

Between Addiction and Serenity



RECOVERY

Glenbeigh
2013 Annual Report
2013 Community Benefit Report



Dear Glenbeigh Community,

For many, recovery from drug or alcohol addiction seems like an unattainable dream. It affects entire families, spreading with it isolation and broken lives. For those who've succumbed to the unbearable cravings and urges the mind generates after being exposed to highly addictive substances, life is not what they planned or expected.

At Glenbeigh, we believe everyone has the opportunity to find recovery. Glenbeigh's caring staff knows that with all the pain and heartache, inner peace can be found. When recovery is embraced it offers a place where:

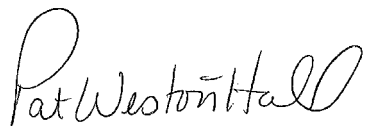
- Isolation becomes fellowship with others – celebrating another day sober and learning from each other's experience.*
- Long-term sobriety is possible using an assortment of tools that fit any lifestyle or circumstance.*
- People can be triumphant. Dreams can become reality and goals are accomplished.*

This year's annual report is about what recovery brings and the hope it holds for those who are still searching for the right path. Recovery provides us with the resolve to know that long-term sobriety is real, attainable and essential to a better future. Glenbeigh empowers our patients so they can find their inner strength and develop their unique path to sustainable recovery.

It is my pleasure to share with you Glenbeigh's achievements over the last year as well as some inspirational stories. Also included is a special report highlighting how Glenbeigh responded to community needs and dedicated its resources to programs and activities that promote recovery.

As an alumni, family member, friend, staff member, donor or referral partner, you have helped others discover their potential. Thank you for making 2013 a special year for those among us in recovery.

With gratitude,



Pat Weston-Hall

Mission:

To provide the highest quality care to adults, age 18 and over, suffering from alcohol or drug addiction.

Vision:

With treatment, people heal, families heal and communities heal. Dignity and self-worth are restored.



2013 Annual Report

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Glenbeigh is a non-profit, Joint Commission accredited, specialty hospital. The 2013 Annual Report is published by Glenbeigh for alumni, friends, family, staff, referent partners and members of the recovery community.

If you have received this publication in error, or if you wish to be removed from our mailing list, please contact Carrie Artman at 440-710-3244 or email carrie.artman@glenbeigh.com. Be sure to include your name and mailing address.

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Layout Design/Printing: Printing Concepts, Inc.
Recovery Cover Composite: TRIAD Communications

Concept/Editor: Sheila Vandergriff

*“Participating in Glenbeigh’s Family Program
was the most powerful contribution we made
to our son’s recovery.”*

Irene C.



Our story started in the principal's office. A policeman brought in our son and told us he, along with some friends, were suspected of using heroin.

Our son denied it and I believed him. He got good grades, was an athlete and had already accepted a college scholarship. The school dropped this bomb, but didn't tell us how to get help. The only thing I remember from that day was someone telling us to keep our son out of group counseling.

We quietly found a private therapist then slowly isolated our family. My husband and I blamed ourselves. Did we fail as parents? We thought our son was doing better. Then came the downward spiral that cost him his scholarship.

As parent's we tried to hold our family together. Two of our son's friends were already dead from overdoses. When he went missing for four days we were desperate for information – was he dead or alive? When he returned home he was ready to surrender. We found Glenbeigh and he agreed to inpatient treatment.

Participating in Glenbeigh's Family Program was the most powerful contribution we made to our son's recovery. It was through the Family Program we learned to set boundaries and to find strength in our support network. My husband and I found other families just like us. We were no longer alone.

We love our son and pray he will remain in recovery. He has been clean and sober for over two years. When I reflect on our journey, I have to accept that the initial advice we followed is something we cannot change. That time lost getting the right help cannot be found again. Our family is grateful for the support and understanding we discovered. We are grateful Glenbeigh was there to help us – and will be there to help other families.

At Glenbeigh, we are defined by our pledge to provide premier care. We show our patients the benefits of building on small successes to achieve long-term sobriety.

Glenbeigh's dedicated staff provides the tools needed to work the 12 Step program and the connections to build a supportive recovery network.

At Glenbeigh we stand between addiction and serenity. Recovery is our number one priority.



Michael Habowski, President and CEO of ACMC Healthcare System; Jessica McCloskey, RN; Ken Frame, RN, Chief Nursing Officer of ACMC 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.

In August 2013, Glenbeigh and our six outpatient centers were recertified with The Joint Commission's Gold Seal of Approval™. This prestigious award affirms Glenbeigh's high-level of consistent quality and structured clinical processes, programs and management.



Inpatient Specialty Hospital – There is no single path to recovery. Consequently, Glenbeigh provides myriad options to help our patients and their families heal at their own pace. Glenbeigh offers innovative specialty treatment programs that are gender-specific for individuals with dual-diagnosis, licensed professionals and those in need of pain management education or who have multiple relapse issues.

