

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

November 2016
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CEO's Corner



Pat Weston-Hall, CEO

Dear Friends,

One of my favorite sayings is, "stay focused on the solution and the problem becomes less of a problem". This is true for everything including working a recovery program. As the holidays approach it's important to remind ourselves how fortunate we are. For those in recovery, we have the fellowship of the recovery community; people we can call on when we need grounded. For referents and caregivers working with families struggling with active addiction, Glenbeigh is here to answer questions and provide guidance.

Glenbeigh empowers people living in recovery and helps families navigate the journey with their loved ones. We provide meeting space for independent support groups at most of our locations. We also host events throughout the year that educate and celebrate sober living. We recently created Service Days as a way for alumni to give back in their community.

Participation in community events strengthens our resolve and gives us the power within to achieve long-term recovery. During the holidays, when families come together, it's especially important to accept the things we cannot change. Whether you are in recovery, or love and care for someone with the disease of addiction, it's important to focus on the best solution for you. If you feel overwhelmed, remember the good things in your life and the friends you have at Glenbeigh.

Best wishes to you and your family for a joyful holiday and a peace-filled New Year.

Pat Weston-Hall
Chief Executive Officer

Glenbeigh Plans Expansion



This architect rendering shows the exterior design for the new building which is being constructed at Glenbeigh's Rock Creek campus.

Recognized as a national leader in addiction treatment, Glenbeigh's highly specialized services address substance use and provide patients and family members with the tools needed to sustain long-term recovery. In response to the growing demand for more treatment options for individuals suffering with alcohol or drug dependencies, Glenbeigh is constructing a 32-bed residential building at its Rock Creek, Ohio, main campus.

The new facility will house individuals at the extended level of care in a comfortable healing environment. Extended care is firmly grounded in the belief immersion in a healthy environment helps people experience and appreciate life without mood altering substances. National studies assert that patients with substance abuse issues have lower rates of relapse when completing an extended care program in a residential environment.

Community need as well as current and future patient demand were factors in determining the necessity for this addition. Glenbeigh believes in investing in the health of our community and this 13,000-square foot facility will provide living space as well as room for individual and group counseling sessions.

Glenbeigh's continued growth and success could not be accomplished without the support of devoted alumni, staff and friends who understand the power of recovery. Philanthropic opportunities are available for anyone wishing to make a donation toward this construction project. For more information on how to make a gift, please contact Sheila Vandergriff at 330-652-6770.

Annual Recovery Community Picnic 2016

Tradition is part of the foundation at Glenbeigh and is what draws those with a few months, to those with years of sobriety, back to celebrate. Alumni and friends from across the country returned to Rock Creek for Glenbeigh's 35th Anniversary celebration and annual picnic gathering. Over 700 people joined together on Saturday, July 16th, for fellowship, food and entertainment. Current patients had the opportunity to meet alumni and hear personal stories of hope, healing and living in recovery.

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Glenbeigh is a non-profit specialty hospital.



Over 700 guests attended the annual Alumni Picnic, held the third Saturday of July, each year.

Annual Picnic 2016

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The event kicked off with the customary picnic meal served by counselors and support staff. Popcorn, snow cones and other treats were available at tents lining the walkway. Rock & Recovery Radio connected to its broadcast channel at www.rockandrecovery.com playing hits from top artist while a live acoustic performance was provided by Gary Prisby. The day ended with a circling of the pond to sing Bill Withers' "Lean on Me," which represents the fellowship and unity of recovery, and to recite the Serenity Prayer.

It's been an incredible 35 years for Glenbeigh, which has evolved into one of the top treatment providers in the country for alcohol and drug addiction. The Alumni and Recovery Community Picnic is part of a year-long celebration that includes special events hosted by Glenbeigh's Alumni Coordinator. Check the Glenbeigh website at www.glenbeigh.com under Community Events for upcoming programs.

Mike Vodusek, Primary Counselor, helped Kathy Schmidt, Inpatient Counselor, serve the traditional picnic meal to guests during the Alumni Picnic at Glenbeigh.



Left to Right: Camille Zalar, Director of Nursing; Janine Kirby, FMLA/ Disability Coordinator; and Stellie Spear, RN, Employee Health, greeted guests and handed out commemorative water bottles.



