

# Glimmer

Glenbeigh

ACMC Healthcare System

An affiliate of



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A Newsletter for Glenbeigh Family and Friends

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Pat Weston-Hall, CEO

## CEO's Corner

Dear Friends,

As the year draws to an end I look back and reflect on our accomplishments and how Glenbeigh has evolved to meet the needs of a changing world. As a premier provider and expert in the field of addiction treatment, Glenbeigh continues to refine programs while staying true to our 12 Step holistic treatment model. It's our accomplished employees who play a crucial role in creating this innovative environment. Our success is measured by the number of patients who return home, embrace the foundation they have for long-term recovery and successfully work their program.

Glenbeigh is committed to delivering meaningful programs that enhance the recovery experience. In this edition of *Glimmer*, you'll read about how we are adapting and leading change as well as our contributions throughout our service areas. There is also a heartwarming story about the good work our alumni are doing to bring holiday joy to families in need.

As the holidays approach, it's important to take a moment each day to reflect and be grateful. When we embrace recovery, and have an active support system, miracles are possible. From all of us at Glenbeigh, may you and your family be blessed.

With gratitude,

Pat Weston-Hall  
Chief Executive Officer

## Glenbeigh in the Community

*Providing services and events that benefit the communities we serve is part of Glenbeigh's community benefit initiative. Glenbeigh's 2013 Annual and Community Benefit Report is available online at [www.glenbeigh.com/community-benefit](http://www.glenbeigh.com/community-benefit). As a non-profit specialty hospital, Glenbeigh is committed to providing data about treatment services and our support for the recovery community.*

(L-R) Glenbeigh Counselors, **Tom Smith** (Erie), **Jay Burrows** (Rock Creek) and Business Development/Admissions Manager **Ted St. John** (Rock Creek) lead a series of education and discussion sessions in Erie, PA. Charlene Newport and Donnie Reed, both from Rock Creek, also presented. Glenbeigh offered these free programs for anyone concerned about a loved one's use of alcohol or other drugs. Over 40 people attended the sessions which ran during the month of September. Free educational programs are offered by Glenbeigh as part of a community benefit initiative for non-profit service providers.



**The Glenbeigh Outpatient Center of Canton** will continue to offer free, open discussion groups for families and other loved ones of addicted adults. Discussion groups are ongoing, open to the public, and meet the second Wednesday of each month beginning at 6:00 PM. Families need support, care and attention as much as the suffering alcoholic or addict. Discussions explore the disease of addiction, current trends and establishing healthy boundaries. Registration is not required and more information is available by calling 330-492-2600. Glenbeigh's Outpatient Center of Canton is located at 4661 Belpar NW, Canton, Ohio 44718.

**Glenbeigh** was a sponsor of the 2014 Ashtabula County Opiate Summit "Choices for the Road Ahead" which was held October 17, 2014 at Lakeside High School in Ashtabula, Ohio. The Opiate Summit, hosted by the Ashtabula County Prevention Coalition, addressed topics relevant to treatment professionals and educators, families affected by addiction as well as first responders and criminal justice workers. The event also featured exhibits from local treatment providers and social service organizations.



**BILL W. and Dr. BOB**

**Glenbeigh Outpatient Center of Erie** sponsored a sold out evening showing of "Bill W. and Dr. Bob," the acclaimed play by Samuel Shem and Janet Surrey, at *All an Act Theatre Productions*, Erie. Tickets were available by reservation to members of the recovery community interested in experiencing the iconic story of Bill W. and Dr. Bob's relationship unfolding on stage. Over 125 people attended and enjoyed an evening which included fellowship and an outstanding performance.

Glenbeigh is a non-profit specialty hospital.

## Glenbeigh on the Move

Glenbeigh is pleased to announce the promotion of **Danna Bozick** to Counseling Supervisor. Danna joined Glenbeigh's Rock Creek staff in September 2010 as the Assessment Supervisor. Danna's new responsibilities include clinical supervision of primary counselors and working with the Director of Counseling. Danna will also be providing training on the new Electronic Medical Records system.



**Ted St. John** has taken on the new role of Business Development/Admissions Manager at Glenbeigh, Rock Creek. Ted joined Glenbeigh in 2012 as a Counseling Assistant and quickly advanced to Lead Shift Counseling Assistant. His leadership and teamwork skills, combined with years of experience in management, marketing, sales, systems analysis and plan development, make him the perfect fit

to manage the admissions department. Ted's duties will include acting as lead liaison with referents. He will continue to ensure Glenbeigh's delivery of exceptional care for our patients, families and referents continues.



