

# Here's The Scoop

Volume 2 Quarter 4  
 2025

## ON THE DISCOVERY RECOVERY HOUSE

***The Medina County Mental Health & Recovery Board (MHRB) works to meet local needs by contracting for community-based services with qualified providers.***

### **Discovery Recovery House (DRH)**

The Discovery Recovery House (DRH) is a 24-hour, Level 3 sober living residence for women, owned by the Medina County Mental Health & Recovery Board (MHRB) and operated by OhioGuidestone (OGS). Women in recovery often face unique challenges, such as trauma histories, parenting responsibilities, and safety concerns. The MHRB recognized a growing need for an all-women's sober living residence and began to strategically plan to develop and build the Discovery Recovery House to fill this gap in gender specific care.



the Discovery Recovery House to fill this gap in gender specific care.

**The Creation of DRH:** Due to the rising need for recovery services for women in Medina County, the recovery house was designed and built by the MHRB and opened in June 2021. This initiative followed the passage of the Human Services Levy in

2019, which supported the Medina County Mental Health & Recovery Board, Medina County Senior and Adult Services, and Medina County Job and Family Services. The passage of the Human Services levy was essential to the project's creation, as it provided critical funding for the completion. Along with the Mental Health & Recovery Board's funding, the MHRB secured a capital grant through the Ohio Department of Behavioral Health (DBH) to assist with this project. Additionally, State Opioid & Stimulant Response grant funding through the MHRB has provided much-needed funding to support the operational aspects of the house over the years, including staffing and programming.



The Discovery Recovery House is designed to help women aged eighteen and older who need access to substance use treatment, counseling services, 12-step recovery meetings, and opportunities to foster social connections. OhioGuidestone has

*(Continued on page 2)*



*(Continued from page 1)*

been in partnership with the MHRB since 2017 and has been working to meet the needs of Medina County residents since that time. The MHRB chose OGS to operate the Discovery Recovery House due to its reliable ongoing partnership as well as their experience with operating recovery homes.

The Mental Health & Recovery Board, Discovery Recovery House, and OhioGuidestone provide women in need of assistance with recovery from substance use with a safe and reliable housing situation, while also offering a structured and supportive environment conducive to maintaining sobriety. The DRH is certified by the Ohio Recovery Housing (ORH) demonstrating quality and accountability while ensuring a safe, supportive, and structured environment for individuals in recovery. DRH operates using a resident-centered approach, which does not impose time limits on stays but instead determines them based on individual progress and needs.

**About Discovery Recovery House:** The Discovery Recovery House can accommodate up to 12 women at any time and offers skill-building activities, sober support systems, connections to local community resources, transportation assistance, community providers both on and off-site, as well as a warm hand-off to ensure a smooth transition back into the community. The recovery house is integrated into Hope Recovery Community who provides peer recovery services, recovery support, education, skills training, employment assistance, substance use treatment options, and linkage to other resources to help individuals achieve future independence. Women who reside at Discovery Recovery House are required to seek employment, and those that have a disability are encouraged

to participate in activities within the community as their disability allows.

Each resident's stay in the recovery house varies based on their individual needs; however, they each create a daily schedule with general expectations that they are expected to follow. The schedule includes a morning routine of wake-up, room cleaning, breakfast, and medication adherence (if necessary). It also includes morning chores, room checks, and the development of their daily plans, considering their specific treatment goals, employment, and probation requirements. Items to include in the routine are working or seeking employment, completing court-ordered activities, attending counseling or case management appointments, medical visits, recovery-related activities, self-care, tasks promoting independence, community and recreational activities, participation in weekly house meetings and local 12-step recovery meetings. An evening routine involves dinner, recreational activities, and recovery support sessions. The house curfew is adjusted for each resident based on their level within the house. The curfew can be extended if a resident's work schedule requires later hours, and residents are allowed to visit with their children on-site to foster personal and family relationships.