Gary Prisby, a Pittsburgh native, played an assortment of popular songs during his live performance.

News from the Alumni Coordinator

By Pawley Bornstein

Greetings from Rock Creek! Our Alumni, Family and Friends program continues to grow. In the last few months we hosted several Bridges to Recovery meetings and Night of Comedy shows in different communities. Alumni and friends in the recovery community learned from others and enjoyed good laughs. In late October we brought our Recovery Roadshow to Canton. People were inspired by the mix of music and stories. Our goal is to continue to offer the Roadshow throughout northeast Ohio and western Pennsylvania.

Glenbeigh has a "day of service" scheduled for the west side of Cleveland in early December. It's an opportunity for our westsiders to give back to their community. Friends and family are welcome to lend a hand. And don't forget the Niles Christmas Banquet. Tickets are available now at the Niles Outpatient Center.

Planning for next year is underway and includes creating new events along with hosting more Gratitude Breakfasts in our service communities. We also plan to continue to make people laugh and have already booked a Night of Comedy in Erie for the Spring of 2017. Check the Glenbeigh website for event postings.

If you aren't receiving the Alumni e-newsletter, I encourage you to sign up today. In the November edition I had the honor of interviewing Glenbeigh counselor Angela Anthony. She shared her insights on struggling with, but finally embracing, acceptance. Since, she's found it to be an important part of her recovery. Read the full interview at www.glenbeigh.com/newsletter.

As the holidays approach, I focus on keeping grounded and appreciating each day for what it brings. I feel blessed to have my family but also to have the opportunity to meet so many people who are embracing recovery. Together we're staying clean, sober and busy. Wishing you a thriving recovery throughout the holidays and during the New Year.

If you'd like to receive the alumni e-newsletter, please email alumni.coordinator@glenbeigh.com or call 1-800-234-1001 and ask for Pawley.



Bill Vanek, Counselor Aide, and Vonda Marino, Regional Intake Coordinator, pose for a photo before the golf tournament's shotgun start.



John Koza, Primary Counselor (left), gets a hug and encouragement from Pawley Bornstein at the half-way mark during the ARCHway golf outing.



Glenbeigh's golfers are (left to right): Bob Abley, Inpatient Counselor; John Koza, Primary Counselor; Bill Vanek, Counselor Aide; and Tim Hunt, Maintenance Manager.



Jan Stuckey, ARCHway Golf Outing Committee Chair, with Suneal Menzies, Director, ARCHway Board of Trustees.

ARCHway Institute Hosts 4th Annual Golf Outing

For too many families, the cost of addiction treatment for their loved one can be out of reach. Sometimes insurance doesn't cover as much as expected and in many cases financial resources have been exhausted. While Glenbeigh remains committed to providing cost effective care, for some, financial assistance is needed in order to continue treatment.

In 2012, The ARCHway Institute was founded in St. Louis, Missouri, with the mission of providing education and assistance to people seeking treatment for alcohol or drug addiction. As part of its national fundraising campaign, ARCHway hosted its 4th Annual Golf Outing at Hemlock Springs in Geneva, Ohio. The September outing raised \$7,625 of which half was donated to Glenbeigh to provide financial aid to patients in need.

This year's event featured guest speakers Neall F. and Maurice Clarett. Clarett, a former Ohio State Buckeye running back, donated signed football memorabilia and spoke with golfers. Neall F. shared his story of addiction and recovery, closing with a positive message of hope.

The goal of the annual golf outing is to raise awareness about the issues surrounding the disease of addiction. Glenbeigh is honored to be selected as the recipient of ARCHway's generosity. Visit www.thearchwayinstitute.org for more information on the ARCHWay mission and assistance programs.



Pawley Bornstein, Alumni Coordinator, Glenbeigh; Garrett Hart, Creative Content Director, Rock & Recovery Radio; and Sheila Vandergriff, Director of Development, Glenbeigh. Rock & Recovery taped interviews the morning of the golf outing airing on the Recovery Talks segment at www.rockandrecovery.com.



John Stuckey, Executive Director and President, ARCHway Institute, along with Maurice Clarett and Neall F. pose for a photo at Hemlock Springs Golf Club.

