



*Road to recovery is long, but not traveled alone*

## Just need to talk?

**We are here 24 hours a day.**

HALO educates and supports, meeting every third Wednesday of the month. 6pm  
Or one on one basis. Call us.

B.O.N.D.E.D meets every Thursday 6:00pm

**Where: Adrian Mall  
Back Entrance~Old Game room  
Adrian, Mi 49221  
517-270-0403**

## Who We Are

### About Us

HALO Lenawee was founded early in 2013 by Marv and Janee' Cox. Marv's son Andy is a heroin addict who has been IN correctional facilities more since he was 17 yrs old than out. After witnessing the second of Andy's overdose deaths and resuscitation by *Narcan*, we searched Lenawee County for help. As parents, we needed support. There was nothing available. We quickly learned how many more families were just like us and that our county is very saturated with drugs, as well as families who have lost loved ones So, we started our own support group, helping families, addicts and recovered addicts.

**Addiction does NOT discriminate. It can happen to ANYONE.**

**Our FB page provides current events and education in and around Lenawee County, join us.**



**HALO LENAWEE &  
B.O.N.D.E.D by HALO**

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**HALO LENAWEE  
&**

**B.O.N.D.E.D by  
HALO**





### Know someone in active addiction?

Chances are, you may know someone who is in active addiction, it could even be yourself.

#### RECOVERY IS POSSIBLE

More than 20.4 million people in the United States have a substance use disorder related to prescription opioids. Approximately more than 4.5 million people have a substance use disorder related to heroin.

#### THERE IS HELP

With professional counseling, possible medically assisted treatment and good support, you will be well on your way to healing and making good life choices.

**HALO Lenawee** and **B.O.N.D.E.D by HALO** are addiction support groups geared to help everyone in all aspects of addiction. **HALO** stands for **H**elping **A**ddicted **L**oved **O**nes and is geared for families of those addicted. With support from recovered addicts as well as other parents and families who have/had loved ones in addiction, education, understanding and great support help lessen the burden families and parents carry while suffering with a loved one in addiction. Education is very important in addiction, to learn how to cope with everyday issues so not to jeopardize your own health. **B.O.N.D.E.D by HALO** stands for **B**uilding **O**utlets, **N**ot **D**ead~ **E**nd **D**ecisions. This support group is geared toward active addicts as well as recovered addicts. Meeting in a relaxed environment, no stress, no judgement, just learning how to cope, learning how to make good choices, and where to get help. **Smart Recovery.**

*Addiction can happen to anyone*

### Taking care of you!

To help in recovery, it is very important to get plenty of exercise, stay hydrated and eat a healthy diet. This speeds the recovery time as well as helping the brain heal quicker. Addiction is like a traumatic injury to the brain and body. Making clear, sound decisions is nearly impossible until the body has detoxed fully. The healing process is long. Taking care of yourself is the first thing that should be at the top of your list in recovery.



*Fresh Fruits and Vegetables*

Addiction is a chronic, relapsing brain disease that changes how the brain works and affects behavior. People in addiction cannot simply stop using drugs or alcohol for a few days and be cured of their addiction. It takes work!

#### How Addiction works:

Endorphins in the brain, bind to receptors, causing the release of dopamine, which makes you feel pleasure. This acts as a reward, encouraging you to repeat that feeling again and again. Opioids cause the receptors in your brain to release a greater amount of dopamine causing a high. When the High ends, the brain craves the feeling again. Over time, the body becomes physically dependent on alcohol or opioids to feel normal and avoid the symptoms of withdrawal.