

# Glimmer

Glenbeigh

ACMC Healthcare System

An affiliate of



Glenbeigh, P.O. Box 298  
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 Friends,

At Glenbeigh, our staff continually delivers when it comes to the care we provide. We're true to our mission and treat every patient as we'd like to be treated. As a result, our alumni and family members speak highly of our programs, referring more people to Glenbeigh for care for drug and alcohol addictions. We're privileged to have served over 2,100 individuals at our Rock Creek inpatient facility between January and September 2015. Despite our efforts, the need for more treatment options keeps growing as heroin addiction spreads at epidemic proportions.

Every member of our staff strives to support our patients, families, alumni and the recovery community. We continually serve our patients and give back to our communities. I invite you to read this edition of *Glimmer* to learn about a special program created for veterans and their family members with support from The Aultman Foundation. In addition, read what inspires our nursing staff to provide the exceptional care they deliver. Also, check out events we've held for the recovery community over the last few months.

Excellence and commitment remain the hallmark of Glenbeigh. As the year closes, I invite you, our alumni, family and friends, to join us at one, or all, of the activities we have planned for the next several months. I hope to see you there. On behalf of the entire Glenbeigh family, we send best wishes to you and your family during the holiday season and into the New Year.

With gratitude,

Pat Weston-Hall  
Chief Executive Officer



THE AULTMAN FOUNDATION  
*Improving the Health of Our Community - One Gift at a Time*

## *Aultman Foundation Grant provides opportunity for Glenbeigh to offer Veteran Workshop Series*

Substance abuse among veterans continues to increase. Many men and women who have served our country return home and struggle in silence. It can be difficult to find services for veterans, or active service personnel, that invite family members to participate. Recognizing this gap, Glenbeigh, with funding from The Aultman Foundation, Canton, Ohio, created a series of workshops offered at the Glenbeigh Outpatient Center of Canton.

The weekly workshops, presented from September 17 through October 22, addressed the topics of reintegrating into society, healing after violating moral beliefs, alternative therapies, the use of naloxone for opioid overdose, enhancing relationships and coping with crisis situations. Workshops provided a structured group environment where participants learned to make healthier choices for themselves and those they love.

Over 100 people attended the series. Thanks to The Aultman Foundation funding, guest speakers were procured and participants went home with resource materials. The Glenbeigh family is grateful for having the opportunity to provide this educational programming for veterans and their family members.

## *Veteran's Support Group featured at Workshop*

John Schluep, D. Min., founder of The Warriors' Journey Home, was the guest speaker at Glenbeigh's September 24th workshop for veterans. Schluep, an Army veteran and current Pastor at the First Congregational Church of Tallmadge, is committed to helping those who have served their country. WJH understands that all soldiers, those at the front lines as well as support troops, are often wounded spiritually. Schluep spoke to workshop participants about the importance of listening. "The biggest communication problem today is that people don't truly listen. They listen to reply." He stressed that when working with veterans it's important to listen without judgement or comment. Schluep's support groups embrace the soldier's journey and provide an environment where all beliefs are honored and spiritual healing can take place. WJH support groups are offered in Tallmadge, Berea, Olmsted Falls, Akron, Wooster and Strasburg, Ohio, and are open to veterans and their family members. More information is available at the WJH website at [www.warriorsjourneyhome.org](http://www.warriorsjourneyhome.org) or by calling 330-633-4931.



*Glenbeigh is a non-profit specialty hospital.*

## Around Glenbeigh

### News from the Alumni Coordinator



**Pawley Bornstein,**  
Glenbeigh Alumni  
Coordinator

Glenbeigh's Alumni, Family and Friends program is off to a great start. Over the summer, Alumni Coordinator Pawley Bornstein hosted baseball outings in Niles, Akron and Toledo. Plus, Glenbeigh held the first Cleveland "West Side" picnic! "The weather was great and the turnout was awesome," said Bornstein. "I had the opportunity to see two people who had been at Rock Creek just months prior, looking healthy, happy and glowing with a revived soul and spirit. It's such a gift to be a part of their recovery!"

Building on the momentum, the recovery community is invited to attend the inaugural Glenbeigh Gratitude Skate on December 13th. Alumni, family and friends can enjoy an afternoon of ice skating from 3:00 PM to 4:30 PM at the OBM Arena, 15381 Royalton Road, Strongsville, Ohio, for \$5. For more information, call 440-710-3242.

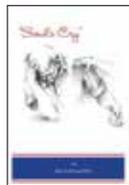
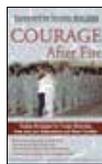
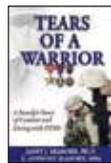
As the New Year approaches, we are all reminded of how precious the gift of recovery is and how good it feels to know a second chance at life is possible. Come celebrate this gift with Glenbeigh at a future event.