**Tina Ensmann** has been promoted to Lead Intake Specialist. Tina has worked in the admissions department as an intake specialist for eight years where she has demonstrated outstanding leadership skills. Tina's new position will include assisting with daily admission duties as well as working with patients and their families. Tina will also be training admission team members on the use of Glenbeigh's new Electronic Medical Records system.

**Glenbeigh's Outpatient Center of Erie** successfully completed its annual audit and received full licensure renewal from the Pennsylvania Department of Drug and Alcohol Programs. For the third year in a row, the Erie Center scored 100% with no noted deficiencies.

### Serenity Trail Project

*Glenbeigh invites the recovery community to take part in a special brick fundraising campaign. By purchasing your personalized, engraved brick, you help us build the foundation for a reflective serenity trail. Take advantage of this unique opportunity today and become part of Glenbeigh's history and future. Visit [www.glenbeigh.com/special-projects](http://www.glenbeigh.com/special-projects) for more information.*

## Glenbeigh Helps Local Food Bank in Niles

For Jean Williams, running a food bank is more than a job – it's a calling. Every day people come to Niles Community Services (NCS) needing help to get through hard times. Struggling to keep up with demand, she never expected to find assistance from a group of men in early recovery.



**Dave Sams, Glenbeigh Outpatient Center of Niles House Manager and Counselor Aide along with Jean Williams, Director, Niles Community Services, coordinate volunteers to work at the Niles Food Bank.**

Since the Great Recession began, the number of families requesting assistance from NCS has grown and monthly shipments of food from Second Harvest were topping 20,000 pounds. NCS was pressed to get food unloaded and stored quickly. From this need, a relationship between Glenbeigh's Outpatient Center of Niles and NCS grew.

For men residing at the Niles sober living residence, volunteer work at NCS provides a rewarding experience, which teaches the true meaning of the tradition of giving. Every week house manager Dave Sams works with Williams to review shipment schedules and coordinate alumni volunteers. "Holidays and summer months are our busiest times," Williams explained. Typically NCS feeds 450 families a month. However, last Christmas over 700 families applied for aid and received food in a single week. At the same time the Marine Corps distributed almost 1,300 toys to needy children as part of the Toys for Tots program.

"The men living at the Glenbeigh facility have become indispensable," said Williams. "I watch as young men learn to work as a team. You can see them grow stronger as individuals each time they help others who are less fortunate. It's wonderful to see what the recovery community offers."

For Sams, working with NCS has been equally rewarding. "I've been blessed to see the miracle of recovery and volunteering at NCS plants a seed for a better life." Sams believes the experience gives residents a chance to feel proud and to give back.

Together, Williams and the men at the Niles residence are planning for both the Thanksgiving and Christmas food distributions. Williams is grateful to have found a dedicated group of individuals in the Niles sober living community.

*Glenbeigh's staff is collecting cereal for the NCS Christmas food distribution. Glenbeigh believes in supporting organizations connected to the recovery community as part of our community benefit initiative.*

*NCS is accepting applications for Christmas assistance November 5<sup>th</sup>, 6<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> at the main office located at 401 Vienna Ave., Niles. For more information, call 330-652-6412.*

# Milestones



**Kathy DeFazio's** first experience with Glenbeigh was not as an employee but as a family member of someone receiving treatment. She took advantage of the support groups offered at Glenbeigh and 3 years later, impressed with the outstanding care offered to patients and families, came to work for the organization that impacted her life and saved her loved one. After 27 years of helping other people get treatment, Kathy is retiring from her position as Admissions Manager.

Kathy readily shared her knowledge and experience with callers and never lost her passion for helping others find what recovery has to offer. She earned her LICDC in 1997 and has been an integral part of Glenbeigh's management team. Kathy's plans after retirement include traveling, enjoying family and friends and returning to Glenbeigh occasionally as a member of the assessment team. Kathy is taking with her the memories of grateful alumni and the outstanding and supportive team members she's been honored to work with over the years. Congratulations Kathy!



After 40 years counseling individuals and families, **David Newton-Gatts**, LICDC-CS, retired after 21 years with Glenbeigh. Specializing in drug and alcohol treatment for licensed professionals, David went the extra mile to help his patients understand that by embracing recovery they could successfully return to productive lives. David offered support, which extended beyond discharge, and listened when anyone reached out for help. He advocated for his patients with licensure boards and worked with referents to ensure patients returned to a safe work environment. He was always willing to offer assistance to a patient or share his expertise with another counselor.

Reflecting on his time at Glenbeigh, David is proud to have worked with an outstanding team of counselors. Glenbeigh's standards are high and counselors have Master's level education combined with credentialing and first-hand experience with chemical dependency issues. David is honored to have been part of Glenbeigh's specialized team offering treatment for professionals long before it became vogue.

Read David's interview and insights at [www.glenbeigh.com/dng-interview](http://www.glenbeigh.com/dng-interview)

## ARCHway Institute Golf Outing

The 2<sup>nd</sup> annual ARCHway golf tournament raised just over \$12,000 with \$6,035 donated to Glenbeigh. Funds will be used to assist individuals who need financial support and additional time to build a solid foundation in recovery. The golf outing, held August 22<sup>nd</sup>, surpassed last year's earnings by 200%. Quickly becoming a popular means to promote awareness of the benefits of treatment and recovery, the golf tournament was supported by over 100 golfers and volunteers in addition to over 50 sponsors. According to Dan Stuckey, ARCHway Board Member and Golf Committee Chairman, "In the end, we drove awareness through larger participation in the event." Rock and Recovery Radio will broadcast a series of interviews on the subject of recovery that were recorded at the outing. Glenbeigh is grateful for the community support that has made this event a success. ARCHway is making plans for the next golf outing in September 2015.



**Gary Seech, Glenbeigh's Regional Director of Operations, accepts a donation check from John Stuckey, ARCHway's Executive Director, at the 2014 ARCHway Golf Tournament.**

## Glenbeigh's Annual Alumni and Recovery Community Picnic



Rain didn't dampen the celebration at Glenbeigh's annual Alumni and Recovery Community Picnic held on July 19<sup>th</sup>. Hundreds of alumni and friends joined together for food, music, reflections and fellowship. The annual picnic is a time for reconnecting with friends or a special staff member who helped open the door to a program that changes lives. This event honors people recovering from the disease of alcoholism and drug abuse, the friends and family members who support their efforts and the treatment programs that save lives. Plan for the 2015 annual picnic on Saturday, July 18<sup>th</sup>.

## Professional Education

Glenbeigh's Community Health Needs Assessment revealed a need for continuing education to help our communities' access existing resources and to understand the treatment of addiction. Professional education is provided free of charge as part of Glenbeigh's Community Benefit initiative. Reservations are required as seating may be limited. Visit the Professional Education link at [www.glenbeigh.com](http://www.glenbeigh.com) for more information.

### Beachwood, Ohio

#### Where in the World Have Our Young People Gone?

Friday, November 21, 2014

##### Glenbeigh Outpatient Center of Beachwood

Guest presenters Joy Willmott, LISW, LICDC-CS, and Jes Sellers, Ph.D., from Case Western Reserve University Counseling Services, will cover the cultural demands on young people today and how profoundly addiction affects their chances for normal adult development.

For more information, or to register, call 216-464-5800.

### Toledo, Ohio

#### Human Trafficking

Wednesday, December 3, 2014

##### Glenbeigh Outpatient Center of Toledo

Jared Rose, MA, LPC/CR, NCC UTMCO, a member of the Lucas County Human Trafficking Coalition and the International Conference on Human Trafficking, Prostitution and Sex Work, will discuss the increase of human trafficking and how it manifests in our communities. Toledo, due to its proximity to Detroit, Canada and Chicago, is a hub for human trafficking.

For more information, or to register, call 419-536-4000.

## Leading Change

Glenbeigh continually evaluates programs, encourages new ideas and implements cutting edge curriculum and processes that provide our patients with premier levels of care. Among the industry leaders in addiction treatment, Glenbeigh has added the following:

- 1. LGBTQA Support Group** – To provide an environment where the recovery needs and interests unique the LGBTQA population can be discussed openly, this facilitated peer support network promotes an environment inclusive of people of all sexualities and gender identities.
- 2. Trigger Therapy Group** – Gender-specific specialty groups are designed to address any internal or external occurrences that connect to one's drinking or using and activate the craving cycle. The groups discuss feelings and actions and how to successfully overcome triggers by utilizing one's recovery support network.
- 3. Music, Movement and Mindfulness** – Research has found that movement and music enhance social interaction and are a means of expression. Group work is designed to help patients overcome the isolation and shame associated with addiction. Themes include: addressing fears, surrender, spirituality, forgiveness and letting go, gratitude, patience and self-validation.



## Save the Date

### Niles Outpatient Center 9<sup>th</sup> Annual Christmas Holiday Banquet Ciminero's Banquet Center 123 Main Street, Niles, Ohio 44446

Celebrate recovery and the season of giving with family and friends at the Glenbeigh Outpatient Center of Niles Christmas Banquet. The evening includes a buffet dinner, DJ, dancing, recovery lead and much more! Tickets may only be purchased in advance in person at the Glenbeigh Outpatient Center of Niles, 29 North Road, Niles, Ohio or by calling 330-652-6770. Festivities begin at 6:00 PM with dinner served and conclude at 10:00 PM with dancing. Tickets are \$10.00 per person. Seating is limited so purchase your tickets early! Ticket sales will conclude on December 8, 2014.



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.

