view.

This is the most difficult advice to follow. An ex-offender is anxious to get back into the workforce to start making a living. They may also be anxious to have their old life back. Yet, the decks are stacked against a person with a criminal record. The jobs that are available may not be the ones that you want. You may be qualified for something a great deal better. Doors may slam in your face, and you may very well be subject to unfair assumptions. The frustration level could easily build with each disappointment encountered.

What it comes down to is that an ex-offender needs to take the long view and have the faith and patience that the criminal matter will eventually be put behind them. As frustrating as it is, the basic rule still applies-a person must rebuild their résumé over time. And as time goes by, the criminal offense becomes less of a factor in a person's life. But it is going to take time.

Look at it this way-even if it takes five years to rebuild your resume and get the job you want, five years will still go by. Five years later, what would you rather have-a new life with a good job or still be living in frustration because you couldn't get what you wanted right away

Companies that Hire Felons

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| AAMCO Transmissions and Auto Care | Dunlop Tires | New York Times |
| Abbott Laboratories | DuPont Co. | Newell Rubbermaid |
| Ace Hardware | Duracell | Newsweek |
| Adams Trucking | Dutch Maid Logistics Inc. | Ninety Nine Restaurant & Pub |
| Adecco Staffing | Eddie Bauer | NISource |
| Aetna | Eddie V's | Northern Trust |
| Alamo Rent a Car | Electrolux | O'Charley's Restaurant + Bar |
| Albertson's | Embassy Suites | Olive Garden |
| Allied Van Lines | Epson | ORTran |
| Allstate Insurance | Equity Office Properties | Outback Steakhouse |
| America West Air | Ermco | Packaging Corp of America |
| American Airlines | Exelon | PACTIV |
| American Express | Exxon Mobil | Pappadeaux Seafood Kitchen |
| American Greetings | Facebook | Park Plaza Hotels |
| American National Logistics | Fairfield Inn | Party City |
| American Orange Trucking | Falcon Transport | Paschall Truck Lines |
| Andersen Windows | Federal Express | Pepsi-Co |
| Anderson Trucking Services, Inc. | Firestone Tire and Rubber | Perkins Restaurants |
| Apple Inc. | FirstExpress | Perkins Specialized Transportation, Inc. |
| Applebee's | Five Guys Burgers and Fries | PetSmart |
| Aramark Food Services | Fleming's Prime Steakhouse and Wine Bar | PGT Trucking |
| Arthur J. Gallagher & Co | Flying J | Phillip Morris |
| AT&T | Food Services of America | Praxair |
| Atlas Van Lines | Fortune Brands | Preferred Freezer Services |
| Avis Rent-A-Car | Freymler Trucking | Prudential |
| Avon Products | Frito-Lay | Prime Inc |
| Bahama Breeze | Fruit of the Loom | Raddison Hotels |
| Baker's Square Restaurant & Bakery | Fujifilm | Red Lobster |
| Bally's Hotel & Casino | Gedney Pickle, Chaska, MN | Red Robin |
| Barr-Nunn Transportation | Genentech | Residence Inn |
| Baskin-Robbins | General Electric | Restaurant Depot |
| Baxter International | General Growth Properties | Reyes Beverage Group |
| Bed, Bath & Beyond | General Mills | Riverside Transport, Inc |
| Best Foods | Georgia-Pacific | Roehl Transport Inc. |
| Best Western | GMAC | Ross |
| BF Goodrich | Golden Corral | RPM Development |
| Black and Decker | Goodwill Industries | R. R. Donnelley & Sons |
| Blue Cross/Blue Shield | Goodyear | Rubbermaid Inc. |
| Boeing | Google | Safeway |
| Bonefish Grill | Gordon Trucking, Inc. | Salvation Army |
| Borgata Casino & Spa | Greyston Bakery | Sam's Club |
| Boyd Bros. Transportation Inc. | Groendyke Transport | Schneider National |
| Braum's Inc. | Hampton Inn | Sears & Roebuck |
| Bridgestone | Hanes | Seasons 52 |
| British Airways | Hawthorn Suites | ServiceMaster |
| Brunswick Corp | The Hershey Company | Seven Up, Inc. |
| Budget Rent-A-Car | Hill Brothers Transportation | Sharkey Transportation, Inc. |
| Buffalo Wild Wings | Hillshire Brands | Shell Oil |
| CalArk International Trucking | Hilton Hotels | Showtime Networks |
| Calvin Klein | Holiday Inn | Shoprite |
| Campbell Soup Company | Homeboy Industries (Los Angeles) | Simplex Leasing |
| Candlewood Suites | Home Depot | Sisbro, Inc. |
| Canon USA | Homewood Suites | Smith Transport, Inc. |
| The Capital Grille | Hunt Transportation | Sony |
| Carrabba's Italian Grill | Hyatt Hotels | Southern Refrigerated Transport Inc. |
| Career Education Group | IBM | Springhill Suites |
| Carl's Jr. | IHOP | Sprint |
| Carolina Cargo | Illinois Tool Works | Starbucks |
| Carrier Corporation | In-N-Out Burger | Starwood Hotels |
| Casio, Inc. | International Paper | Stevens Transport |
| Caterpillar Inc. | Interstate Batteries | Swift Transportation |
| CDW Computers | Interstate Distributor Co. | Sysco |
| Celadon Trucking Services | J & R Schugel Trucking | Target Stores |