### Mental Health & Recovery Board Staff

*Phillip Titterington, Executive Director*

*Tiffany Shelton-Kinney, Associate Director*

*Anna Gibson, Office Manager*

*Kristen Hoffert-Leja, Finance Director*

*(Continued on page 3)*

(Continued from page 2)

**Statistics:** Since FY2021, 163 women have resided at the Discovery Recovery House, and there are an average of eight women on the waiting list at all times. According to the *Ohio Recovery Housing Resident Outcomes Report: May-December 2022*, after entering recovery housing, residents reported higher rates of employment, and an increase in income and a decrease in debt. Individuals were more engaged with the recovery community and had an increase in physical and mental well-being. Research shows that after five years of continuous sobriety, an individual has an 85% likelihood of remaining clean and sober, making recovery housing a very important tool in the journey of recovery.

**Seeing Success!** There are many success stories through the DRH. There have been individuals that have lived at DRH, worked a solid recovery program, and became gainfully employed through OhioGuidestone and/or Hope Recovery Community, now helping others in their recovery. One story we'd like to highlight is "Holly's". Holly came to the DRH directly from jail on the day she was released, two years ago. Shortly after arriving, she found out that she had several health issues, requiring multiple surgeries and several medical appointments each week. DRH staff were able to support her in all ways possible. She received rental assistance from the MHRB, and utilized community resources such as Hope Recovery Community, United Way of Summit and Medina, Medina County Job and Family Services, Community Action Wayne/Medina,

and the Medina County Transit. As the months went on she started to heal physically, mentally, and emotionally. She started to build a solid recovery support system within the Medina community. While building her foundation in Medina, she was able to obtain employment. She worked hard and saved for a vehicle. After months of saving, she was able to get her license back and buy a car. Holly was a great resident to have at DRH. She was helpful, kind and above all else respectful of others and staff. When possible, she extended a helping hand with new residents. As her recovery progressed, DRH assisted Holly with finding Level 1 recovery housing to allow her to gain independence. As of today, Holly is thriving and putting her recovery first. She is grateful to the staff at DRH and has stated many times that if she didn't have her recovery, she would have nothing.

**Campus of Services:** The community is easily accessible to the DRH via public transit, ensuring that transportation is not a barrier to recovery efforts. Additionally, it is located on a campus of human services, including access to mental health and substance use disorder services at agencies such as Alternative Paths, Inc., OhioGuidestone, and Catholic Charities, as well as Medina County Job and Family Services, Medina County Veterans' Services, Community Action Wayne/Medina, Medina County Senior & Adult Services, the Next Step Up Emergency Shelter, Hope Recovery Community, many employment opportunities, and more.

**In Conclusion:** The MHRB and OhioGuidestone have a proven history of partnership that has become an integral part of Medina County's mental health and recovery services. This commitment to collaboration has made OhioGuidestone a trusted choice, specializing in trauma-informed care, recovery housing, and wraparound services that support long-term sobriety. Through the partnership between the Medina County Mental Health & Recovery Board, OhioGuidestone, and Hope Recovery Community, the Discovery Recovery House has had a profoundly positive impact on the community, providing countless women with the support they need to establish lifelong recovery foundations. If you would like additional information please contact (440) 260-2972.

**MHRB Board of Directors**

Terry Grice *Board Chairperson*

Melanie Kasten-Krause

Melinda Rucinski, *Vice Chairperson*

Susan Myers

Beth Beal, *Committee Chairperson*

Dave Oas

Kent Patterson

Michele Sherrin, *Secretary / Treasurer*

Caleb Parker

Kristine Quallich

Lou DeLoss

Stuart Root

Jim Shields

Matt Sturgeon

If you or someone you know is in crisis or needs behavioral health assistance, the Medina County Mental Health & Recovery Board wants to remind individuals they can contact:

Medina County's 24/7 Crisis & Behavioral Health Helpline at

**330-725-9195** or call / text **988**

Additionally, if you are seeking recovery support, please call the 24/7 Hope Link peer line at **330-952-3559**



*Medina County*

**MHRB**

Mental Health & Recovery Board

The Medina County Mental Health & Recovery Board's mission is to decrease stigma and provide hope for a better life by assuring the availability of high-quality services in the areas of mental health, substance use, and recovery support to all Medina County residents through planning, purchasing cost effective services to the extent resources are available, coordinating, and evaluating these services.