
BRIDGE TO CARE

ANA·ZAO

— COMMUNITY PARTNERS —

ACP is here to support you at every step of your journey. Whether you're seeking immediate help, managing stress, or looking for resources, you'll find tools and guidance to help with your needs. For more assistance call us at (330) 264-9597.

CRISIS AND IMMEDIATE SUPPORT



Anazao Community Partners is available 330-264-9597 to support your needs Monday – Friday from 9:00 AM – 5:00 PM. If your assigned provider is unavailable, our Access team is available to help support your needs.

If you are experiencing an emergency, call 911 and request a CIT (Crisis Intervention Team) Officer.

If you are experiencing a mental health crisis, call or text 988 or call local crisis at 330-845-HELP(4357)

If you are seeking immediate detox or substance recovery resources, call the local Substance Navigator at 330-466-0678

COMMUNITY RESOURCES

Many other resources exist in our community, connect with an ACP Case Manager to find out more.

COMMUNITY RESOURCES



United Way of Wayne and Holmes Counties

- Contact: 211 or (330) 263-6363
- United Way can help guide you to the resources you need within the community

Job and Family Services

- Wayne County: (330) 287-5800
- Holmes County: (330) 674-1111
- Provides assistance with employment services, child support, food assistance benefits, Medicaid, and temporary assistance for families in need.

Community Action Wayne/Medina

- Contact: (330) 264-8677
- Supporting individuals and families through transportation programming, rental assistance, weatherization programs, utility bill help, employment training, and early childhood programming.

People to People

- Contact: (330)262-1662
- Food pantry, hygiene and personal products, clothing, household items, and financial assistance for those in need

LOCAL SHELTERS AND EMERGENCY HOUSING

Salvation Army

- Wooster: 437 S. Market St., Wooster, OH 44691 – (330) 264-4704
- Orrville Maiwurm Service Center: 401 W. High St., Orrville, OH 44667 – (330) 683-3138

Homeward Bound

- 981 Grosjean Rd., Wooster, OH 44691 – (330) 641-1078
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COMMUNITY MEAL SERVICES

A MORE COMPREHENSIVE
LIST AVAILABLE THROUGH
UNTIED WAY



Wooster United Methodist Church

- 243 N. Market St., Wooster, OH 44691 – (330) 465-1836
- Thursdays at 4:30 PM

Wooster Seventh – Day Adventist Church

- 445 N. Bever St., Wooster, OH 44691 – (330) 264-3117
- Wednesday from 1:30 PM – 3:00 PM

Trinity United Church of Christ

- 150 E. North St., Wooster, OH 44691 – (330) 264-9250
- Breakfast Monday – Friday from 8:30 AM – 9:30 AM

St. Stephen Catholic Church

- 44 Britton St., West Salem, OH 44287 – (419) 853-4946
- Wednesdays at 5:30 PM

St. Paul Lutheran Church

- 777 S. Summit, St., Smithville, OH 44677 – (330) 669-2111
- Wednesdays from 5:30 PM – 6:30 PM

Orrville Mennonite Church

- 1305 W. Market St., Orrville, OH 44667 – (330) 682-5801
- Mondays from 5:30 PM – 6:30 PM

Friendship Meals

- Christ United Church of Christ: 301 N. Main St., Orrville, OH 44667
- 2nd – 5th Thursdays of the month from 5:15 PM – 6:00 PM

FOOD PANTRIES A MORE COMPREHENSIVE LIST AVAILABLE THROUGH UNITED WAY



Wooster Hope Center

- 807 Spruce St., Wooster, OH 44691 – (330) 683-2242
- Open Wednesdays 12:00 PM – 3:00 PM, Thursdays 6:00 PM – 8:00 PM, Fridays 10:00 AM – 12:00 PM
- Requires photo ID with current address

Five Voices

- 516 W. High St., Orrville, OH 44667
- 3rd Saturday from 10:00 AM – 12:00 PM
- Requires Photo ID

Lord's Pantry

- 99 E. Buckeye St., West Salem, OH 44287 – (419) 928-8022
- 3rd Saturday from 10:00 AM – 12:00 PM
- Requires Photo ID and proof of income

