

# Glenbeigh

# Glimmer

Glenbeigh

ACMC Healthcare System

An affiliate of



Glenbeigh, P.O. Box 298  
Rock Creek, OH 44084  
1-800-234-1001 / [www.glenbeigh.com](http://www.glenbeigh.com)

*A Newsletter for Glenbeigh Family and Friends*

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## Naloxone Bill Passes in Ohio

### *Drug Counteracts Opioid Overdose - Now Available to Loved Ones*

Members of the Ohio State House and Senate, recognizing the need for action to help those in the troughs of addiction, passed legislation allowing authorized healthcare professionals to issue a prescription for or distribute Naloxone to family members, friends or other individuals in a position to assist another who is experiencing an opioid-related overdose. Ohio's Governor signed the bill into law in March 2014. The Bill (H.B. No. 170) was declared an emergency measure and went into immediate effect.

Naloxone is an opioid overdose reversal drug. Sometimes called Narcan, it counters the life-threatening effects during an opioid overdose. The drug blocks the effects of opioids on the brain receptors and produces rapid withdrawal symptoms. It is shown to reduce the rates of fatal overdose if used as instructed and if immediate emergency care is sought.

Anyone taking high-dose prescription opioids, or any illicit opioid user, should have Naloxone on-hand in the event of an emergency. Previously, Naloxone distribution was limited. Family members and other loved ones in Ohio can now obtain Naloxone from a licensed healthcare provider.

Talk to your primary care physician or contact your local health department for information on Naloxone kits and training programs. Project DAWN (Deaths Avoided with Naloxone) sites specifically provide education on the proper use of Naloxone and are authorized to distribute kits. Project DAWN sites include: Portsmouth City Health Department – Portsmouth, Ohio; The Free Medical Clinic of Greater Cleveland – Cleveland, Ohio; Cuyahoga County Board of Health – Cleveland, Ohio; Ross County Health Department – Chillicothe, Ohio; The Crisis Intervention & Recovery Center – Canton, Ohio; and Quest Recovery & Prevention Services – Canton, Ohio. Contact the individual center for more information about Naloxone educational programs.



## 2014 Alumni and Recovery Community Picnic

**Saturday, July 19, 2014**  
**2:00 PM to 5:00 PM**

It's picnic time at Glenbeigh Rock Creek! Saturday, July 19<sup>th</sup> Glenbeigh welcomes back all alumni for an afternoon of sober celebration. Bring your family and friends to enjoy a picnic buffet, music, recovery lead and fellowship. Reconnect with friends or one of Glenbeigh's staff members and enjoy quality time sharing with others. Glenbeigh's social media team will be onsite as well as representatives from Rock and Recovery Radio. Children's activities are provided.

The alumni picnic is held annually rain or shine. The picnic is offered free of charge for members of the recovery community, friends and family, as part of Glenbeigh's community benefit initiative.

### **Picnic Schedule:**

- 2:00 to 2:30 pm Fellowship
- 2:30 to 3:30 pm Picnic Lunch
- 3:30 to 4:30 pm Announcements/Speaker/Children's Activities
- 4:30 to 5:00 pm Alumni Gathering

For more information, please visit [www.glenbeigh.com](http://www.glenbeigh.com) or call 440-951-7000. Glenbeigh is located at 2863 State Route 45, Rock Creek, Ohio 44084

*Glenbeigh is a non-profit specialty hospital.*



**Five semi-private bedrooms and three bathrooms will accommodate up to 10 patients in The Gatehouse at Rock Creek.**

## The Gatehouse at Glenbeigh

### *Glenbeigh Adds Additional Step-Down Beds*

On Mother's Day 1935, Bill Wilson and Dr. Bob Smith met for the first time at the Gate Lodge in Akron, Ohio. That day, their historic discussion resulted in the foundation for what would become Alcoholics Anonymous. In honor of the Gate Lodge as a never-ending source of inspiration for people in recovery, Glenbeigh named its new step-down unit "The Gatehouse".

The Gatehouse opened April 22<sup>nd</sup> and can accommodate up to 10 patients in semi-private bedrooms. The unit has a spacious group living area, a kitchenette with a center island and a dining area. There is also an on-site counselor's office located just off the dining area.

Effective treatment for chemical dependency is multi-dimensional and patients residing at The Gatehouse will continue to participate in Glenbeigh's structured treatment program. This unit provides an important element of a balanced treatment plan for patients.

## Outpatient Center of Canton Celebrates Three Years of Service

### *Provides Aftercare and Recovery Support to Community*

Glenbeigh's Outpatient Center of Canton hosted an open house in celebration of three years of service to individuals and families from Stark and surrounding counties. Canton's medical director, Dr. Nykolai Pidhorodeckyj, gave a special presentation entitled "Opioid Abuse: A Public Epidemic". Glenbeigh alumni, community members and professionals working in the chemical dependency field were in attendance.

