



Patty Murphy, Kathy DeFazio and Roberta McIntyre at the Cleveland Playhouse showing of *Bill W. and Dr. Bob* in 2010. Comedians Tim Grealish (left) and Vic Henley (right) with Pat Weston-Hall (center) at the 2011 Cleveland Improv Comedy Show.



Glenbeigh sponsored a performance by singer/songwriter Mary Lyn Bates at the Gate House at Stan Hywet Hall in 2010. Glenbeigh staff members Bill Vanek, John Koza, Bob Abley and Tim Hunt at the 2015 ARCHWAY Institute Golf Outing, which benefited Glenbeigh.

Glenbeigh remains at the forefront reporting changes in drug use trends. A 1997 *Glimmer* article reported an uptick in heroin use with Glenbeigh seeing a 37% increase in people seeking treatment for heroin addiction. The article also noted the stereotypical profile of the heroin addict was changing to include people from middle and upper socioeconomic classes. In response, Glenbeigh added specialized therapy groups for patients and offered heroin workshops to educate professionals on the challenges of opioid addiction. Today Glenbeigh offers educational workshops and family support groups in our seven service areas.



These photos feature the Glenbeigh staff in 2003.

Alumni and their families, grateful for the outstanding care they received, were, and continue to be, generous supporters of Glenbeigh's fundraising initiatives. Thank you to everyone who's donated to Glenbeigh over the last 35 years. As alumni Robert Y. wrote, "I had no job, no money and (I thought) no one in my corner. You have given me what I could not give myself – a chance to live." These words inspire us and with your continued support we can continue to help others like Robert.



Patients attend a lecture before the addition of a state-of-the-art lecture hall at Rock Creek. Donations to Glenbeigh's building fund allows us to grow and update our facility.



People suffering with drug and alcohol dependencies often have little or no insurance. Scholarship donations allow those who have limited resources to receive life-saving treatment. Matt Teppo (left), Pat Weston-Hall and Lenwood McLendon survey the construction site as Glenbeigh broke ground on an expansion in 2004.



As Glenbeigh celebrates it's 35th Anniversary, we illustrate our history on the timeline shown inside.

# Events

## Alumni and Recovery Community Picnic 35th Anniversary Celebration, July 16, 2016



Glenbeigh's annual picnic is a tradition for alumni, family, staff and members of the recovery community. Those who attend have a great opportunity to celebrate recovery and reconnect with friends and staff. Each year, attendance at the picnic has grown. This year, as we celebrate 35 years of treating addiction, we invite everyone whose life has been touched by Glenbeigh to join us for a special day of fellowship.

When Glenbeigh first established the alumni picnic years ago, it was founded on the concept of providing a sober social gathering. The casual get-together has grown in purpose and today the picnic is a way to bring people together to celebrate life, friendships and family.

Sharing in the recovery journey creates a lifelong connection and Glenbeigh's vision is to support recovery efforts long after treatment is complete. The annual picnic is our way of celebrating the success of

those whose lives have been restored. Join us for a picnic buffet, music, an inspirational speaker and the traditional gathering at the pond. Together we will renew our support for one another and our commitment to living one day at a time.



- Saturday, July 16, 2016**
- 2:00 PM to 5:00 PM (Rain or shine)
  - 2:00 to 2:30 PM Fellowship
  - 2:30 to 3:30 PM Picnic Buffet
  - 3:30 to 4:30 PM Guest Speaker
  - 4:30 to 5:00 PM Recovery Gathering



Glenbeigh is Accredited by The Joint Commission

### Vision Statement

With treatment, people heal, families heal and communities heal. Dignity and self-worth are restored. Glenbeigh's vision is to be available to assist individuals and family members who suffer from drug and alcohol addiction and to support their recovery.

Go directly to the Glenbeigh website simply by scanning this QR code with your smartphone.



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## CEO's Corner



Pat Weston-Hall, CEO

Dear Friends,

Welcome to this special 35<sup>th</sup> Anniversary edition of *Glimmer*. While putting this newsletter together it's been gratifying to look back at our humble beginnings and see how much we've accomplished. I'm honored to be part of the journey that's made Glenbeigh a nationally recognized abstinence-based program.

