

Glimmer

Glenbeigh

ACMC Healthcare System

An affiliate of



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Rock Creek, OH 44084
1-800-234-1001 / www.glenbeigh.com

A Newsletter for Glenbeigh Family and Friends

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CEO's Corner



Pat Weston-Hall, CEO

Dear Alumni and Friends,

At Glenbeigh, we pride ourselves on being a resource that helps people living with the disease of addiction. While our patients and their families are our top priority, we also care about the recovery community and our colleagues throughout northeast Ohio.

In the last few months Glenbeigh has brought top speakers to the area including Delbert Boone, a nationally recognized lecturer on addiction and recovery. Mr. Boone presented an educational symposium for chemical dependency professionals in Toledo then spoke to the recovery community in both Toledo and Cleveland. Glenbeigh also hosted an educational seminar featuring Robert Garrity, JD, LISW-S, LICDC. A recap of Mr. Garrity's presentation is included in this edition of Glimmer.

Also inside you will see that this summer will be filled with fun events expressly for people celebrating recovery. Glenbeigh's alumni picnic is Saturday, July 20th and we hope to have another year of record-setting attendance. Other summer events include Maggie's Addiction Recovery Fund Race for Recovery Walk/Run on June 15th and the Niles Independence Day and Labor Day picnics.

These events are for you, our alumni, family and friends in the recovery community. They are a time for learning, reconnecting with friends and experiencing the incredible fellowship found at Glenbeigh. I hope you will join us. Have a happy, healthy, sober summer.

With gratitude,

Pat

Pat Weston-Hall
Chief Executive Officer

Caring For Caregivers

Addressing the Needs of the Addicted Healthcare Professional

Addiction touches many different people but what happens when you're a professional responsible for caring for others? How do you, working in one of the most trusted professions, get help?

Robert Garrity, JD, LISW-S, LICDC, asked these questions at an April educational presentation held at Glenbeigh, Rock Creek. Garrity described how addiction manifests in professional healthcare workers and how direct to consumer advertising has changed our perspective putting physicians under pressure to prescribe more drugs. The end result? Over 4 billion prescriptions written each year!



Robert Garrity, Attorney at Law, gave insight on the addicted healthcare professional.

The road to abuse often begins as self-medication then escalates to using drugs to relieve stress or to improve work performance. "Family life is affected first," said Garrity. "At work, healthcare providers know how to hide their disease from colleagues."

In addition to the stigma associated with the disease of addiction healthcare workers can face barriers to seeking treatment. When substance abuse in a healthcare worker is revealed there are often catastrophic consequences, which include discrimination, credentialing issues, licensing issues and loss of confidentiality. But help is available.

Many employee assistance programs and peer assistance organizations can help those who seek help early and can refer them to appropriate treatment services. The American Society of Addiction Medicine has been working for nearly 40 years to develop programs that ensure patient safety while balancing the needs of licensing boards and the healthcare professional seeking treatment.

"Treatment programs for healthcare workers should be comprehensive and include peer support groups," said Garrity. "It's essential to have a solid foundation in recovery before returning to an environment immersed in temptation." Long-term recovery is possible for healthcare workers and they can successfully return to work if they commit to their support system and follow their recovery program.

Pamela D'Angelo

Beloved Counselor Passed Away March 7, 2013

26 years ago a spirited woman arrived at Glenbeigh and joined the counseling staff. Pam D'Angelo had seen it, lived it and was determined to help others overcome addiction.

Pam was open about her recovery from alcohol and drugs allowing her to connect with others struggling with the disease. She was a great story teller and often used her own life experiences to illustrate how one can grow and change in recovery. She touched countless lives. Pam was an extraordinary counselor who was respected by her patients and her colleagues. She taught others the inside language of recovery – how to live in recovery. She was skilled at inviting people to feel at ease.

Pam was quick to point out the importance of listening to others and accepting feedback. While she appeared tough on the outside, inside there was a warm, compassionate person who loved life and was willing to listen to anyone who needed help or advice. Her growth in recovery included her love for her family, her 12 Step recovery program, Glenbeigh and her patients. She taught everyone around her to be grateful for every day and was a beacon of determination and encouragement. She will be greatly missed by her Glenbeigh family.



