

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

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CEO's Corner



Pat Weston-Hall, CEO

Dear Alumni and Friends,

When I became Chief Executive Officer, Glenbeigh was a small specialty hospital serving northeast Ohio. Today, Glenbeigh is a premier provider that is nationally recognized and accredited for outstanding drug and alcohol treatment and recovery services. We maintain these exceptionally high standards because of the dedication of our friends, old and new, and the remarkable work of our staff.

As I look to the future, I see a stronger Glenbeigh: one still committed to holistically treating the disease of addiction. Our mission is to guide individuals toward recovery using the 12 Step model and offer support for family members whose lives have been negatively impacted. We plan to address the health needs related to addiction and substance abuse within our community and reach out to other organizations that address the same issues. Working with our Board of Trustees and our Development Advisory Board members we'll identify ways to become a stronger partner with our neighbors and assist families dealing with active addiction.

Inside this edition of Glimmer you will read about the positive things Glenbeigh is achieving. I am confident that no matter where the future leads us, our positive energy and innovative spirit will keep us on course. I am honored to share this journey with all of you, one day at a time.

Sincerely,

Pat

Pat Weston-Hall
Chief Executive Officer

Glenbeigh Completes Community Health Needs Assessment

Identifies Health Needs Related to Addiction and Substance Abuse

Beginning in February 2013, Glenbeigh conducted a comprehensive Community Health Needs Assessment (CHNA), which incorporated existing data, community surveys and focus group interviews, to learn about the health needs of our core service area - northeast Ohio and western Pennsylvania. CHNAs are designed to provide a unique perspective on unmet health needs and offer an understanding of the communities' state of health. This information provides the foundation for Glenbeigh to plan its community benefit efforts.

The following key findings were identified:

- Drug and alcohol addiction is pervasive and impacts people of all races, income levels and ages.
- There are limited treatment resources, particularly for the uninsured, limited inpatient treatment options, limited detox beds and too few transition services, such as residential housing and vocational rehabilitation.
- The age of the addict is on the decline and there is an increasing rate of heroin addiction due to the ease of accessibility and low cost.
- There is a need for more education regarding available services and understanding the treatment of addiction.

With information from the CHNA, Glenbeigh developed an implementation strategy to address the identified needs over the next three years. All areas cannot be tackled by one entity or organization, therefore Glenbeigh will collaborate with other organizations to create programs and services to address the key findings. The Affordable Care Act requires non-profit hospitals to complete community health needs assessments every three years in order to identify, prioritize, and address health resources and needs within the community. For more information on Glenbeigh's strategy and to view the CHNA in its entirety, visit www.glenbeigh.com and look for Community Benefit.



Glenbeigh Outpatient Center of Erie Receives Full Licensure Renewal

Glenbeigh Outpatient Center of Erie received its full licensure renewal from the Pennsylvania Department of Drugs and Alcohol Programs during the September annual survey. All drug and alcohol treatment centers are required to be licensed for the specific activities being provided to ensure that patients are afforded the appropriate treatment for their drug and/or alcohol abuse or addiction. Glenbeigh sets the standard for outpatient activities and scored a 100% with no noted deficiencies. This exemplifies the outstanding quality of treatment provided by the Erie staff.

Glenbeigh's Outpatient Center of Erie staff continually demonstrates clinical excellence. Staff include: (back row - left to right) Lois Carrig, Counselor; Terri Ball, Director; Tom Smith, Counselor; (front row) Robin Prothro, Office Coordinator; Lisa Bonniger, Patient Representative. Not pictured: Dr. Thomas Turner, Medical Director.

ARCHway Institute Hosts Golf Scramble

A simple act of kindness can change the world. For Glenbeigh, that kindness came from the ARCHway Institute for Mental Health and Addictive Disorders in St. Louis, Missouri. ARCHway, a newly created enterprise, is dedicated to aiding the recovery community by furthering education with respect to addiction and assisting individuals seeking treatment.



Glenbeigh counselor's John Koza and Bob Abley celebrate National Recovery Month at the ARCHway Golf Scramble.

On September 26th, ARCHway hosted a golf tournament at Hemlock Springs Golf Course in Geneva, with a portion of the proceeds benefiting Glenbeigh's efforts to assist those suffering with addiction. Guests were welcomed by ARCHway board member Dan Stuckey and his wife Jan whose lives have been directly touched by the addiction of a family member.

John Stuckey, Executive Director, ARCHway Institute; Suneal Menzies, President, ARCHway Institute; Jack Buck III, Lead Consultant, President, The Buck Syndicate; and Phil Treacy, ARCHway Institute Board of Directors, enjoy a day of golf and show their commitment to recovery from addiction.



Outing participants included ARCHway's leadership team and Board of Directors; Glenbeigh senior staff and several counselors; local and state representatives and myriad golfers from St. Louis, northeast Ohio and western Pennsylvania.

Glenbeigh is honored to have been selected as the recipient of the proceeds from what ARCHway hopes will be an annual golf outing. Both organizations are grateful to the golfers who participated and for the generosity of individuals and businesses who sponsored a tee.

Since 1981, Glenbeigh has provided premier drug and alcohol treatment to chemically dependent adults. We are committed to keeping treatment affordable and accessible. With your generous donations we can create a world where recovery is possible and sustainable for everyone. Please make a meaningful gift today to one of Glenbeigh's priority initiatives and give our patients the tools to implement the changes necessary to maintain a drug free, healthy lifestyle.

Milestones

Kathy Fox, Director of Dietary and Housekeeping. Kathy Fox began her career at Glenbeigh as the director of the dietary department and later assumed responsibility for housekeeping services. Under her leadership, Kathy's departments were repeatedly recognized for outstanding service and for providing world-class patient experiences. Kathy's attention to detail made every occasion special, especially the holidays when she personally decorated Glenbeigh's inpatient hospital.

For Kathy, patients always came first and she was often seen encouraging anyone who had doubts about the recovery journey. She witnessed the miracles that happen at Glenbeigh and believed that anyone could be successful if they used the tools they were given and stayed committed to the 12 Step program. Kathy was also committed to Ashtabula County, spearheading clothing drives and raising funds for Relay for Life and the American Heart Association.

Glenbeigh is grateful for Kathy's outstanding service and for being part of our lives for 32 years. Her retirement plans include traveling with her family and enjoying every minute of life. We wish Kathy safe travels and all the best.



Frank Rocca shared an excerpt from his latest work with colleagues during his farewell celebration.

Frank Rocca, Men's Primary Counselor. A graduate of Kent State University, Frank Rocca began his career at Glenbeigh 10 years ago as an evening floor counselor. By 2007, he was promoted to Primary Counselor and quickly established a reputation for knowing how to help people find their way. Frank took great pride in his work and encouraged each patient to embrace their unique path to long-term recovery.

Frank was the co-founder of Glenbeigh's "Non-Believers" group for men. He enjoyed working with patients who had no understanding of, or belief in, a Higher Power. The group discussed the meaning of spirituality for non-believers and how to incorporate the 12 Steps into their lives.

Frank plans to spend his time working on his interests, which include traveling and writing. While Frank will be missed by his Glenbeigh family, we wish him the very best in his ventures.

Andrea Glassford, Women's Primary Counselor. Andrea Glassford joined Glenbeigh's counseling team in March 2001. A graduate of Ohio State University and Youngstown State University with a M.Ed., Andrea obtained her LICDC-CS and specialized in treating professional women. Andrea had experience breaking through tough barriers and fostered positive change in the women she counseled. She used insightful stories blended with the latest modalities to connect with her patients and their families. Together with Frank Rocca, Andrea co-founded the "Non-Believers" group for women.

Andrea plans to spend her retirement enjoying her work with English springer spaniels and her show horses. She will still be seen at Glenbeigh on occasion working as needed as a PRN assessment counselor. Congratulations Andrea!

Glenbeigh Medical Director Participates at 2013 Ashtabula County Opiate Summit

Dr. Nykolai Pidhorodeckyj, Glenbeigh's Medical Director, led a Breakout Session titled, "Opioid Dependence and the Current State of Treatment" at the 2013 Opiate Summit held October 25th. Dr. Pidhorodeckyj, board certified in Addiction Medicine, completed fellowships in Addiction Medicine at Case Western Reserve University and University Hospitals and has extensive experience working in Addiction Medicine.

The Opiate Summit was hosted by the Ashtabula County Prevention Coalition and was designed to bring together all sectors of the community to discuss issues surrounding opiates and the heroin epidemic. Attendees had the opportunity to hear from Miriam Walton, Ashtabula County MHRS Board, and State Representative John Patterson, then attend various breakout sessions that included, "How Opiates Impact Business and Employment" and "Family Support Options".

The conference ended with a panel discussion titled, "Pathways to Recovery: A Message of Hope" led by State Senator Capri Cafaro. Attendees left with an understanding of the culture of drugs in the community, a history of the opiate epidemic, tools for identification and prevention of opiate abuse, information about overdose reversal programs, advice for how to help families with someone recovering from drug abuse, and more.