Companies that Hire Felons

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| AAMCO Transmissions and Auto Care | Dunlop Tires | New York Times |
| Abbott Laboratories | DuPont Co. | Newell Rubbermaid |
| Ace Hardware | Duracell | Newsweek |
| Adams Trucking | Dutch Maid Logistics Inc. | Ninety Nine Restaurant & Pub |
| Adecco Staffing | Eddie Bauer | NISource |
| Aetna | Eddie V's | Northern Trust |
| Alamo Rent a Car | Electrolux | O'Charley's Restaurant + Bar |
| Albertson's | Embassy Suites | Olive Garden |
| Allied Van Lines | Epson | ORTran |
| Allstate Insurance | Equity Office Properties | Outback Steakhouse |
| America West Air | Ermco | Packaging Corp of America |
| American Airlines | Exelon | PACTIV |
| American Express | Exxon Mobil | Pappadeaux Seafood Kitchen |
| American Greetings | Facebook | Park Plaza Hotels |
| American National Logistics | Fairfield Inn | Party City |
| American Orange Trucking | Falcon Transport | Paschall Truck Lines |
| Andersen Windows | Federal Express | Pepsi-Co |
| Anderson Trucking Services, Inc. | Firestone Tire and Rubber | Perkins Restaurants |
| Apple Inc. | FirstExpress | Perkins Specialized Transportation, Inc. |
| Applebee's | Five Guys Burgers and Fries | PetSmart |
| Aramark Food Services | Fleming's Prime Steakhouse and Wine Bar | PGT Trucking |
| Arthur J. Gallagher & Co | Flying J | Phillip Morris |
| AT&T | Food Services of America | Praxair |
| Atlas Van Lines | Fortune Brands | Preferred Freezer Services |
| Avis Rent-A-Car | Freymler Trucking | Prudential |
| Avon Products | Frito-Lay | Prime Inc |
| Bahama Breeze | Fruit of the Loom | Raddison Hotels |
| Baker's Square Restaurant & Bakery | Fujifilm | Red Lobster |
| Bally's Hotel & Casino | Gedney Pickle, Chaska, MN | Red Robin |
| Barr-Nunn Transportation | Genentech | Residence Inn |
| Baskin-Robbins | General Electric | Restaurant Depot |
| Baxter International | General Growth Properties | Reyes Beverage Group |
| Bed, Bath & Beyond | General Mills | Riverside Transport, Inc |
| Best Foods | Georgia-Pacific | Roehl Transport Inc. |
| Best Western | GMAC | Ross |
| BF Goodrich | Golden Corral | RPM Development |
| Black and Decker | Goodwill Industries | R. R. Donnelley & Sons |
| Blue Cross/Blue Shield | Goodyear | Rubbermaid Inc. |
| Boeing | Google | Safeway |
| Bonefish Grill | Gordon Trucking, Inc. | Salvation Army |
| Borgata Casino & Spa | Greyston Bakery | Sam's Club |
| Boyd Bros. Transportation Inc. | Groendyke Transport | Schneider National |
| Braum's Inc. | Hampton Inn | Sears & Roebuck |
| Bridgestone | Hanes | Seasons 52 |
| British Airways | Hawthorn Suites | ServiceMaster |
| Brunswick Corp | The Hershey Company | Seven Up, Inc. |
| Budget Rent-A-Car | Hill Brothers Transportation | Sharkey Transportation, Inc. |
| Buffalo Wild Wings | Hillshire Brands | Shell Oil |
| CalArk International Trucking | Hilton Hotels | Showtime Networks |
| Calvin Klein | Holiday Inn | Shoprite |
| Campbell Soup Company | Homeboy Industries (Los Angeles) | Simplex Leasing |
| Candlewood Suites | Home Depot | Sisbro, Inc. |
| Canon USA | Homewood Suites | Smith Transport, Inc. |
| The Capital Grille | Hunt Transportation | Sony |
| Carrabba's Italian Grill | Hyatt Hotels | Southern Refrigerated Transport Inc. |
| Career Education Group | IBM | Springhill Suites |
| Carl's Jr. | IHOP | Sprint |
| Carolina Cargo | Illinois Tool Works | Starbucks |
| Carrier Corporation | In-N-Out Burger | Starwood Hotels |
| Casio, Inc. | International Paper | Stevens Transport |
| Caterpillar Inc. | Interstate Batteries | Swift Transportation |
| CDW Computers | Interstate Distributor Co. | Sysco |
| Celadon Trucking Services | J & R Schugel Trucking | Target Stores |