

Porter County Substance Abuse Council Resource Guide



*Porter County's founding community coalition
working together to battle
substance abuse in our communities.*

Serving Porter County for over 25 years.

Governor Designated Council for Porter County



Indiana Governor Bayh designated the Porter County Substance Abuse Council as the community coalition for the county. We are dedicated to the *Collaboration, Coordination and Integration* of resources to address a multitude of substance abuse issues and challenges for youths and adults in our county. Our coalition has been providing referrals for over 25 years to accommodate the constant evolution of treatment modalities and community needs. We have working relationships with law enforcement agencies, public and private schools, treatment and intervention programs and other community groups and citizens.

Porter County Substance Abuse Council



254 S. Morgan Blvd.
Valparaiso, IN 46383

Phone: 219-462-0946

www.portercountysac.org
Director Beatrice Owen, M.A.
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Dedicated to Addressing Community Needs

Assessing, Promoting and Educating

- The Porter County Substance Abuse Council is dedicated to reducing the incidence of substance abuse in Porter County.
- We are working to reduce youth and adult substance abuse by assessing for, promoting through and educating about community-based programs.
- We formulate and implement a county-wide comprehensive plan to advocate legislative concerns both locally and state-wide.
- We receive funding from monies collected from Porter County DUI convictions and drug interdictions. These monies are distributed to member-grantees in treatment, law enforcement and prevention programs. We encourage members to apply for a grant and become part of the solution. In addition, federal funding for a 5 year grant was received from SAMHSA and the Office of National Drug Control Policy. Our administrative expenditures are 25% or less than the total revenues.

- The Council meets the 2nd Thursday of each month.
- The Drunk Driving Task Force Meets the 3rd Thursday of each month.
- Meetings are open to public.



Counseling Services

Referrals for youth and adults, counselors for mental health and substance abuse; faith-based; family; women only and more.



Frontline Foundations 219-728-1638
1008 Broadway
Chesterton, IN 46304 www.frontlinefoundations.com
Outpatient Substance Abuse Treatment Center

Frontline Foundations 219-728-1638
259 Indiana Avenue, Valparaiso, IN 46383
Outpatient Substance Abuse Treatment Center

Hope Counseling Center 219-462-4411
450 Vale Park Road, Suite K, Valparaiso, IN 46385

New Beginnings Counseling, Inc. 219-203-2343
791-1 Juniper Rd. @ South Haven, Valparaiso, IN 46383
Licensed substance abuse counseling for 13-17 years old

Porter-Starke www.porterstarke.org
701 Wall Street, Valparaiso, IN 46383 219-531-3500
Inpatient Care Center providing acute psychiatric and therapeutic care in a secured setting for adults; Recovery Center providing methadone and counseling for those dependent on opiates.

Salvation Army Rehab Center 574-288-2539
<http://www.salvationarmyusa.org/usn/adult-rehabilitation>

Care Counseling 219-759-6760
Women's services; substance abuse and mental health for adults; all evaluations for out of state traffic violations

Choices! Counseling 219-548-5727
607 Lincolnway
Valparaiso, IN 46383
www.choicescounselingservices.com
Licensed substance abuse counseling

Family & Youth Services Bureau www.fysb.org
253 W. Lincolnway, Valparaiso 46385 219-465-9585
6469 Central Ave, Portage 46368 219-763-6623
Licensed counselors for individual, family & groups; teen recovery

Family Concern Counseling 219-477-5646
2004 Valparaiso Street
Valparaiso, IN 46383 www.valparaisocounseling.com
Licensed Christian Counselors for youth & adults

Fresh Start Counseling Services 219-548-9400 1552
West Lincolnway, Valparaiso, IN 46385
Mental health and substance abuse services for women and youth



The Porter County Substance Abuse Council maintains a professional relationship with providers throughout Porter County. We developed this resource guide as an aid for our community to use as a starting point in their search for information. This referral guide is in no way inclusive to all providers in our area. These providers have requested to be included in our resource booklet. If we have omissions, we apologize and invite you to call our office at 219-462-0946 and ask to be included in our next printing.