The Canton Center, located at 4661 Belpar NW, provides comprehensive outpatient services which include: intensive outpatient treatment, assessments, individual counseling and group counseling. The center also offers a continuing support group for family members of addicted adults. The support group is held the second Wednesday of each month from 6:00 to 7:00 PM. Call 330-492-2600 for more information.

## Glenbeigh Nurses Honored with Nursing Excellence Awards

### *Cleveland Clinic Recognizes Outstanding Leadership and Patient Care*

Glenbeigh caregivers Joanna Calabris, RN; Deborah Bissell, RN; Barbara Enstrom, LPN and Jessica McCloskey, RN, were honored during Nurses' Week by Cleveland Clinic and the Stanley Shalom Zielony Institute for Nursing Excellence. The ACHC Healthcare System, of which Glenbeigh is a member, is an affiliate of Cleveland Clinic. Calabris received the *Nursing Leadership Award* recognizing her excellence in leadership in teamwork, innovation, service, quality, compassion and integrity. Bissell was honored with the *Nursing Excellence Award* for her special skills, dedication and compassion in the delivery of patient care. Enstrom was recognized for her outstanding service to the nursing department and her service as a role model with the *Clinical Support Award*. McCloskey, a recent graduate, received the *Novice Award* for demonstrating shared vision, relationship-based care and the ability to think in action.

The Hall of Fame awards recognize exceptional contributions to the patient experience and are the most prestigious honor given within the field of nursing at Cleveland Clinic. There are more than 11,000 nurses in the Cleveland Clinic system and this honor is bestowed on nurses who exemplify the highest standards of quality and provide exceptional patient care.



**Michael Habowski, President and CEO of ACHC Healthcare System; Jessica McCloskey, RN; Ken Frame, RN, Chief Nursing Officer of ACHC Healthcare System; Roberta McIntyre, RN, Glenbeigh Director of Nursing; Deborah Bissell, RN; Joanna Calabris, RN, Glenbeigh Nursing Supervisor, and Barbara Enstrom, LPN, gather to celebrate Glenbeigh's nurses honored by Cleveland Clinic.**

# Milestones

## Retirements

**Marilou Mertz**, LICDC-CS, Clinical Supervisor at Glenbeigh's Outpatient Centers of Beachwood and Rocky River, announced her plans to retire in July after 22 years with Glenbeigh. Marilou has been a valued member of Glenbeigh's leadership team and was instrumental in the development of the Cleveland area outpatient programs. Under Marilou's guidance, patient volumes at Beachwood increased over 18% and Rocky River increased 30% between 2012 and 2013.



This is a reflection of the compassionate team of caregivers at both centers and the relationships Marilou built with chemical dependency treatment professionals throughout Cleveland. An avid fan of the outdoors, her plans include traveling, kayaking and hiking. Marilou's dedication doesn't end with her retirement, she has offered to come back to help out as needed.

**Suzi Breedlove**, LSW, LCDC III, retired after 5 years with Glenbeigh serving as a men's primary counselor. Suzi believed recovery was possible when the 12 steps were embraced and followed. She connected with her patients and their families and was instrumental in developing Glenbeigh's Sunday Family Program. Recently she helped revise the family program packet and selected materials designed to help loved ones learn about addiction and recovery. Suzi's plans are to continue to work with people struggling with addiction and will be seen helping out at various agencies. She has offered to return to Glenbeigh to assist as needed. Congratulations Suzi!

## Additions

### Toledo

Glenbeigh Outpatient Center of Toledo is pleased to announce the addition of **Harold C. Barlekamp, M.D.**, as Medical Director. Dr. Barlekamp received his medical degree from Northeastern Ohio Universities College of Medicine and has 28 years of practice experience. He is a Diplomate of the American Board of Family Practice and is affiliated with Mercy St. Anne's Hospital and Flower Hospital, Sylvania. Dr. Barlekamp is a family physician with Timberstone Family Physicians and brings a wealth of experience to the Outpatient Center of Toledo. The entire Glenbeigh family welcomes Dr. Barlekamp.



### Canton

**Dr. Nykolai Pidhorodeckyj** will oversee the clinical work at Glenbeigh's Outpatient Center of Canton as its Medical Director. Board certified in Addiction Medicine, Dr. Pidhorodeckyj earned his medical degree from the University of Missouri, Columbia School of Medicine. He completed fellowships in Addiction Medicine at Case Western Reserve University and University Hospitals



of Cleveland and served as the Director of Medical Services at The Interval Brotherhood Home of Akron. Dr. Pidhorodeckyj has extensive experience working in the field of addiction and has ties to the Akron/Canton community. He is also the current Medical Director at Glenbeigh's Rock Creek facility. Our Canton patients and their families will benefit from his experience in the field of chemical dependency.