Pamela D'Angelo –
An inspiration to those who
met her.

Judy Rogers

Glenbeigh Fitness Coordinator Remembered

Judy Rogers was one of a kind. She cherished life and had a zest that she shared with friends, co-workers and the many patients she met at Glenbeigh. Judy passed away unexpectedly on Sunday, December 9, 2012 at her home.

Judy inspired everyone she met to improve their life by encouraging a healthy lifestyle. For the past 26 years she shared her passion for fitness and helped patients develop a healthy fitness regimen. Judy was a certified Reike Master working with countless patients to alleviate withdrawal symptoms, calm fears and relieve stress. She was a great listener and developed lasting friendships with many of the people who crossed her path.

Judy's compassion for people struggling with addiction will live on through the generosity of her many friends and colleagues who contributed in her memory to Glenbeigh's Scholarship Fund. Judy loved to help people and this fitting tribute will provide comfort and serenity.



Judy Rogers shared her
infectious joy for life with
everyone.



Kristi Coe, Glenbeigh
Outpatient Center of Toledo

Glenbeigh Outpatient Center of Toledo

Glenbeigh is pleased to announce the promotion and appointment of two key members at the Glenbeigh Outpatient Center of Toledo.

Kristi Coe has been promoted to Clinical Supervisor. An Ohio State University and University of Toledo graduate, Coe joined Glenbeigh's Toledo team in 2010. Coe has seen growing numbers of Ohioans turning to Glenbeigh for chemical dependency treatment. Consequently, the Glenbeigh Outpatient Center of Toledo has experienced a 22% increase in the number of Intensive Outpatient visits over the last year.

Coe plans to implement a new filing and organization system over the coming year, which will improve productivity and chart management. Coe is also working to enhance educational opportunities for colleagues and alumni. In May, the center hosted two special presentations featuring Delbert Boone, a national speaker on addiction and recovery. "We are hoping to shine more light on the positive work Glenbeigh is doing in the Toledo area," said Coe.

Jim Perrin joined the counseling team in February 2013. Perrin was the Clinical Director of ATOD Services and has an extensive counseling career that spans over 20 years. He attended the University of Toledo and Bowling Green State University. Perrin brings a wealth of experience to Glenbeigh.

Vision Statement

People are born to love life, to delight in family and friends, to cherish relationships, and to contribute to their communities. Some people suffer from drug and alcohol addiction. Addiction is a disease that affects everyone touched by it. It destroys lives. It robs people of love and delight. Families suffer... communities suffer. Treatment of substance abuse can change lives for the better. With treatment, people heal, families heal, and communities heal. Dignity and self-worth are restored.

Our vision is that Glenbeigh will always be available to assist people who suffer from drug and alcohol addiction in their recovery. Here in northern Ohio and western Pennsylvania, our vision is for Glenbeigh to inspire and lead this healing, to serve people, families, and communities. We envision a world where recovering people experience forgiveness, a sense of wonder, and a love of life; where recovery truly means being happy, joyous and free.



Glenbeigh is
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The Joint Commission



Glenbeigh Caregivers Honored



May 2013 - Glenbeigh caregivers, Rebecca Cleveland, RN (left) and Camille Zalar, RN (right) were honored by the Cleveland Clinic and the Stanley Shalom Zielony Institute for Nursing Excellence. Cleveland received the Nursing Excellence Award in recognition of her outstanding direct patient care. Zalar received the Alliance Award in honor of her exceptional support of the bedside nurse in providing care. The Hall of Fame awards are the most prestigious honor given within the field of nursing at the Cleveland Clinic and recognize exceptional contributions to the patient experience.



The Glenbeigh Outpatient Center of Niles staff celebrated Spring at the annual banquet held Friday, April 26th at Ciminero's Banquet Centre.

Front: Pam Sabol, Evening IOP Counselor, and Kayla Keener, Intern

Back: Patty Miller, Intake Coordinator, and Ron Seginak, Counselor

Glenbeigh Sponsors Alcohol-Free Zone for 9th Year

As the Mahoning Valley Scrappers celebrate their 15th season of Class A Professional Baseball, Glenbeigh is once again sponsoring the Glenbeigh Family Section at Eastwood Field. Only one-third of US sports stadiums designate sections of their stadiums as alcohol-free. Glenbeigh is proud to team with the Scrappers to offer this progressive opportunity where fans can enjoy games in an area free from alcohol sales and the disruptive behavior associated with alcohol consumption.