Creston Community Church

- 111 Sterling St., Creston, OH 44217 – (330) 435-4485
- 1st & 3rd Saturdays from 10:00 AM – 11:00 AM
- Requires photo ID and proof of address

Rittman Food Pantry

- 88 N. Main St., Suite 201, Rittman, OH 44270 – (330) 927-1871
- Thursdays 8:30 AM – 4:00 PM

The Love Center Food Pantry

- 1291 Massillon Rd., Millersburg, OH 44654 – (330) 674-2504
- Mondays, Wednesdays, and Fridays from 1:00 PM – 4:30 PM
- Requires Photo ID, proof of residence, and proof of income

COPING STRATEGIES

If you're feeling certain emotions, here are some interventions to try. These strategies can be further discussed with your provider as you begin services. If you would like guidance on an intervention, please reach out to our office during business hours at 330-264-9597.

MANAGING ANGER

Progressive Muscle Relaxation – *About 15 minutes*

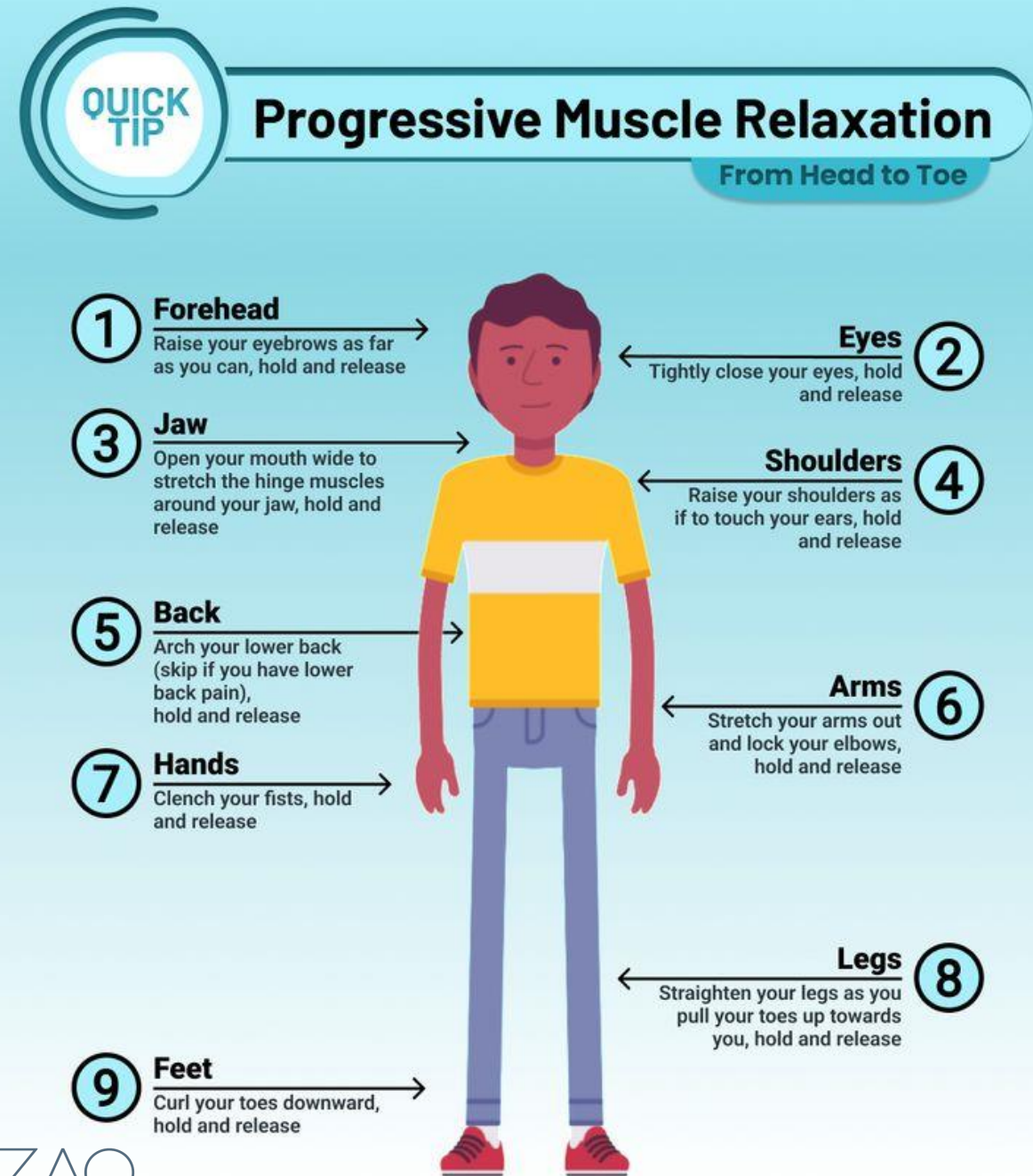
Tense and relax different muscles in your body. Start with your toes and work your way up to your forehead. Focus on the sensations of tension and release.