Veterans Funds

Veterans continue to remain underserved when it comes to securing treatment for addiction to alcohol or drugs. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), "The demanding environments of military life and experiences of combat, during which many veterans experience psychological distress, can be further complicated by substance use and related disorders." The Veterans Administration offers care options; however, the system is overburdened causing many veterans to seek treatment in private settings. Hemlock Springs Golf Club, Geneva, Ohio, hosted its third annual golf outing in August to raise funds for veteran's causes. This year's event once again raised money expressly for Ashtabula County veterans receiving treatment at Glenbeigh. Eligible veterans must show they have an honorable or general discharge and complete an application form to receive financial assistance to cover treatment costs.

Glenbeigh's nurses continually go above and beyond to support patients and give back to the community. Dedicated to veteran causes, the Nursing Department chose to establish a scholarship fund for those who've served our country. The nursing team put together a series of gift baskets and sold tickets at Glenbeigh and during the Hemlock Springs Veteran's Golf Outing. All proceeds will be used to ensure veterans in need have the opportunity to build a solid foundation in recovery.

Veterans experiencing crisis are encouraged to call the SAMHSA Veterans Crisis Line.



Alumni and Recovering Community Events

Niles Outpatient Center 11th Annual Christmas Holiday Banquet

Friday, December 16, 2016

Ciminero's Banquet Centre, 123 Main Street, Niles, Ohio 44446

Alumni, families and friends are invited to join Glenbeigh to celebrate the holiday season and the joy of recovery. Enjoy a buffet dinner, recovery speaker, fabulous music and dancing. Due to space limitations, tickets may only be purchased in advance at the Glenbeigh Center of Niles, 29 North Road or by calling 330-652-6770. Tickets are \$10.00 each.



Bridges to Recovery Rocky River Day of Service

Saturday, December 3, 2016

Trinity Lutheran Church, Trinity Lakewood Community Outreach, 16400 Detroit Avenue, Lakewood, Ohio 44107

Make the holiday season extra special by donating your time to help set-up, serve and clean-up with friends at Trinity Lakewood Community Outreach. Glenbeigh's Alumni Coordinator, Pawley Bornstein, is coordinating this day of service for anyone interested in giving back to the community. Giving of yourself is a way for those in recovery to demonstrate gratitude. Join us for a rewarding experience and give back freely to those in need. Please register with the Glenbeigh Outpatient Center of Rocky River by calling 440-356-7620.

Erie Night of Comedy Friday, May 12, 2017

Glenbeigh's Bridges to Recovery Alumni, Family and Friends program invites the recovery community to Save the Date to attend a special night of comedy featuring Tim Grealish. Grealish's show 'I Couldn't Make This Stuff Up' is a look at common, everyday issues facing the recovering community in a way that makes it easy to laugh. Join us for serious laughs at the Hirt Auditorium, 160 E. Front Street, Erie, PA. Showtime: 7:30 PM.



Education for Professionals

Rise & Shine seminars are free and 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 is limited. Visit News & Events at www.glenbeigh.com for more information.

Friday, December 9, 2016

8:30 AM – 11:00 AM

2.0 Continuing Education Units

The Complexities of Treating Eating Disorders and Substance Abuse Disorders

Presented by: Lucene Wisniewski, Ph.D., FAED
Chief Clinical Officer of the Emily Program
Glenbeigh Outpatient Center of Rocky River
20800 Center Ridge Road, Suite 410
Rocky River, Ohio 44116

For more information, please contact Vonda Marino at 440-356-7620.

Milestones



Terri Ball, Director of Operations, was named an Engagement Champion by the Cleveland Clinic. She was recognized for her outstanding work teaching best engagement practices to Glenbeigh staff. She was also invited to present best practices to Cleveland Clinic employees. Glenbeigh is honored to have a member of our team recognized with this award. Congratulations Terri!

In early July, as part of Glenbeigh's Community Benefit initiative, \$5,000 was donated to the Morgan Township Volunteer Fire Department for the purchase of a live-fire extinguisher training simulator. According to the Morgan Township VFD Facebook page, this device will be used to train "firefighters to operate quickly and efficiently in an emergency." This donation illustrates Glenbeigh's dedication to the safety and security of our local community. Shaun Buehner, Morgan Fire Department, is shown accepting a check for the simulator from Glenbeigh's chief executive officer, Pat Weston-Hall.



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.