Accolades are nice however it's the people who've passed through our doors who've successfully achieved long-term recovery who are the heroes of our story. Alongside them are our caregivers; the people whose compassion and personal convictions help those suffering with the disease of addiction find hope. Let's not forget the dedicated referents, EAPs and interventionists who are on the front lines working with families to help convince their loved ones to see there is another path. Together we light the way to a healthy life and long-term recovery.

Glenbeigh is special because we have sustained values that set us apart. Our programs teach us to keep things simple and stay focused on solutions. I truly believe alcoholics and addicts are doubly blessed. We recognize our problem and have a program of recovery and support available. The recovery community Glenbeigh's built is filled with fellowship and acceptance.

As our journey forward continues I hope you will join us on July 16<sup>th</sup> to celebrate at our annual Alumni Picnic. We plan to make the picnic extra special and invite all of our heroes to return to Rock Creek to share the joy of living life sober. Come celebrate with us.

With gratitude,

Pat  
Pat Weston-Hall  
Chief Executive Officer

## Glenbeigh Celebrates 35th Anniversary A Rich History of Treating Chemical Dependencies

The world was a different place in 1981 when Glenbeigh opened its doors. Life seemed simpler. It was before cell phones and the internet. But life wasn't simple. The disease of addiction was kept behind a veil and people with chemical dependencies were reluctant to seek treatment. Glenbeigh understood these pressures and offered confidential, specialized treatment options for both men and women starting in the early 1980's.



These early photos show Glenbeigh's grounds when the facility first opened.



New patients were greeted by June Vendetti in the reception area.



This 2003 photo features Dr. Chet Prusinski, Medical Director.

Recovery support beyond treatment is essential to help people achieve long-term recovery. As a result, Glenbeigh has been hosting social gatherings where alumni, family and friends can celebrate recovery in a safe, sober environment. The annual alumni picnic, held the third Saturday of July each year, is our largest celebration with anywhere from 600 to 800 friends returning to Rock Creek to reconnect.



Ron Ruth and Madeline Martin from Glenbeigh's Outpatient Center of Niles attend a recovery event.

*Continued on page 2*

## Milestones

### Retirements

When **Sandi Welch, M. Div., LCDC III**, returned to northeast Ohio in 2002 to care for her mother, she had no intention of staying. She was anxious to get back to Texas where she graduated from the Houston Graduate School of Theology and had already worked for 18 years in counseling. Destiny had a different plan. "What brought me to Glenbeigh was employment, but why I stayed is the strong sense of family that I hadn't known at any other job."



Sandi Welch was honored at a retirement celebration at Glenbeigh Rock Creek. Fellow staff members reflected on Sandi's dedication to patients and her unending positive outlook.

Over the next 12 years, Sandi shared what she considers to be the best tools she could give her patients: a good education and good support. Her non-judgmental attitude allowed her to bond with co-workers and with men struggling with heroin addiction. "I've had the rare privilege of working with some of the brightest young men I know and I carry that as a gift," she said as she reflected on her career.

During her tenure, Sandi encouraged involvement in Glenbeigh's Family Program to enhance the recovery process. She showed family members how their lives were evolving along with that of their loved one and believed everyone benefited from the treatment experience.

Before retiring on May 5<sup>th</sup> Sandi said she treasured the opportunity to write lectures. "It seemed like Pat (Weston-Hall) and the supervisors gave me wings to fly," she said. Sandi will remain active in the recovery community after her retirement but said her heart will always be at Glenbeigh. Sandi's legacy will live on in the lectures she created and she'll continue to inspire the next generation.



(Left to Right): Stan Lancey, Pat Weston-Hall and Ron Davis at a special luncheon held at Glenbeigh.

This spring, **Ron Davis** retired from Glenbeigh after 10 years as a member of the Rock Creek security team. Prior to his employment, he worked for the Ashtabula County Sheriff's department. Ron enjoyed speaking with patients who were struggling and shared insights on the challenges and rewards of living life in recovery. His positive attitude inspired people to stick

with the program to see that life is fulfilling and enriching. "Ron's constant cheerful attitude and wisdom will truly be missed," said Stan Lancey, Safety and Security Manager. Ron plans to spend time enjoying his family and has agreed to continue to assist with security on visitation days.