Practice in a comfortable sitting position or lying down in a space with minimal disturbances. Focus your attention on each muscle group as you move along.

Use the included guide from Oasis Mental Health Applications to help you through the process. Spend about 5 seconds in both the tensing and relaxing position. Complete with each muscle group and repeat as needed.

Use a YouTube Video guide [here](#).

Find more information about PMG [here](#).



STRESS MANAGEMENT

Mindfulness

5-4-3-2-1 Grounding Technique

- Acknowledge 5 things you can see around you, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Take time to acknowledge details such as texture, color, shape, volume, pleasantness, flavor, etc.

Breathing Exercises

4-7-8 Breathing

- Inhale slowly through your nose for a count of 4, hold your breath for a count of 7, exhale slowly through your mouth for a count of 8.

Belly Breathing

- Sitting or lying comfortably, place one hand on your chest and another on your abdomen. Inhale slowly through your nose, expanding your abdomen. Exhale slowly through your mouth, contracting your abdominal muscles

SADNESS AND GRIEF EXERCISES

Journaling

- ❖ Writing provides an outlet for emotions and can facilitate self-reflection
- ❖ Write down your thoughts and feelings about your loss or other causes of emotions.
- ❖ Some potential prompts:
 - ❖ Today, I'm having a hard time with...
 - ❖ Describe a memory with your loved one that makes you laugh.
 - ❖ What are activities I can do to make myself feel better?



Create a memory box
Having tangible items can help serve as a grounding tool and way to process grief.

Collect mementos, pictures, letters, quotes, or other items that remind you of happy memories.



STOPPING NEGATIVE THINKING



Cognitive Reframing Technique: Reducing self-criticism and fosters a growth mindset

How to: Identify a negative thought and adjust it to reflect a more balanced or positive perspective.

Example: if you are thinking “I always mess up”, reframe it to “I made a mistake and I can learn from it.”



Visualization: Building self confidence

How to: Imagine or visual yourself achieving a goal you've set your mind to or successfully overcoming a challenge

Example: You have to talk to your boss about a raise. Picture yourself in the room, the conversation, and the outcome.

BATTLING DEPRESSIVE THOUGHTS

Behavioral Activation - schedule or engage in an activity you find enjoyable or rewarding when you feel low or unmotivated.

Things to try:

- Meet up with a friend
- Go on a walk
- Sit outside
- Engage with nature
- Play a game or a favorite sport
- Pick up a new hobby or engage with one you already enjoy
- Listen to your favorite music



ADDITIONAL WELLNESS TIPS



Daily Mood Tracker

Record how you feel each day and look at patterns to better understand reactions, reasons for intense feelings, needs, etc.

Healthy Sleep Habits

Aim for 7-8 hours of sleep per night. Using a weighted blanket or white noise could help improve sleep quality.

Regular Exercise

Engage in at least 30 minutes of movement daily including walking, yoga, or stretching. Exercise helps release endorphins which has been connected with improved mood and energy.

Balanced Diet

Include plenty of fruits, vegetables, and whole grains in your diet. Reducing caffeine and sugar helps to stabilize energy and mood.

Support System

Surround yourself with friends, family, and others that bring you a sense of calm, joy, and support.

Reduce Screen Time

Avoid screens 30-60 minutes before bed and reduce time spent on screens and social media during the day.