COMMUNITY RECOVERY SUPPORT GROUPS

Al-Anon www.al-anon.org
Support for family and friends of alcoholics/drinking issues

Alcoholics Anonymous www.aa.org
Group support to help recovering alcoholism

Celebrate Recovery 219-462-2751
Valparaiso Nazarene Church www.valponaz.org

The Conduit Recovery Community Center 219-728-1638
Frontline Foundations

Most Excellent Way 219-548-3038
Liberty Bible Church www.lbchurch.org

Nar-Anon www.nar-anon.org
Support for those suffering with drug abuse/addiction issues

Narcotics Anonymous www.naindiana.org
Support for those suffering with drug abuse/addiction issues

MISSION & GOALS

Reduce youth and adult substance abuse by assessing the extent of the problem, promoting and implementing effective community based programs, and educating the community on substance abuse issues and solutions.



PROBLEM STATEMENTS

Problem Statement 1

Porter County experiences a high incidence of transportation, availability, accessibility and abuse of illegal substances, controlled substances and mind-altering substances. Crimes associated with supporting substances. Crimes associated with supporting substance abuse habits have increased.

Problem Statement 2

Porter County has a higher percentage of adolescent and adult substance abuse than other counties in Indiana. This behavior often begins during grade, middle and high school years. Porter County has insufficient cost-effective treatment alternative and/or services available to provide a recovery-oriented option for treatment and rehabilitation of individuals who use, abuse or are dependent upon substances.

Problem Statement 3

In Porter County the average age of first use of a gateway drug is 12 to 14 years old. Students are reporting higher than state average use of marijuana, alcohol, binge drinking, and prescription medication.

Problem Statement 4

A lack of collaboration hinders efforts to fight substance abuse in Porter Co.

CLINICAL ADDICTION COUNSELORS/MENTAL HEALTH

Dr. Stanley Lelek 219-464-9495

Indiana licensed 87000745A

Bonnie Hurst 219-252-4087

Indiana licensed 87000630A

Mary Hodson 219-462-6267

Mental Health America mmhodson@mhapc.org

Swanson Center 219-362-2145

1230 W. State Road 2, Ste. B
La Porte, IN 46350

www.swansoncenter.org

Porter-Starke Services, Inc. www.porterstarke.org

Portage/Valparaiso

219-762-9557/219-531-3500

Adult and children substance abuse, mental health, individual and group counseling, crisis management

PROFESSIONAL SPEAKERS BUREAU

Our Speakers Bureau is comprised of professionals that will present a variety of topics related to substance abuse. We offer this outreach program at no cost and encourage organizations to learn the problems and solutions that affect the quality of life in Porter County. **Call 219-462-0946**



EDUCATION

Porter County Substance Abuse Council 219-462-0946
254 S. Morgan Boulevard
Valparaiso, IN 46383
Drug testing kits; drug and alcohol related information

Education Litigation Group, LLC 800-580-9167
Two First National Plaza
20 South Clark Street, Ste. 500
Chicago, IL 60603 www.EducationRightsGroup.com
Expulsion & education law issue

PATH – A Positive Approach to Teen Health 219-548-8783
1755 Thornapple Circle, Valparaiso, IN 46385
Teaching teens healthy choices

CRISIS LINE – 24/7 219-531-3500/219-769-4005

Empower Porter County 219-465-0294
57 Franklin, Valparaiso, IN 46383 www.empowerpc.org
A local coalition with 3 initiatives

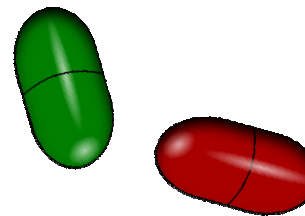
PARENT TO PARENT RESOURCE

Mann Spittler 219-464-9221

PORTER COUNTY SUBSTANCE ABUSE COLLABORATES WITH PUBLIC AND PRIVATE SCHOOLS

Presenting student events to reduce substance abuse; illustrate the dangers of drinking and driving; encourage responsible behaviors, connect law enforcement to students as a positive influence, provide resources to parents, supporting schools through grants:

- Red Ribbon Week
- Goggles & Carts Program (impaired driving simulation)
- DUI Patrols
- Evidence-based programs
- Educational Campaigns
- Parent Guidebooks at School Registration
- Scholarships
- Advocacy



DRUG KITS ARE AVAILABLE FOR PURCHASE \$5

WE OFFER HOME DRUG TESTING KITS TO PARENTS WHO SUSPECT THEIR MINOR CHILD IS USING DRUGS.