At Glenbeigh, our team of credentialed professionals conducts a comprehensive diagnostic evaluation to ensure each patient receives the most appropriate level of care. Individual strengths and needs are identified and incorporated into a personalized treatment plan designed to maintain ongoing recovery.

Exceptional care is provided by over 280 highly skilled, compassionate, multi-disciplinary team members. Many staff members understand firsthand the disease of addiction and work closely with patients, family members and referents to achieve realistic treatment goals.

Extended Residential Treatment Services – Glenbeigh's Extended Care program offers an enhanced curriculum for, and effective transition from, primary addiction treatment to home life. Patients continue to participate in gender-specific programs while focusing on the development of life skills. This approach allows patients to begin making the necessary behavioral, social and attitudinal changes needed to maintain long-term sobriety.

Outpatient Centers – Glenbeigh's outpatient centers concentrate on continuing care, family and group counseling services as well as providing specialty groups for professionals and family members.

Outpatient Services Provided During 2013

	Intensive Outpatient Treatment Visits	Assessments	Individual Counseling	Group Counseling
Total Services	27,330	1,485	6,964	11,068

Sober Living Residence – Glenbeigh's Outpatient Center of Niles offers traditional outpatient services combined with a recovery residence exclusively for men. During 2013, the sober living residence provided accommodations to 392 men. Glenbeigh's sober living residence is a unique environment where clients have access to on-site clinical staff and house managers who provide guidance and oversight. Continuing care services as well as support group services provide residents with the education and encouragement needed to achieve long-term recovery.

“I’ve been given the opportunity to witness the miracle of recovery over and over.”

Mark J.



Lying on the floor of my apartment, I remember praying to God to take me. I wanted him to relieve my suffering. Alcohol had a hold on me and I couldn't go on drinking any longer. I believed God had finally abandoned me just like everyone else in my life.

At that moment, my phone rang. I was so low I wanted to let it ring but something compelled me to pick it up one last time. On the other end was someone from Glenbeigh calling to see how I was doing after an earlier attempt at rehab. I left Glenbeigh feeling sure I could beat alcohol on my own. I never stayed in touch with anyone so it was a miracle they called at that moment – when I had no faith left. I truly believe God's hand was behind that call.

April 10, 2007 is when I got clean. Today I have a new relationship with life. I've dedicated myself to giving back to others who are struggling with addiction. My gift is the ability to connect with people. I remember what it's like to feel hopeless. It's hard to get to the point where you believe. Believe in others – believe in yourself. God put me on this path and I've been given the opportunity to witness the miracle of recovery over and over.

I'm grateful I've been allowed to help those new to recovery stay the course and help families understand addiction and recovery. I never thought my life could be this fulfilling or serene.

I am blessed to have come so far, to be part of the recovery community and part of Glenbeigh's family.

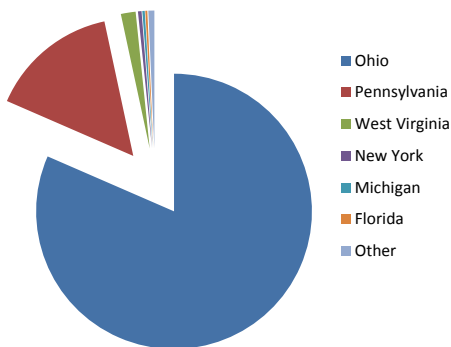
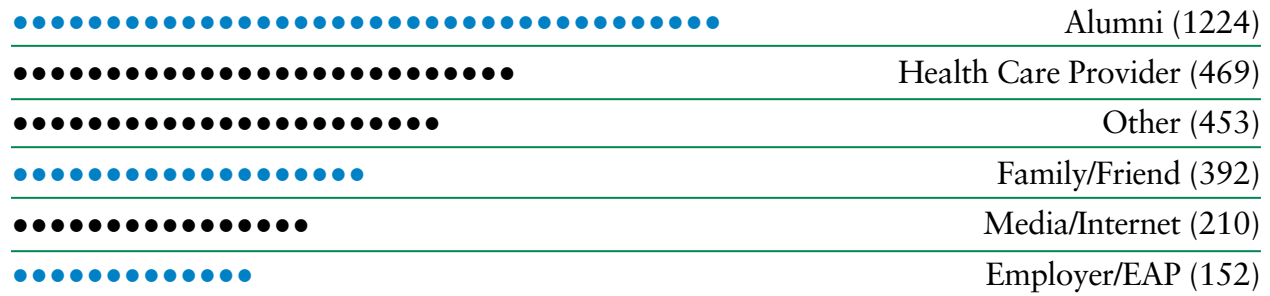
Glenbeigh is a premier provider of chemical dependency treatment services. We help patients develop the foundation needed to maintain abstinence from addictive substances and to improve health, wellness and quality of life.