### Niles

Glenbeigh's Outpatient Center of Niles welcomes **Joseph P. Sitarick, D.O.**, as Medical Director. Dr. Sitarick is a graduate of the University of New England College Of Osteopathic Medicine and provides primary care services at One Health Ohio. Dr. Sitarick has specialty training in nutritional support and has over 15 years of experience in family practice. In his new role Dr. Sitarick will provide clinical leadership and guidance for the clinical staff.



## Changes

### Niles/Canton

**David Soldo**, MA, MS Ed., PCC-S, LICDC-CS, will provide clinical oversight as Manager at Glenbeigh's Outpatient Centers in Niles and Canton. David began his career as an archeologist but found his calling in helping people with chemical dependencies. David has extensive experience as a primary counselor and clinical supervisor and joined Glenbeigh's staff in September 2010. As Manager, David will be responsible for ensuring both centers continue to provide the highest standard of quality outpatient care to clients turning to Glenbeigh for treatment services. In addition to providing outpatient care, the Niles facility offers sober living housing opportunities for up to 28 men and hosts sober events throughout the year for the recovery community.



### Beachwood/Rocky River

**Bill Hale, Ph.D.**, LICDC-CS, Counseling Supervisor, Glenbeigh Rock Creek, will be the new Manager at the Outpatient Centers at Beachwood and Rocky River. Bill began his employment with Glenbeigh in September 2009 as a lead counselor and was promoted in January 2013 to Counseling Supervisor. During his tenure with Glenbeigh, Bill developed innovative group and educational sessions for our young adult patients and assisted in staff training and development. Prior to joining Glenbeigh, Bill was a Psychologist and Assistant Director of Counseling Services at Case Western Reserve University.



## Glenbeigh Sponsors Community Outreach Series

Free Education and Support Groups Offered in  
Cleveland Heights

It is easy to become addicted to alcohol or other drugs. People who love an alcoholic or addict are often desperate for help and find little basic information available regarding living with substance abuse and addiction. In response to this need, Glenbeigh is sponsoring a series of free education and support groups for people concerned with a friend or loved one's harmful use of substances.

### Education Groups - 5:00 PM to 5:50 PM

Education groups will provide participants with basic information about addiction and related topics to assist group members in establishing healthy boundaries and recognizing the difference between responding to and taking responsibility for the user.

### Support Groups - 6:00 PM to 7:30 PM

Support groups are open-ended gatherings for people concerned about a loved one's harmful use of alcohol or other drugs. Discussions will include how to make healthier choices when dealing with addiction. Participants may choose to listen or actively contribute. This is not a 12 Step self-help group.

**Series 1:** Now through July 10, 2014

**Series 2:** July 17 through September 11, 2014

**Location:** St. Paul's Episcopal Church, 2747 Fairmount Blvd.,  
Cleveland Heights, OH 44106

**Participants are welcome to attend either or both the education group and support group, as well as the first or second series. Participants may join at any time.**

To participate, please contact Terri Ball at 440-710-3222 or [terri.ball@glenbeigh.com](mailto:terri.ball@glenbeigh.com)

Visit <http://www.glenbeigh.com> for more information and a brochure.



## 2014 ARCHway Golf Outing Scheduled For August

### Alcohol Free Event to Support Glenbeigh's Recovery Efforts

The ARCHway Institute for Mental Health and Addictive Disorders, St. Louis, Missouri, is hosting its 2<sup>nd</sup> Annual 4 Person Golf Scramble on **Friday, August 22, 2014** at Hemlock Springs Golf Course, Geneva, Ohio.

For the second year, Glenbeigh has been selected as the recipient of half of the proceeds from this golf outing. In 2013, ARCHway made a \$2,000 donation to Glenbeigh to help individuals who did not have the financial means to secure, or remain in, treatment. The 2013 donation provided 40 hours of intensive outpatient treatment and group aftercare sessions for individuals new to recovery.

This event is a wonderful way for people who live or work in the recovery community to show support for the efforts of organizations dedicated to helping those who are chemically dependent. For more information visit [www.glenbeigh.com](http://www.glenbeigh.com), and go to Community Events under the News and Events tab.

## Other Alumni and Recovery Community Events

### Annual Fourth of July Picnic Friday, July 4, 2014

#### Glenbeigh Outpatient Center of Niles

Join the residents and staff in Niles for an afternoon of fellowship and sober celebration of Independence Day from 1:00 PM to 4:00 PM at Glenbeigh's Outpatient Center of Niles, 29 North Road, Niles, Ohio 44446. Lunch includes hot dogs, hamburgers and refreshments. Please call 330-652-6770 for picnic information.



### Labor Day Picnic Celebration Sunday, August 31, 2014

#### Glenbeigh Outpatient Center of Niles

Family and friends of the Niles center are invited to join the sober living community for a fun-filled afternoon that includes food, fellowship and entertainment for all ages. Picnic begins at 1:00 PM and is open to anyone in the recovery community. Please call 330-652-6770 for more information.



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.