The Glenbeigh Family Section is located in the box seat area in section 118. Tickets are available for purchase in advance or on game day at the Scrappers Box Office. For more information visit the Scrappers website at www.milb.com or call the Scrappers at 330-505-0000 or 888-388-7600.

Race for Recovery

Maggie's Addiction Recovery Fund Hosting Walk/Run

Maggie's Addiction Recovery Fund is teaming up with Glenbeigh and is proud to announce the 1st Annual Race for Recovery, a 5K Run/1Mile Walk. The run, which will take place on Saturday, June 15, 2013, is being organized by Maggie's Addiction Recovery Fund. Glenbeigh has been selected as the recipient of proceeds from the 2013 race.

All Glenbeigh alumni, family members, friends and community members are invited to participate. You don't have to be in recovery to walk or run! Start and finish at the Canfield High School track and run along the Mill Creek MetroPark Bikeway. The paved trail is part of the Great Ohio Lake to River Greenway and offers a variety of scenery for hikers, skaters and bicyclists.

Awards will be given for the top 3 overall male and female finishers. Awards will also be given to top finishers in specific age groups.

Registration is \$15 in advance or \$20 on the day of the race. For more information contact Kristin Sailor at 330-550-1276 or Matt Zelina at 330-502-7411. Registration forms are available at the Austintown and Boardman locations of Maggie's Magic Muffin House, at the Glenbeigh Outpatient Center of Niles or at the on-line Facebook page for Maggie's Addiction Recovery Fund.



RACE FOR RECOVERY Saturday, June 15, 2013

Start Times:

1 Mile Walk: 8:30 AM

5K Run: 8:45 AM

Race held rain or shine.

No refunds.

Location:

Canfield High School

100 Cardinal Drive

Canfield, Ohio 44406

Save The Date

Rise & Shine *Professional Education Programs*

Glenbeigh's Rise & Shine educational programs are open to all professionals working in the recovery field, business representatives and members of the community interested in chemical dependency-related issues. Reservations are required as seating may be limited. Visit the Rise & Shine link at www.glenbeigh.com for updates, registration information and CEUs and RCHs.

Thursday, July 18, 2013

"Integrating Strengths-Building into 12 Step Recovery: How Positive Psychology Can Facilitate Spiritual Development in Treatment for Substance Dependence"

William Hale, Ph.D., LICDC

Glenbeigh Outpatient Center of Erie

Raymond M. Blasco, MD Memorial Library

160 East Front Street, Erie, PA 16507

814-864-4226

Friday, October 25, 2013

"Ethics 2013"

Robert J. Garrity, Esq., BS Pharmacy, LISW-S, LICDC

Glenbeigh Outpatient Center of Rocky River

20800 Center Ridge Road, Suite 410, Rocky River, Ohio 44116

440-356-7620

Alumni and Recovering Community Events

Glenbeigh hosts fellowship events for the benefit of alumni, family and friends within the recovery community. Strengthen your connection with Glenbeigh and cultivate friendships with other people celebrating recovery.



Sunday, June 30, 2013

Niles Independence Day Celebration Picnic

Glenbeigh Outpatient Center of Niles
29 North Road, Niles, Ohio 44446

330-652-6770

Sunday, September 1, 2013

Niles Labor Day Picnic

Glenbeigh Outpatient Center of Niles
29 North Road, Niles, Ohio 44446

330-652-6770

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



2013 Alumni and Recovery Community Picnic



Glenbeigh alumni, family members and friends from the recovery community are invited to attend the annual picnic at Glenbeigh, Rock Creek, on Saturday, July 20th. This fun-filled event features fellowship, an inspirational lead, music and great food.

Reconnect with old friends or meet some new ones as you enjoy a relaxing day celebrating life in recovery. Seating is provided, however, guests are invited to bring a lawn chair.

Saturday, July 20, 2013

2863 State Route 45, Rock Creek, OH 44084

2:00 PM to 5:00 PM

For more information, please visit www.glenbeigh.com or call 440-951-7000.