Often, finding the best way to help people improve their lives is by integrating holistic and conventional medicine with a spiritual element. At Glenbeigh, we are dedicated to the guiding principles of the 12 Steps combined with high quality medical care. Glenbeigh provides a sound foundation so our patients can achieve lasting recovery from addiction. Our staff is dedicated to providing unsurpassed care in an environment of understanding and compassion. It is this level of exceptional service that has built Glenbeigh’s positive reputation. During 2013, Glenbeigh achieved the following:

- Glenbeigh’s referents indicate if given the opportunity they would recommend Glenbeigh to clients, family and friends.
- Inpatient admissions rose to 2,893, a 9% increase over 2012 admissions.
- Patient’s length of stay increased by 2.74% and staffing grew by 2.98%.
- Glenbeigh’s outpatient centers provided over 46,800 outpatient services reflecting a 4.65% increase in IOP visits alone.
- Over 3,000 family members attended the free Sunday Family Program.

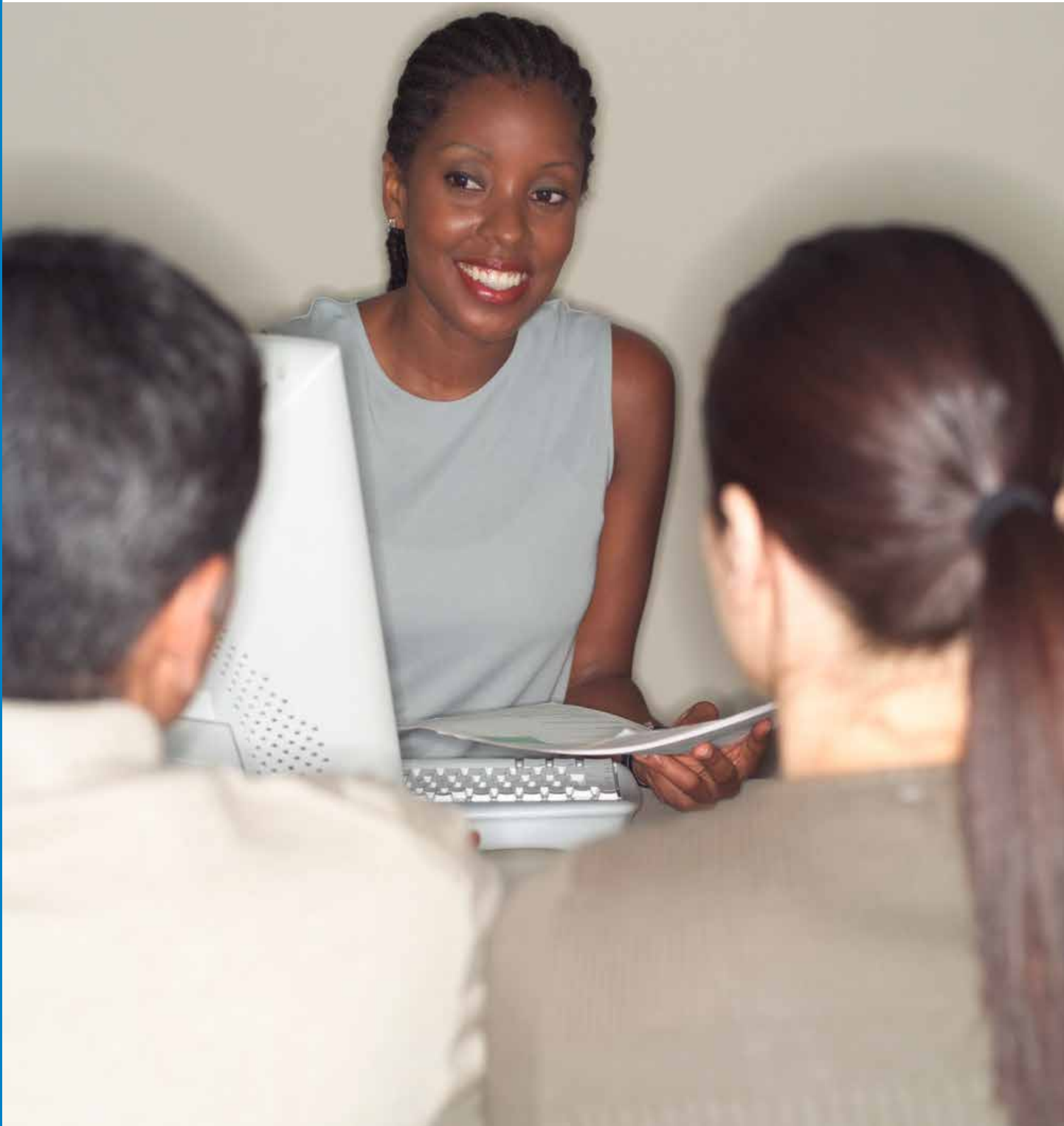
Referent Types



Glenbeigh’s world-class care is nationally recognized. During 2013, Glenbeigh admitted individuals from Ohio, California, Florida, Indiana, Massachusetts, