

# 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*

November 2012  
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## CEO's Corner



Pat Weston-Hall, CEO

Dear Alumni and Friends,

For more than 30 years, Glenbeigh has helped patients develop a healthy foundation so they are better equipped to face the rigors of life. We teach families to cope with addicted spouses, partners and adult children. We assist their physicians, counselors, hospitals and employee assistance professionals so they can offer appropriate treatment options.

What sets Glenbeigh apart is the compassion we have for each individual. Our staff builds a connection that reinforces recovery and we work continuously to provide innovative service. This November, we will open our new men's extended care facility at Rock Creek. I know from personal experience the difference extended care can make in one's recovery. It can be a lifeline to sobriety.

In addition to adding more extended care options, we are also working to expand the number of sober living beds available at our Niles Outpatient Center. Sober living provides a safe haven – an ideal medium between structured care and unregulated home life – for those needing more time after completing treatment.

In this edition of Glimmer, you will read about some amazing accomplishments. We are grateful for the blessings we have received and will continue to reach out to everyone who is in need of our help. We believe everyone deserves a second chance and our call to serve has never been stronger.

With gratitude,

*Pat*

Pat Weston-Hall  
Chief Executive Officer



**Front Row:** Pat Weston-Hall, Glenbeigh Chief Executive Officer; Susan Grimm; State Senator Carpi Cafaro; Michael Habowski, ACMC Healthcare System President and CEO  
**Back Row:** Representative Casey Kozlowski; Ashtabula Commissioners Dan Claypool, Joseph Moroski and Peggy Carlo; ACMC Chairman of the Board Joe Giangola

## Glenbeigh Unveils New Men's Extended Treatment Facility

Glenbeigh celebrated the completion of its new men's extended treatment facility with a ribbon cutting ceremony on Friday, October 19th. The facility was built in response to the increased demand for progressive treatment options for drug and alcohol addiction.

Pat Weston-Hall, Glenbeigh Chief Executive Officer, was presented with congratulatory commendations recognizing Glenbeigh's accomplishment from the Ashtabula County Commissioners, Ohio Governor John Kasich, Congressman Steven LaTourette and Senator Sherrod Brown.

"We are extremely proud and grateful to be celebrating this milestone, which we achieved with the support of our wonderful staff, referents, alumni and friends whose dedication to Glenbeigh and its mission is demonstrated on a daily basis," said Weston-Hall.

Commissioner Peg Carlo and State Senator Carpi Cafaro, both advocates for chemical dependency treatment, spoke about the importance of continued growth at Glenbeigh. "This is an exciting time for health care," said Cafaro. "We are blessed to have Glenbeigh in our midst."

ACMC Healthcare System President and CEO Michael Habowski noted the dedication of Glenbeigh's caregivers and the reputation Glenbeigh has built. "We are proud to add this facility and its treatment options to the world-class care offered at Glenbeigh," said Habowski.

The event concluded with a ceremonial ribbon cutting, refreshments and an open house. The men's facility is a mirror image of the 6,900 square-foot women's

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## Glenbeigh Outpatient Center of Toledo

Glenbeigh is pleased to announce the addition of Mark A. Weiner, DO, as Medical Director at the Toledo Center. Dr. Weiner attended Michigan State University where he received his Doctor of Osteopathic Medicine Degree in 1988. A Diplomate of the National Osteopathic Physicians and Surgeons, Dr. Weiner is Board certified in Family Practice and Anesthesiology. Dr. Weiner is an Associate Professor at The University of Toledo Department of Family Medicine and brings a wealth of experience to Glenbeigh.



Dr. Mark Weiner

## James D. "Jamie" Showers Development Advisory Board Member

Jamie Showers, developer, philanthropist and Glenbeigh Development Advisory Board member, passed away June 23, 2012. A committed board member, Jamie shared his understanding of construction and provided valuable insight during the planning and design of the new extended treatment facilities at Rock Creek.



Jamie Showers

Jamie's passion was helping others. Through his family's foundation, Jamie promoted causes that benefited children and inspired adults to be self-sufficient and achieve success. An ardent supporter of the benefits of sober living, Jamie secured funding for the renovation of the Niles Outpatient Center and sober living residence. Jamie gave from the heart and he will be greatly missed by his Glenbeigh family.

## Glenbeigh Outpatient Center of Erie Receives Perfect Score on State Inspection

Glenbeigh's Outpatient Center of Erie completed its annual on-site inspection conducted August 28 and 29, 2012 by the Pennsylvania Department of Drug and Alcohol Programs. The Erie center met all licensure requirements and was granted a renewal of full licensure status. Glenbeigh scored a 100% with no noted deficiencies, which exemplifies the outstanding quality of treatment provided. The Outpatient Center of Erie provides intensive outpatient services, a family program, continuing care groups, professional recovery groups as well as individual sessions and assessments.