## Honors

### Glenbeigh Nurses Recognized by Cleveland Clinic for Providing Outstanding Care



Front, left to right: Christa McFarland; Jennifer Acitelli-Stofan; Jacki DiFiore, ACMC Chief Nursing Officer; Rong Norris and Cynthia Leonard.

Back: Camille Zalar, Glenbeigh Director of Nursing; Rebecca Cleveland; Rebecca Enstrom and Heather Hayes. Not pictured: Scott Brenis, Michele Payne and Candice Pollard-Reed

Congratulations to Glenbeigh's 2016 Stanley Shalom Zielony Institute for Nursing Excellence Award winners. The Institute oversees nurses who are part of the Cleveland Clinic caregiver family. This is the fourth year in a row that members of Glenbeigh's nursing staff have been recognized by Cleveland Clinic for outstanding service to patients. Receiving the **Nursing Excellence Award** was Rebecca Enstrom, RN. In addition, Heather Hayes, LPN, was recognized for her service to the nursing department and was awarded the **Outstanding Clinical Support** honor. Staff members honored with the **Nursing Team Excellence Award** are: Rebecca Cleveland, RN; Rong Norris, RN; Jennifer Acitelli-Stofan, RN; Michele Payne, RN; Christa McFarland, RN; Cynthia Leonard, RN; Scott Brenis, RN; and Candice Pollard-Reed, RN. "For our nurses to be recognized by Cleveland Clinic is an honor," said Pat Weston-Hall, Glenbeigh Chief Executive Officer.

### Glenbeigh Welcomes Dr. Joseph Lydon



Joseph Lydon, MD

Glenbeigh is pleased to announce that **Dr. Joseph Lydon** has joined the Glenbeigh family as acting Medical Director for inpatient treatment services. Dr. Lydon has extensive training in the field of medicine receiving his undergraduate degree from Boston College and his advanced degree from Case Western Reserve University School of Medicine. Dr. Lydon completed his residency at University Hospitals and his fellowship specializing in Addiction Medicine at St. Vincent Charity Hospital in Cleveland. He is board certified in addiction medicine and is a member of both the American Society of Addiction Medicine and the Ohio State Medical Association. Dr. Lydon has presented at the American Society of Addiction Medicine annual meeting and brings a wealth of experience and knowledge to Glenbeigh. It is an honor to welcome Dr. Lydon who is dedicated to improving the quality of life for individuals struggling with chemical dependency.

### Glenbeigh Online Community

While celebrating Glenbeigh's 30th Anniversary in 2011, we challenged ourselves to offer more support, available any time of the day or night, to our alumni and their families. Consequently, Glenbeigh's online recovering community was created. Today, our reach on Facebook ([www.facebook.com/GlenbeighRecoveryCommunity](http://www.facebook.com/GlenbeighRecoveryCommunity)), Twitter ([twitter.com/gr8fuladdict](http://twitter.com/gr8fuladdict)) and Pinterest ([www.pinterest.com/gr8fuladdict/](http://www.pinterest.com/gr8fuladdict/)) regularly exceeds 10,000 people!

To celebrate Glenbeigh's 35th Anniversary, we're challenging ourselves again, and creating new engagement opportunities through Instagram. We're posting and inviting friends to post pictures that express what a day in recovery may look like: a picture of your Basic Text or Big Book, pictures of summer travels or a beautiful morning, using the hashtag #Glenbeigh35th.



On Wednesday, May 11, 2016, Jason Wilson, Director of the Governor's Office of Appalachia, Peg Carlo, Ashtabula County Commissioner and Kathy Zook, Program Manager of the Appalachian Regional Commission, presented a check totaling \$17,500 to Pat Weston-Hall, Glenbeigh's Chief Executive Officer. The grant award is for improvements to Glenbeigh's infrastructure over the next year. Glenbeigh is honored to be recognized as a provider of affordable, high-quality healthcare for individuals suffering with the disease of addiction. Pictured left to right: Kathy Zook, Peg Carlo, Pat Weston-Hall, and Jason Wilson at the check presentation ceremony at Glenbeigh, Rock Creek.