CALL 219-462-0946 FOR AN APPOINTMENT

**INPATIENT/OUTPATIENT BEHAVIORAL HEALTH
SUBSTANCE ABUSE SERVICES FOR YOUTHS AND ADULTS**

Methodist Hospital 219-886-5960
Northlake Campus
600 Grant Street
Gary, IN 46402
Medical stabilization

Gateway Foundation 773-826-2707
Chicago West
Residential inpatient/outpatient

Michiana Behavioral Health 800-795-6252
1800 North Oak Drive
Plymouth, IN 46563
www.michianabehavioralhealthcenter.com

Regional Mental Health Center 219-392-6001
8555 Taft Street
Merrillville, IN 46410
www.regionalmentalhealth.org

Serenity House of Gary 219-980-1955
5157 Harrison Street
Gary, IN 46408
Residential inpatient



**TRANSITIONAL HOUSING:
WOMEN 18+ DRUG & ALCOHOL RECOVERY**

Alice's House 219-462-7600
606 Brown Street
Valparaiso, IN 46383
www.alicesvalpo.org

Women's Recovery House 219-531-3500
Valparaiso, IN 46383
www.porterstarke.org

YWCA of St. Joseph County 574-233-9491
Inpatient/Outpatient

TRANSITIONAL HOUSING: MEN'S 18+ HALFWAY HOUSE

Moraine House 219-464-9983
353 W. Lincolnway
Valparaiso, IN 46383
www.morainehouse.org

Respite House 219-252-9968
1408 Chicago Street
Valparaiso, IN 46383
www.respitehouse.org

Hotline Information

Local Crisis Line: Porter-Starke Services 219-531-3500
Local Crisis Line: Regional Mental Health 219-769-4005
National: Suicide Prevention Lifeline 800-273-8255

PROMOTING PARENTAL AWARENESS DRUG KITS AVAILABLE

The Council provides drug testing kits to parents that would like to take the first step in confirming their child may have used or deterring their child from using one of the following drugs: marijuana, heroin, cocaine, benzodiazepine, amphetamines and/or methamphetamines. Kits are \$5 and available for purchase by appointment by calling **219-462-0946**.



Characteristics of Substance Abuse

- Drop in grades
- Mood swings
- Change of friends
- Borrowing of money
- Use of candles or incense
- Seeds in pockets of clothing
- Loss of interest in goals
- Slurred speech
- Weight loss
- Wearing of sunglasses
- Loss of personal possessions
- Constant cough
- Difficulty in concentrating

THE ANTI-DRUGS

REDUCE OR ELIMINATE VIDEO GAMING and encourage physical sporting activities such as: baseball, soccer, hockey, track, basketball, football, swimming and any other individual or team sports.

ENCOURAGE THE OUTDOORS: Hiking, fishing, camping, geocaching, Indiana Dunes adventures

ENCOURAGE THE FAMILY: Camping, golf, Indiana Dunes adventures, kayaking, boating, volunteer

INCLUDE FRIENDS: Gives you an opportunity to meet the friend, their parent and see where your child is hanging out.

ENCOURAGE APPRECIATION FOR THE ARTS: Introduce a musical instrument, join the marching band (this is a full time commitment), journalism newspaper/yearbook, try out for a play; Drawing, painting, sculpting;

ENCOURAGE COMMUNITY OUT-REACH:
Volunteer

PRESCRIPTION MEDICATION

DROP-OFF BOX LOCATIONS

Anonymous drop-off; No questions asked; Open 24/7

Prescription medications are by far the most commonly abused drugs among teenagers, after marijuana. Not only are these drugs a temptation for your teen, but if you flush your meds, this will also contaminate our drinking water. Proper disposal of prescription and over-the-counter medication will help ensure a safer Porter County. For additional locations: www.in.gov/bitterpill



DID YOU KNOW?

- 1 in 6 teens used a prescription drug to get high
- 2/3 of teens who abuse pain relievers say they get it from family & friends
- More Americans die from drug overdoses than in car crashes

PARTICIPATING PORTER COUNTY POLICE DEPARTMENTS

Chesterton Police Department
790 Broadway
Phone # 219-926-1136

Hebron Police Department
106 East Sigler
Phone # 219-996-2747

Portage Police Department,
2693 Irving Street
Phone # 219-762-3122

Porter Police Department,
50 Francis Street
Phone # 219-926-7611

Valparaiso Police Department,
355 Washington
Phone # 219-462-0717