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COMMUNITY PARTNERS



HELPING AND
SUPPORTING
OTHERS

HOW TO TALK ABOUT MENTAL HEALTH

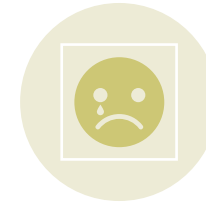
Visit [Mental Health First Aid](#) for more information on how to support.



Start with care: “I’ve noticed you seem down. Want to talk?”



Listen without judgement: let them share without interrupting



Validate feelings: “That sounds really difficult. I’m here for you.”



Ask open-ended questions: “What’s been on your mind?”



Encourage action: “Would you be open to talking to a counselor?”

WHAT TO LOOK FOR AND HOW TO RESPOND

MILD CONCERNS

If an individual exhibits the following signs:

- Changes in school or work performance
- Less social interaction or interest in activities
- Mood swings or increase in feeling overwhelmed
- Changes in sleep, eating, or self-care habits
- Trouble focusing or increase in self-doubt

You can help by:

- Checking in and supporting
- Offering to help with small tasks
- Encouraging healthy habits and self-care
- Connecting with professional services such

For additional support, you can contact:

- Anazao Community Partners: (330) 264-9597
- NAMI (Support groups and education): (330) 264-1590
- The Counseling Center: (330) 264-9029
- One-Eighty: (330) 264-8498
- Catholic Charities: (330) 262-7836

WHAT TO LOOK FOR AND HOW TO RESPOND

MODERATE CONCERNS



If an individual is exhibiting the following signs:

- Missing school or work often or struggling to complete tasks
- Avoiding social interaction or isolating themselves
- Exhibiting frequent sadness, irritability, emotional outbursts
- Unexplained weight changes or fatigue
- Risky behaviors including increased substance use



You can help by:

- Expressing concern and listening without judgement
- Offering to help them in seeking professional support



You should ensure they are aware of:

- Local resources listed above
- 988 Lifeline: Call or text 988 for crisis support 24/7
- Local Crisis Support: (330) 845-HELP (4357)
- Local Substance Navigator: (330) 466-0678

WHAT TO LOOK FOR AND HOW TO RESPOND HIGH CONCERN



If an individual is exhibiting the following signs:

- Talking about wanting to die, self-harm, or disappear
- Showing severe withdrawal from friends, family, or responsibilities
- Increased risky behavior that includes substance use, self-injury, aggression, or recklessness
- Indication of abuse, unsafe home, or life situation
- Giving away possessions and saying good-bye

You can help by:

- Staying with them and encouraging them to talk
- Contacting emergency or crisis help immediately
- Not leaving them alone

Call immediately:

- 988 – 24/7 Crisis Helpline
- Wayne & Holmes County Crisis: (330) 845-HELP (4357)
- Emergency Services: Call 911 and request a CIT officer when an immediate danger is perceived
- Substance Navigator: Call (330) 466-0678 if an individual is in need of detox or substance recovery services

ADDITIONAL RESOURCES



National Alliance on Mental Illness (NAMI) of Wayne & Holmes Counties

- Provides free education, support groups, and advocacy for individuals and families impacted by mental health conditions. Locally, NAMI offers peer-led support groups, MOCA House programming, CIT training, crisis resources, and suicide awareness and prevention programming.

Question, Persuade, Refer Institute (QPR)

- Provides training to individuals similar to CPR training, but instead for helping individuals experiencing a mental health crisis.

Mental Health America (MHA)

- Mental Health 101 resources and information. Offers virtual and in-person support groups nationwide, as well. MHA also provides a worksheet to help with [crisis planning](#).

Substance Abuse and Mental Health Services Administration (SAMHSA)

- Learn about resources and evidence-based approaches to address substance use and mental health care. Provides support and information for families and individuals.