### Rock Creek Presentation

Glenbeigh welcomed **Dr. John Schlupe** for a special educational workshop on May 11th at Rock Creek. Dr. Schlupe discussed how professionals can facilitate healing and recovery for individuals who've experienced a traumatic event. Participants learned that unlike physical injury, spiritual injury is not always visible. Clinicians heard how it's important to listen for clues, to consider what isn't being said and to convey to those suffering from trauma that healing is possible. Dr. Schlupe stated that despite wanting to provide a definitive answer to clients with PTSD, often times there is no answer and the simple act of validating the traumatic experience is the first step toward healing. Dr. Schlupe's work with veterans and others who've suffered moral injury has been featured on NPR and interest in his unique approach reaches across the world. A leader in trauma recovery, he has led two journeys to Vietnam with veterans and their family members for healing and reconciliation with Warrior's Journey Home.



### Glenbeigh Offers Naltrexone as Part of Treatment Process

#### Patients with Opioid and Alcohol Addiction to Benefit

For 35 years Glenbeigh has been providing premier treatment for drug and alcohol addiction using abstinence-based programming. Along the way we've seen fads emerge and chose to remain steadfast. We've also researched and employed new evidence-based treatment options that complement Glenbeigh's holistic approach. Naltrexone, available in 1995 to manage alcohol dependence, was found to block the effects of opioids in the brain's reward system. In 2010 Vivitrol®, an injectable naltrexone was released to assist with treatment for opioid dependence and Glenbeigh's medical team started talking with patients about the benefits of short-term use. Vivitrol® blocks the feeling of pleasure from alcohol and opioid use and when combined with counseling enhances the recovery process. Glenbeigh's treatment protocol expanded to include comprehensive education on Vivitrol®. Patients interested in Vivitrol® to help achieve their long-term recovery goals are provided with assistance navigating insurance criteria so they have the option to begin treatment while they are at Glenbeigh.

Our staff understands that the recovery journey is as unique as each individual. The face of addiction is always evolving and Glenbeigh continues to investigate options that are proven to enhance the recovery journey. Providing the best course for successful recovery is paramount to our mission. Glenbeigh remains committed to treating the disease of addiction and creating abstinence-based treatment plans designed for individual needs. Offering naltrexone as an option compliments our vision and provides patients with short-term assistance. Vivitrol® is not mood-altering or addictive in nature. Naltrexone is offered as part of a comprehensive treatment plan that includes continued counseling to treat the whole person: medically, psychologically, spiritually and emotionally.

### History of Giving

Throughout the years, Glenbeigh has acknowledged our donor's "attitude of gratitude." Giving back remains an important tradition. Alumni, families, staff members and friends have continually stepped forward making contributions, which have helped us share the gift of recovery with so many more. All gifts, no matter the amount, are an expression of your belief in our mission and are greatly appreciated. If you'd like to share your gratitude, and help us serve the needs of those who are struggling to find a better tomorrow through recovery, please consider making a gift today.

### News from the Alumni Coordinator

By Pawley Bornstein



(Pictured left to right) Brian Shapiro, Counselor Aide; Joseph Mead, Counselor Assistant - Niles; and Amit Kuchreja, Lead Intake Specialist, reconnect at the Niles Spring Banquet at Giminer's Banquet Centre.

As I celebrate my first anniversary with Glenbeigh I'd like to thank everyone I've met in the last year for welcoming me into a very special recovery community. Together we've accomplished some great things and there's more to come. First, what we've achieved... Glenbeigh's Bridges to Recovery Alumni, Family and Friends program is thriving. In early April, Interventionist and Comedian Tim Grealish brought the laughs to a Night of Recovery Comedy show held in Toledo. In Niles, over 250 people joined us for food, fellowship and fun at the 14th Annual Spring Banquet. Rounding out the month, our Rocky River and Beachwood centers hosted a Cleveland Gratitude Breakfast to celebrate Glenbeigh's 35th Anniversary.