## Glenbeigh Unveils New Men's Extended Treatment Facility

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extended treatment facility which opened in January 2011. The programs serve as a bridge from inpatient treatment to home. Studies show that individuals who remain in a structured therapeutic environment for an extended period of time, where they can continue treatment and practice the 12 Step principles, have an increased chance of a successful recovery.



Four counseling offices are located inside the new facility.

### Zoe's Story

### A Message of Thanks

*For Zoe, walking through the front doors of Glenbeigh was one of the scariest moments in her life. "I had mixed emotions but what helped me open that door was knowing people who believed in me were there."*

*"I never expected I would learn so many things at Glenbeigh," said Zoe. "How powerless I was, how to surrender myself, that I had a disease and that a 12 Step program could totally change my behavior, my thinking and my outlook on life." Zoe learned that by taking it one day at a time and by trusting in her higher power, recovery is within reach. "I lost everything during the last two years. Words can never describe how completely grateful I am to have a second chance."*

*When Zoe left Glenbeigh she left a message for the donors who support the programs. "I knew nothing about this program and how the alumni, friends and staff help make it all possible. They are truly dedicated to saving lives. One day I will give back to Glenbeigh so someone else can have a second chance. Thanks to all of you who had faith in me and for sharing the gift of recovery. I am forever grateful."*



Glenbeigh is Accredited by The Joint Commission

## Vision Statement

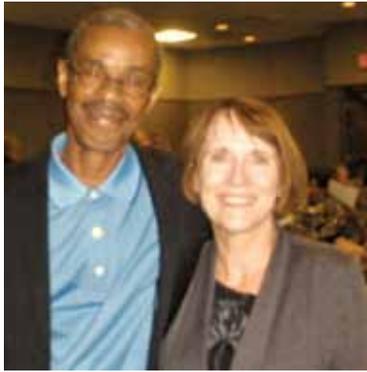
People are born to love life, to delight in family and friends, to cherish relationships, and to contribute to their communities. Some people suffer from drug and alcohol addiction. Addiction is a disease that affects everyone touched by it. It destroys lives. It robs people of love and delight. Families 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 Offers Delbert Boone Workshops

On Friday, October 5, 2012, Glenbeigh, Rock Creek, welcomed Delbert Boone, one of the nation's foremost authorities on addiction and criminal behavior, for a special presentation entitled "The Psychology of Addiction: Working with Resistant Clients." Over 200 referents, patients, staff and chemical dependency professionals from all disciplines attended.



**Pat Weston-Hall, Glenbeigh CEO, welcomes nationally recognized speaker Delbert Boone to Glenbeigh.**

Boone examined issues that surface when working with chemically dependent clients who are resistant to change and how alcoholics and addicts develop elaborate defense mechanisms as a result of the pathology of their illness. Boone showed how to identify distorted thinking, how to recognize pathological behaviors that can sabotage recovery and how to redirect unproductive defenses allowing a healthy resolution of problems.

This educational presentation was offered free of charge as a community benefit to chemical dependency and social service professionals. Noting Glenbeigh's dedication to the community and its willingness to share resources, Boone said, "Glenbeigh is in a class all by itself."

## Glenbeigh Honored with Silver W<sup>3</sup> Award

Glenbeigh has been named among the 2012 Silver W3 award winners for its redesigned website. This prestigious award is judged on a standard of creative excellence determined by the International Academy of the Visual Arts.

Glenbeigh recognized the need to improve its web presence and engaged the creative advertising and marketing professionals at TRIAD Communications/Next Level Interactive to guide the process. The visual design of the new website is functional, easy to navigate, easy to use and can be accessed using tablets and smartphones.



The new website reflects the world-class care Glenbeigh provides and allows people searching for treatment options to easily and confidentially reach out for help. Visit [www.glenbeigh.com](http://www.glenbeigh.com) to view the new design.

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



## Canton Center Offers Special Presentation

Overcoming addiction isn't just about treatment for the patient. The disease can cripple an entire family as they deal with blame, fear and anxiety. Recognizing the need for a specialized education program for parents, Max Burkins, Clinical Supervisor, of the Glenbeigh Outpatient Center of Canton, along with April Myers, Outpatient Counselor, developed a special presentation entitled "Surviving the Pain of Your Adult Child's Addiction". The initial hour-long program was held at Glenbeigh's Canton facility on July 28, 2012.



**Max Burkins, Canton Clinical Supervisor**

"Parents of adult addicts are an underserved population," said Burkins. "Parents suffer repeated pain and rejection." The presentation was designed to help parents cope with guilt and the feeling that addiction is their fault.