If you'd like to receive the Glenbeigh Alumni, Family and Friends e-letter, please email [Alumni.Coordinator@Glenbeigh.com](mailto:Alumni.Coordinator@Glenbeigh.com) and request your name be added to the mailing list.

### Reading Materials Supplement Veteran Workshops

Funding from The Aultman Foundation provided complimentary copies of the following books to workshop participants:

- **Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families** by Keith Armstrong, et al.
- **Tears of a Warrior: A Family's Story of Combat and Living with PTSD.** Written by Janet J. Seahorn, Ph.D. and E. Anthony Seahorn, MBA.
- **Soul's Cry** by John M. Schluep, D.Min.
- **Warrior's Return: Restoring the Soul after War** written by Edward Tick, Ph.D.



The Glenbeigh Outpatient Center of Erie hosted a private showing of **The Anonymous People**, Friday, September 25th at the Raymond M. Blasco Memorial Library. This acclaimed documentary film features real stories of Americans living in long-term recovery. Glenbeigh staff were on hand to greet guests and facilitate a discussion after the film. Seated (left to right) are: Jay Burrows, Erie clinical manager; Brian Eliason, Rock Creek discharge coordinator; Rita Dawson, Rock Creek primary counselor; Pawley Bornstein, Rock Creek alumni coordinator, and Katie Wood, Rock Creek, primary counselor.

**Dave Sams**, a Pittsburgh native, finds serenity in cooking hot dogs at the August 12th Bridges to Recovery Cookout and Concert. The event was held at the Allegheny County Park Cottage Facility. In attendance were Bridges to Recovery members and friends of Glenbeigh.



The next Bridges to Recovery meeting is December 8th at 7:00 PM at the All Saints Polish National Catholic Church in Carnegie, PA. Call Pawley at 440-206-6472 for more information.



**The 33 1/3 Band** was featured at the Bridges to Recovery Summer Cookout. The audience interacted with band members and enjoyed an outdoor concert featuring classic rock. Band members are from left to right: Tom Schuler, drums, vocals; Tim Grealish, guitar, keys, vocals; Steve Long, lead guitar, vocals; Larry Wright, bass guitar, vocals.

Glenbeigh is pleased to announce that effective October 1, 2015, both inpatient and outpatient services are available to Paramount Insurance holders. Toledo area residents may contact the Glenbeigh Outpatient Center of Toledo at 419-536-4000.





Glenbeigh staff (left to right) Bill Vanek, John Koza, Bob Abley and Tim Hunt break away from golf to pose for a group photo at the **ARCHway Institute 3rd Annual Golf**

**Outing.** During 2016, The ARCHway Institute is planning a series of events across six states in an effort to educate and bring awareness to the topic of addiction and recovery.



Jan Stuckey (left), ARCHway Institute golf committee member, and Carrie Artman, Glenbeigh, collected donations that ranged from ball room dance lessons to a season golf pass. The September 10th golf outing raised over \$9,000 with half the proceeds donated to Glenbeigh.

The ARCHway Institute is dedicated to providing financial assistance to individuals who don't have the financial means to secure treatment services. More information is available at [www.thearchwayinstitute.org](http://www.thearchwayinstitute.org).



John Stuckey, ARCHway Institute executive director, presents a symbolic check to Pat Weston-Hall, Glenbeigh chief executive officer, during the golf award ceremony. This was the 3rd year ARCHway held an annual golf tournament that benefits individuals seeking treatment for addiction to alcohol or drugs.

Glenbeigh is honored to be the recipient of funding from The ARCHway Institute.



**Glenbeigh's Nursing team includes from left to right: Darlene Dyer, RN Supervisor; Lori Todd, RN; Michele Payne, RN; Heather Rice, LPN; Lacie Gray, LPN; Candice Pollard-Reed, RN; Rebecca Campbell, RN Supervisor; Pam Sharpe, LPN; and Kathleen Barszczewski, RN**

## The Nurses of Glenbeigh

Nurse's month is long gone, the awards and applause for providing exceptional patient care is a memory but the incredible attention provided by the Glenbeigh Nurses and Medical Assistants continues. As treatment providers, we're often asked where we'd send our child if they were abusing drugs or alcohol. The answer is Glenbeigh. Take a look at some *Catch Us At Our Best* comments that provide a snapshot of the patient's view of the nursing staff.

- "I've never had a nurse that made me feel so important." Arnold J.
- "She's the nicest, most professional nurse I've dealt with." Tom S.
- "He shows a genuine gift of empathy and compassion." Kathy Y.