Glenbeigh Completes Joint Commission Survey

Full Accreditation Awarded

Glenbeigh has once again received the honor of gold standard accreditation by The Joint Commission. During the July survey, representatives spent time with patients, clinical staff and management at Glenbeigh's Rock Creek facility and at each of the six outpatient centers. Pat Weston-Hall, Glenbeigh chief executive officer, said during the summation meeting, "We are committed to our patients and renewal of the gold standard accreditation by The Joint Commission is the result of the dedicated professionalism of our caregivers."



Dr. Paul Brown, a Joint Commission surveyor, addressed Glenbeigh's staff saying, "Glenbeigh is committed to the highest standards. The staff promotes a culture of safety and quality and every employee is dedicated to helping people get better. Glenbeigh is the last best hope many patients will have."

Founded in 1951, The Joint Commission is the nation's oldest standards-setting and accrediting organization in healthcare. Accreditation is awarded to healthcare providers that are in compliance with The Joint Commission standards. Approximately 500 national standards were reviewed by the representatives and the focus of the 2013 survey included national patient safety goals. This accreditation assures patients and the community that Glenbeigh is delivering the highest level of excellence in healthcare.

Glenbeigh Celebrates National Recovery Month *Encourages Walking for Healthy Recovery*

Drug addiction harms the body in many ways. However, the most persistent damage is often from the negative lifestyle changes that occur, such as poor diet and lack of exercise. During the month of September, Glenbeigh invited alumni and friends to improve their health by walking for 10 minutes or more each day during National Recovery Month. National Recovery Month celebrates individuals in recovery and the contributions of treatment providers. Glenbeigh distributed pedometers at outpatient centers to encourage a healthy recovery, which includes good nutrition and daily exercise. Over 125 pedometers were given out and Glenbeigh's Instagram account was tagged over 80 times, from 8 different states, with inspirational pictures from walkers.

2013 Alumni and Recovery Community Picnic



Glenbeigh's staff served up a picnic lunch for alumni, family and friends at the Glenbeigh Annual Alumni and Recovery Community Picnic held on July 20, 2013.



Although Glenbeigh celebrates recovery 365 days a year, hundreds of people attended the Annual Alumni and Recovery Community Picnic and celebrated the tradition of circling the pond, hand-in-hand, to sing "Lean On Me".

Mark your calendar for the 2014 picnic on Saturday, July 19th.

Glenbeigh Sponsors Drug and Alcohol Education and Support Groups

Are you a parent or other family member concerned about a loved one's use of alcohol or other drugs? You're not alone! Addiction negatively impacts the users' lives and the lives of those who love them.

One of the key findings identified in Glenbeigh's Community Health Needs Assessment was the need for more public education on addiction and treatment options. Parents, partners and other family members, desperate for help with an addicted love one, find little basic information available about alcohol and other drug addiction. In response to this need, Glenbeigh is sponsoring a series of free education and support groups for people concerned with a loved one's harmful use of substances. Glenbeigh, a non-profit service provider, is offering this series in an effort to improve health within our service community of northeast Ohio and western Pennsylvania.

Location:

Advent Lutheran Church
7985 Munson Road
Mentor, Ohio 44060

Facilitator:

Jim Joyner, Licensed Independent Chemical Dependency Counselor Clinical Supervisor (LICDC-CS). With over 40 years of continuous experience in the field of alcohol and other drug addiction, treatment, prevention, education and intervention services, Mr. Joyner is the founder and director of Joyner and Associates, LLC, Cleveland, Ohio.

2013 – 2014 Schedule:

Education Groups – 5:00 PM to 5:50 PM

Education groups will provide participants with basic information about addiction and related topics that will 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.

Attend one, some or all of the groups – education and/or support:

November 1, 2013 – Medical Marijuana: The Myths and Facts
November 8, 2013 – The Neurobiology of Addiction
November 15, 2013 – Alcohol and Other Drugs: Signs and Symptoms
November 22, 2013 – Addiction: The Family Dis-Ease
December 6, 2013 – Dying for Love: Enabling and Codependency
December 13, 2013 – A Parent's Story, Then and Now
December 20, 2013 – Setting Boundaries and Making Plans
December 27, 2013 – Understanding the Intervention Process
January 3, 2014 – Understanding Treatment, Recovery and Relapse

How to Participate:

Contact Terri Ball by phone at 440-710-3222 or by e-mail at terri.ball@glenbeigh.com



Niles Outpatient Center 8th Annual Holiday Banquet

Friday, December 13, 2013

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 9, 2013.



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.

