

Rigel Recovery Services opens outpatient substance abuse treatment office in Woodville

Adults living in Sandusky County who need treatment for alcohol or drug abuse can find help nearby with the newly opened Rigel Recovery Services in Woodville. The treatment office located at 223 West Main Street began taking referrals for assessments the second week of February. Rigel Recovery Services is managed by Oriana House, Inc., a private non-profit agency with more than 35 years of experience in providing substance abuse treatment.

At Rigel Recovery Services, individualized substance abuse treatment plans are tailored to each person's needs. "We meet each person wherever they are on their road to recovery," said Jason Varney, regional vice president, Oriana House, Inc. "Not everyone has the same treatment plan. When people initially call or come in, they will be scheduled for an assessment with a licensed treatment counselor who can determine what their specific needs are."

Rigel Recovery Services in Woodville offers substance abuse assessments, intensive outpatient treatment, individual counseling based on the client's individual needs, medication assisted treatment, and aftercare. Support meetings for family members are offered at the Fremont location, at 103 South Front Street.

Intensive outpatient treatment sessions are scheduled to meet several times each week allowing participants to live at home and still attend school or work. Group sessions help participants understand the disease of addiction, manage triggers and cravings, and mend relationships. One-on-one counseling sessions are also part of a treatment plan.

Counseling services can help each individual meet their personal goals, including processing grief and trauma, learning coping skills, managing high risk situations, and employment or educational goals. Once treatment is completed, aftercare gives continued support to help people maintain sobriety.

"Recovery is something that no one should go through alone," said Deanna England, LICDC-CS, LPC, Oriana House's Clinical Manager of Treatment Services, North Central Ohio. "We offer evidence-based programming every step of the way and provide additional services for the family."

Family members and loved ones are able to attend the Family Matters sessions to learn more about the disease of addiction. Free, weekly meetings in Fremont cover topics such as communication techniques and traps; addressing triggers and cravings; coping with possible relapse; anger management; rebuilding trust; establishing boundaries; and gaining a deeper insight into what to expect as a person progresses in his or her recovery journey.

England added that addiction affects the entire family. "Teaching family members and support persons about substance use disorders increases successful recoveries and decreases relapses. Healing and mending relationships is part of the recovery process and Rigel Recovery Services can assist family members on this journey," England said.

Rigel Recovery Services is certified through the Ohio Department of Mental Health and Addiction Services.

Funding for Rigel Recovery Services comes from the recent passage of the Mental Health and Recovery Board of Seneca, Sandusky, and Wyandot Counties' levy and Oriana House, Inc. Rigel Recovery Services also accepts Medicaid and can assist a person in applying for Medicaid.

"Rigel Recovery Services hopes to fill a void in Sandusky County by providing needed treatment for substance use disorders. We are looking forward to celebrating many sobriety milestones with our clients," said Varney.

For more information on Rigel Recovery Services, call 567-280-4037.