The professionalism of Glenbeigh's Nursing staff is exceptional and their compassion is reflected in the patient care they deliver. But what motivates them as a force in the fight against drug and alcohol addiction? Speaking with staff members reveals their inspiration:

*"Working at Glenbeigh allows me to make a difference. I know I cannot help everyone but I feel it starts with one person."* Amanda

*"Helping patients through a tough time is rewarding and I know how grateful they are for my help."* Debby

*"Every morning I ask myself, how can I make a difference in someone's life? At Glenbeigh, I truly feel I've found my home."* Kami

*"To help people find hope, and work with others that are as passionate as I am about this work makes it all worth it. We have a great staff at Glenbeigh and everyone is part of bringing hope to every patient that walks through our doors."* Camille

*"Each patient gives me an opportunity to see the world through another set of "glasses" reminding me to be grateful that my life was steered in another direction."* Frankie

*"I really enjoy the patients. I love talking, listening and laughing with everyone – helping them by just being their friend. That's what motivates me."* Angel

It's easy to see why Glenbeigh nurses are repeatedly recognized by Cleveland Clinic as outstanding caregivers. Combined with the amazing clinical and support staff, Glenbeigh delivers premier treatment that's nationally recognized.

# Events

**10th Annual Holiday Banquet**  
**Friday, December 18, 2015**  
**Ciminero's Banquet Centre,**  
**123 Main Street, Niles, Ohio 44446**

Celebrate the season of giving with friends and family at the 10th Annual Niles Holiday Banquet. Alumni, families and friends in the recovery community are invited to join the staff for an evening of fun and fellowship. The ticket cost is \$10 per person and includes a buffet dinner, with Ciminero's signature hot peppers in oil.



Glenbeigh's Intake Specialist, Chrissy Strong, will share her inspirational story along with original music she's written and recorded. "I appreciate what Glenbeigh stands for and all the love and support the people here have shown me," said Strong.

Tickets may be purchased in advance by visiting or calling the Glenbeigh Outpatient of Niles, 29 North Road, Niles, Ohio. 330-652-6770. Doors open and dinner is served at 6:00 PM.

# Professional Education

Glenbeigh's Community Health Needs Assessment revealed a need for continuing education to help people in our service communities access existing resources and understand addiction and recovery. Professional education is provided at no cost as part of Glenbeigh's Community Benefit initiative. Reservations are required as seating is limited. Visit the Professional Education page at [www.glenbeigh.com](http://www.glenbeigh.com) for more information.

**Rocky River, Ohio**  
**November 20, 2015**  
**9:00 AM to 12:15 PM**

## Best Practices in Supervision

Presented by: Madeline Martin, MSW, LISW-S, LICDC-CS  
Clinical Manager, Glenbeigh Outpatient Center of Niles

*This presentation will explore the developmental model of supervision and help those attending recognize what supervisory approaches are most effective under different conditions. Ethics and cultural issues will also be addressed.*



For more information, or to register, please call 440-356-7620.

## Motivational Speaker Annette Franks Appears at Glenbeigh Outpatient Center of Canton



Internationally acclaimed speaker, Annette Franks, M.Ed., CWC, a licensed professional counselor with over 30 years' experience working with individuals, couples and families, presented "Enhancing Our Relationships and Creating Life Balance in the Addiction Recovery Process" to those attending the veteran workshop series in Canton. Franks, a private consultant and practicing counselor in Columbus, Ohio, is on faculty at The Gestalt Institute of Central Ohio and The

Addiction Studies Institute at The Ohio State University Department of Addiction Medicine - Talbot Hall.

Franks discussed many aspects of relationships and conducted a humorous demonstration to show the different communication methods used by men and women. She delved into the importance of listening and having fun together. Also to affirm positive things about one's partner and invest in each other by setting aside a weekly "date night." Franks showed how easy it is to be consumed by a desperate search for wholeness and happiness outside of oneself. Participants learned easy methods to use to slow down and live authentically, with purpose.

Franks shared a wealth of information on relationships and directed participants to her website at [www.AnnetteFranks.com](http://www.AnnetteFranks.com) where more information is available free of charge.

## Hemlock Springs Golf Club Raises Funds for NE Ohio Veterans

For the second consecutive year, Hemlock Springs Golf Club, Geneva, Ohio, raised funds expressly for Ashtabula County veterans seeking treatment for alcohol or drug addictions at Glenbeigh. Brian Maruna, Hemlock Springs course manager, said \$3,465 was raised at the 2015 Veteran Golf Outing held in August. All proceeds are retained at the Geneva VFW Post 6846 and can be used by an eligible honorable or general discharge veteran from any era. Scholarship applications for qualified individuals will be reviewed by the Glenbeigh admissions office and shared with the VFW to verify discharge status. Any Ashtabula County veteran interested in treatment for alcohol or drug addiction should speak to an intake specialist by calling 1-800-234-1001 to determine if Glenbeigh is the place to provide the best care possible for their specific issues.



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.