Building on the momentum, the Pittsburgh area Bridges group met for an open discussion forum on the topic of unmanageability hosted by Tim Grealish. Later in May, I had the honor of emceeding Glenbeigh's first Canton Gratitude Breakfast. The speaker's inspiring story of recovery was a great way to start the weekend.

This summer looks to be fantastic! Of course, our annual Rock Creek Picnic, which falls on July 16th always delivers - so plan to be there. Niles welcomes family members and friends for both a July 3rd and September 4th picnic. And you can't beat the Pittsburgh area concert and cookout that's scheduled for July 29th featuring the band 33 1/3. It will be a great opportunity for the recovery community to meet and eat.

We officially started our Bridges to Recovery program in April of 2015. As I look back at the previous year, I find myself grinning. We've shared plenty of smiles and great times. It's rewarding to see people thrive in recovery and it's an honor to be a part of it.

More information on upcoming events is available on Glenbeigh's website at [www.glenbeigh.com](http://www.glenbeigh.com) and our Facebook page at [www.facebook.com/GlenbeighRecoveryCommunity](http://www.facebook.com/GlenbeighRecoveryCommunity).

If you'd like to receive the alumni e-newsletter, please email [Alumni.Coordinator@glenbeigh.com](mailto:Alumni.Coordinator@glenbeigh.com) or call me at 800-234-1001.

## Glenbeigh TIMELINE

1978

Former First Lady Betty Ford shares her story of drug and alcohol use leading to an open conversation about the disease of addiction.

1981

Glenbeigh begins specializing in the treatment of adults with alcohol and drug addictions. Nancy Reagan's "Just Say No" campaign launches. Addicts flood the prison systems as zero tolerance results in increased numbers of incarcerations. Federal support for drug treatment is reduced.

1982 to 1984

Cocaine Anonymous is founded in 1982. In 1983 Addiction Medicine becomes certified in California. The DARE (Drug Abuse Resistance Education) program is launched to educate youth on the dangers of drug use. By 1984, first-time cocaine users average 1.3 million per year. The minimum drinking age is raised to 21.

1985 to 1990

Crack cocaine appears on the streets in 1985. Mandatory minimum sentencing is imposed for drug offenses. Meth use is reported among high school students.

1990's

Cocaine use dwindles. Internet recovery support groups launch. Teenage drug use spikes between 1992 and 1997. The FDA approves the use of Naltrexone to treat alcoholism. Increasing numbers of people start seeking treatment for heroin addiction. Glenbeigh opens its first sober living home in Niles, Ohio in 1997. Glenbeigh Outpatient treatment centers open in Beachwood (1995) and Rocky River, Ohio (1996). The Journal of the American Medical Association proposes addiction to be treated as a chronic medical illness in 2000. The Outpatient Center of Erie opens to serve northwest Pennsylvania in 2000.

2005

Glenbeigh completes an expansion project adding nine detox beds. The use of OxyContin® by teenagers begins to increase. Glenbeigh adds more extended care housing for patients who need additional time in order to be successful in recovery.

2006

Glenbeigh celebrates its 25th Anniversary and sponsors preservation of the Gate House at Stan Hywet estate. The Gate House is where AA founders Bill W. and Dr. Bob first met. Ground is broken for a \$4.2 million expansion project at Rock Creek. Glenbeigh announces plans to open an outpatient center in Toledo, Ohio.

2007 to 2010

Relief for withdrawal symptoms during detoxification is provided for opioid dependent patients. Glenbeigh receives a private donation of \$150,000 to help fund the construction of an extended care facility at Rock Creek. Over 450 alumni and friends attend a private showing of the off-Broadway hit *Bill W. and Dr. Bob* at the Cleveland Playhouse. Glenbeigh opens an outpatient center in Canton, Ohio.

2011 to 2015

Statistics released in 2011 show criminals completing treatment programs are up to 60% less likely to return to crime. Serenity Beigh and Recovery Glen open, adding 32 extended care beds at Rock Creek. Glenbeigh is a sponsor of Rock and Recovery Radio, which begins broadcasting positive music and messaging on September 15, 2011. Legislation is passed in Ohio allowing access to the overdose reversal drug Naloxone without a prescription. Increased federal support for drug education and treatment is proposed.