

FOCUS

recovery and
wellness
community

Mission Statement

FOCUS: Recovery and Wellness Community provides a holistic community supporting purpose and wellness through recovery.

Vision Statement

Creating an inclusive culture of recovery through hope, understanding, and acceptance.

Values

Respect, Person-Centered, Culturally-Sensitive, Trauma-Informed, Inclusive

Goals

- 1.) Provide education to the community on recovery as it relates to mental health, addiction and trauma.
- 2.) Cultivate empathy and awareness through listening, storytelling, and advocacy.
- 3.) Assist peers and families in understanding and defining recovery for themselves.
- 4.) Establish a plan and implement strategies to eliminate barriers to support and discrimination.
- 5.) Support each person on a self-directed pathway to recovery.
- 6.) Promote wellness of the body, mind and spirit for all people receiving support.
- 7.) Collaborate with community partners to promote peer recovery services.
- 8.) Be mindful of the role trauma may play in people's lives and offer a trauma-informed community.

Description of Services Provided

All services are provided during our normal operating hours.

FOCUS: Recovery and Wellness Community is a Findlay-based peer-led recovery community organization. Our mission is to provide a holistic community supporting purpose and wellness through recovery. Our entire staff and a majority of our Board of Directors is in recovery from either a mental health, an addiction, and or a trauma-related issues or a combination of those life circumstances. At FOCUS, we provide recovery-oriented programming designed to help individuals become healthy, establish a safe home, discover purpose in their life, and (re)join a community.

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We provide recovery-oriented programming. Centered around our four pillars: **home, health, community, and purpose.**

- Daily recovery support programming at the center, 18 & older
- Youth Center 11-17 years old; A place for youth to be themselves. Connect with other young people from diverse backgrounds and similar life experiences.
- Volunteer programs including Recovery Guides and Battle Buddies, providing one-on-one volunteer peer support for anyone seeking recovery and veterans;
- Recovery Housing- Each house is a level II Recovery Home. And is accredited through Ohio Recovery Housing. (an affiliate of the National Association for Recovery Housing NARR) Recovery Housing involves three essential element. One, establishes an extended period of practicing healthy routines. (with a resident-driven length of stay). Two, maintains a substance-free environment. Three, creates a safe, stable, community of peers.
- the “i am somebody” podcast is a platform dedicated to fighting stigma. We showcase stories of people in recovery from mental health, substance use, or trauma. “i am somebody too” is the youth version of our podcast. Here we aim to support youth resiliency, cultivate social connections, & build concrete supports.
- Community Groups & Evidence Based Training Opportunities- FACTOR, WRAP, CRAFT, STAR, Grief Recovery Support, Recovery Guide, Battle Buddies

Hours of Operation

The Center- Monday-Thursday 10am to 7pm, Friday 10am-5pm, and 1st & 3rd Saturday 11-3pm
The LOFT Monday-Friday 3-6pm (summer & holiday hours 12:00-6:00 pm)

Needs and Characteristics of the Population Served

FOCUS serves Hancock County in Ohio, which is an estimated 75,754 people as of 2020. The population is made up of:

White (Non-Hispanic): 87.5%

Two+ (non-Hispanic): 2.62%

White (Hispanic): 2.36%

Asian (non-Hispanic): 1.92%

Other (Hispanic): 1.89%

Average per capita income: \$50,155

The Hancock County Health Assessment⁰²¹ reported:

Mental Health Status- Forty percent (40%) of Hancock County adults rated their mental health as not good on four or more days in the previous month. • Hancock County adults reported their mental health as not good on an average of 4.7 days in the previous month. • Hancock County adults were most likely to rate their mental health as not good (on four or more days during the past month) if they: — Were depressed within the past year (80%) — Had lifetime depression (45%).

Substance Use Status-

Alcohol- Over three-fifths (61%) of the Hancock County adults had at least one alcoholic drink in the past month, increasing to 67% of those between the ages of 30-64 years old. 20% of Hancock

County adults, or 11,591 were considered binge drinkers. 8% of current drinkers reported driving a vehicle after having too much to drink, increasing to 11% between the ages of 30-64 years old.

Marijuana- Nine percent (9%) of Hancock County adults had used medical marijuana in the past 6 months. • Eleven percent (11%) of Hancock County adults had used recreational marijuana or hashish in the past 6 months.

Hancock County adults indicated they did the following with their unused prescription medication: took them to the medication collection program (22%); took as prescribed (17%); threw them in the trash (17%); took them in on Drug Take Back Days (11%); kept them (10%); flushed them down the toilet (6%); kept them in a locked cabinet (5%); took them to the sheriff's office (5%); disposed in RedMed Box, Yellow Jug, etc. (4%); used drug deactivation pouches (2%); gave them away (1%); mailed back to pharmacy (1%); and some other destruction method (4%). Thirty-four percent (34%) of adults did not have unused medication. • As a result of using drugs, adults indicated they or a family member: had legal problems (4%), placed themselves in dangerous situations (2%), regularly failed to fulfill obligations at work or home (2%), failed a drug screen (2%), administered Narcan or nasal Naloxone (1%), and overdosed and required EMS/hospitalization (1%). • Two percent (2%) of adults used a program or service to help with an alcohol or drug problem for themselves or a loved one. Reasons for not using such a program included the following: had not thought of it (2%), did not want to miss work (2%), and other reasons (1%). Ninety-four percent (94%) of adults indicated such a program was not needed.