Continuing the amazing journey

Jeff De Lay
President and CEO

or too many people, life immediately after detox means a life back on the streets. Too many people have no place to go, which means they’re at an even greater risk of falling back into old habits. Having somewhere to go — where they can be around people who are as committed to sobriety as they are — can make all the difference.

Recovery Housing offers just such a place. Individuals who stay in Recovery Housing post-detox are less likely to relapse, are less likely to be incarcerated, and are more likely to rebuild social relationships and improve their own well-being. However, our community currently has the capacity to serve only 15% of the people exiting detox.

Now, thanks to an amazing show of support from the entire community, Unison Health will be able to provide a 16-bed space where Recovery Housing clients can continue their journey to sobriety together.

Unison staff members Jacki Twining (l) Kapszukiewicz and Ashley Kopaniasz (r).

How many times have you heard people say something like, “I’m really OCD about having my shirts folded the right way,” or “I still have PTSD from that trip to the mall?”

We often use these terms as figures of speech, but for many people these anxiety-related disorders are very real. Finding the right kind of help for these issues is critical — but it’s not always easy. That’s why Unison Health recently opened our Center for the Treatment of Anxiety, located in Perrysburg.

The licensed professionals at the Center for the Treatment of Anxiety provide people with the tools and strategies needed to face their anxiety-related disorders. From the initial assessment on, we develop treatments customized to each individual’s needs. As Bill Emahiser, Director, says, “When you have a heart problem, you see a cardiologist. When you have a foot problem, you see a podiatrist. When your problem is anxiety related, why not see a specialist for that as well. That’s what makes the Center for the Treatment of Anxiety different — anxiety-related disorders are all we do.”

The team at the Center for the Treatment of Anxiety works with each individual to determine the ideal course of action. We offer in-depth psychological testing to ensure every client receives appropriate care. Some people benefit most from counseling, others may respond best with medications, and for many people a combination of the two is ideal.

If you think you or someone you know face anxieties that go beyond the usual worries or fears, don’t discount those feelings. Anxiety-related disorders are real, and you can trust the licensed professionals at Unison Health’s Center for the Treatment of Anxiety to help you find a solution that’s just right for you.

Contact Unison Health’s Center for the Treatment of Anxiety today to schedule an appointment. Call 419.214.HOPE or visit our facility at 1011 Sandusky Street in Perrysburg, Ohio. Most private insurances accepted.

Now open in Perrysburg

Center for the Treatment of Anxiety

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What are Anxiety-Related Disorders?

While people may use these terms to discuss the stresses of their daily lives, these are actual psychological disorders that interfere with some people’s ability to sleep, work or live a full life.

<table>
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<tr>
<th>Disorder</th>
<th>Description</th>
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<tr>
<td>Post-Traumatic Stress Disorder (PTSD)</td>
<td>Fear related to past traumatic events, to the point where people re-experience the past events in the present.</td>
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<tr>
<td>Obsessive Compulsive Disorder (OCD)</td>
<td>Fear caused by intrusive, unwanted thoughts or images accompanied by repeated behaviors (rituals) designed to reduce the fear/discomfort.</td>
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<tr>
<td>Panic Disorders</td>
<td>Sudden, intense surges of fear; symptoms may include racing heart, shortness of breath, chest discomfort and the fear of dying.</td>
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Social Anxiety
Fear of embarrassment, humiliation or evaluation by others, to the extent that people will avoid social situations altogether.

Phobias
Fear of specific places, events or things, to the extent that they interfere with everyday functioning.

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Unison Brings its Services to Wood County

The people you know. The care you deserve.

Unison Health is excited to welcome new faces to our family of dedicated professionals as we expand our substance abuse and behavioral health services into our new Wood County location at 1084 S. Main St. in Bowling Green.

Our goal is to see that the needs of the people of Wood County are met with the same level of excellence they have come to expect.

AERYN WILLIAMS
Bowling Green Program Manager

We recognize we have a responsibility to maintain the level of service the people of Wood County are accustomed to, and that’s something we take seriously. Unison Health will provide counseling for families, couples and individuals, as well as group therapy services such as anger management and grief counseling. We will continue to assist people with the management of their medications.

In addition, we are pleased to announce that we will be expanding our services to include treatment for substance use disorders, including medication assisted treatment for substance withdrawal. This outpatient program provides clients with medical services and support and opiate replacement medication, as well as group and individual therapy.

Unison’s Outreach
Services are provided to individuals and families from more than 20 counties throughout Ohio and Michigan.