There was an overwhelming response to the presentation, as a result, an ongoing support group was formed. The group meets on the 2nd Wednesday of each month from 6:00pm to 7:00pm. April Myers oversees the group which is offered free of charge.



**April Myers, Outpatient Counselor**

"It is expressly for parents of adult addicted children and we have a variety of people that attend," said Myers. The first meeting included parents whose adult children are currently in treatment, whose adult children need treatment, whose adult children are in recovery and who have lost their children to addiction. The group provides parents with support so they don't feel so alone.

For more information, contact the Canton Outpatient Center at 330-492-2600.

### Parents of Adult Addicted Children Support Group

**When: 2nd Wednesday of Each Month**  
6:00 pm – 7:00 pm

**Where: Glenbeigh Outpatient Center of Canton**  
4661 Belpar NW, Canton, Ohio 44718  
330-492-2600

## Glenbeigh Nominated for Business Excellence Award

### Growth Partnership for Ashtabula County Finalist

Growth Partnership's "Best of the County" awards recognize the businesses, organizations and people who make significant contributions to Ashtabula County's economy and quality of life. Glenbeigh, along with 14 other finalists, was nominated for the 2012 Business Excellence Award. Glenbeigh was recognized due to its national reputation and commitment to providing the highest quality of care and support to individuals and their families suffering from drug or alcohol addiction.



## Alumni and Recovering Community Events

### Save The Date

### Niles Outpatient Center 7th Annual Holiday Banquet Friday, December 14, 2012

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 applaud recovery. Enjoy a buffet dinner, recovery speaker, fabulous music, dancing and a recovery countdown. Due to space limitations, tickets may only be purchased in advance at the Glenbeigh Outpatient Center of Niles, 29 North Road or by calling 330-652-6770. Tickets are \$10.00 per person.

## Education for Professionals

Rise & Shine events 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](http://www.glenbeigh.com) for more information.

### Wednesday, November 14, 2012

James A. Martin, MSW, LCSW, MAC, CEAP, SAP

#### "Working With Returning Veterans"

Glenbeigh Outpatient Center of Toledo  
3425 Executive Parkway, Suite 207, Toledo, OH 43606  
419-536-4000

### Thursday, November 15, 2012

Nancy O'Hara, RN, MA, LICDC

#### "Communication: Who Needs It?"

Glenbeigh Outpatient Center of Canton  
4661 Belpar NW, Canton, OH 44718  
330-492-2600

### Friday, November 30, 2012

Gary Seech, MBA

#### "Current Street Drugs and the Challenges for Recovery"

Glenbeigh Center of Rocky River  
2008 Center Ridge Road, Suite 410, Rocky River, OH 44116  
440-356-7620

## Healing - Body and Spirit

Keeping the mind, body and spirit in tune creates balance, wholeness and coherence in our lives. What we think, feel and believe creates the world around us. When living with chemical dependency it's important to connect with a fitness program that fosters the kind of discipline and self-peace that compliments the 12 Step program.

Glenbeigh uses Yoga, Reiki, and Non-Impact Aerobics (Nia) to help patients focus on tuning in to one's inner self to manage stress, create healthy habits and to heal the body and life.

Yoga is offered as a means of bringing a sense of calm into the patient's life, to get into shape and to connect with their spiritual side. Yoga compels the mind and body to work in perfect synergy and can release pent-up emotions.

Judy Rogers, Glenbeigh's Fitness Coordinator, said that more male patients are trying Yoga and learning they like it. "It's offering a good balance to working out or working with weights. Our patients are open to trying something new and finding that Yoga makes them feel good."

Rogers, a Reiki Master, teaches the Japanese technique of relaxation that promotes healing. "Reiki helps alleviate withdrawal symptoms, calms fears, relaxes muscles and offers stress relief," said Rogers. Reiki is spiritual in nature but is for everyone because it creates a feeling of peace, security and wellbeing.

Nia, taught by White Belt instructor Kathy Schmidt, is a non-physical conditioning program based on the premise that movement is a pathway for self-discovery and personal transformation. Nia uses cardiovascular aerobic exercise that connects the mind, body and spirit. Patients go through a series of nine blended movements while enjoying an eclectic mix of music.

Patients interested in a fitness program are encouraged to meet with Rogers to have a fitness assessment. Together an appropriate fitness plan is developed that encourages and compliments their recovery. Glenbeigh's comprehensive body and spirit program, combined with exceptional clinical care and innovative programming, helps adults gain the insight and skills needed for a life free from alcohol and drugs.



**Certified instructor Lyn Fleming teaches Yoga at Glenbeigh five days a week.**