Child Mind Institute

- Focuses on resources and information related to child development and mental health needs.
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— COMMUNITY PARTNERS —



SUBSTANCE TREATMENT AND SUPPORT GROUPS

LOCAL PROGRAMMING AVAILABLE



Detox/Inpatient Withdrawal Assistance

- RAMP at Wooster Community Hospital
 - Call (330) 466-0678 or go to Wooster Hospital ER – 1761 Beall Ave., Wooster, OH 44691

Inpatient Treatment

- One-Eighty
 - Call (330) 264-8498 or email admissions@one-eighty.org

Intensive Outpatient Treatment

- One-Eighty
 - Call (330) 264-8498
- A New Day
 - Call (330) 636-1741

Outpatient Treatment

- Anazao Community Partners
 - Call (330) 264-9597, visit our website, or walk-in at 2587 Back Orrville Rd., Wooster, OH 44691
- One-Eighty
 - Call (330) 264-8498

ALCOHOLICS ANONYMOUS (AA) MEETINGS

Abbreviations

O = Open D = Discussion M = Men Only W = Women Only

Wayne County Meetings



Name	Place	Address	Time	Type
Rittman Sunday 12	Father Farr Room	139 S. Rittman St, Rittman	Sunday 8:00 PM	Open (O)
Wooster Sunday Night	St. James Episcopal	201 N. Market, Wooster	Sunday 8:00 PM	Open (O)
Noon Big Book	St. James Episcopal	201 N. Market, Wooster	Monday 12:00 PM	Open (O)
Wooster Trinity UCC	Trinity UCC	150 E North St, Wooster	Monday 8:00 PM	Open (O)

Name	Place	Address	Time	Type
Wooster Early Bird	St. James Episcopal	201 N. Market St, Wooster	Thursday 9:00 AM	Open (O)
Wooster Brown Bag	St. James Episcopal	201 N. Market St, Wooster	Friday 12:00 PM	Discussion (D)
Night Focus	Trinity UCC	150 E Main St, Wooster	Friday 8:00 PM	Open (O)
Wooster Serenity	St. Mary's Catholic	527 Beall Ave, Wooster	Saturday 6:30 PM	Discussion (D)
Sat Night Phoenix	St. James Episcopal	201 N. Market St, Wooster	Saturday 10:30 PM	Open (O)

Holmes County

NAME	PLACE	ADDRESS	TIME	TYPE
Killbuck Big Book	United Methodist Church	410 N. Main St, Killbuck	Monday 8:00 PM	Discussion (D)
Millersburg	Millersburg Presbyterian	90 S. Clay St, Millersburg	Tuesday 8:00 PM	Open (O)

ALCOHOLICS ANONYMOUS (AA) MEETINGS





NARCOTICS ANONYMOUS (NA) MEETINGS

Name	Place	Address	Time	Type
Saturday Serenity Group	122 West North St.	Wooster	Sunday 12:00 PM	Open
Bring Your Books Group	621 College Ave.	Wooster	Sunday 6:00 PM	Open
Attitude of Gratitude Group	104 Spink St.	Wooster	Monday 6:00 PM	Open
By Any Means Necessary Group	150 East North St.	Wooster	Tuesday 7:00 PM	Open

AL-ANON MEETINGS

FOR FAMILIES AND FRIENDS OF THOSE AFFECTED BY ADDICTION

Meeting Name	Location	Address	Day/Time	Notes
Millersburg Serenity Seekers	Millersburg First Presbyterian Church	90 S. Clay St., Millersburg OH 44654	Tuesdays 8:00 PM	Meeting held in a downstairs room
Wooster Gratitude AFG	St. James Episcopal Church	201 N. Market St., Wooster OH 44691	Monday 7:30 PM	AA meeting at the same time
Circle of Hope	First Presbyterian Church	621 College Ave., Wooster OH 44691	Saturday 9:30 AM	Meeting held in youth room in basement

MORE MEETING INFORMATION

More meetings can be found at the following websites:

[Alcoholics Anonymous](#) – for individuals seeking support with alcohol addiction

[Narcotics Anonymous](#) – for individuals seeking support with narcotics addiction

[Al-Anon Family Groups](#) – for family members of individuals affected by addiction

[The Partnership to End Addiction](#) – online support meetings for parents and caregivers of children dependent or experimenting with substances.





ANAZAO COMMUNITY
PARTNERS IS HERE TO
HELP YOU ON YOUR
CHANGE JOURNEY AND
GIVE YOU HOPE

If you don't see the resources or support you need listed, please call our office at (330) 264-9597 and ask for assistance.

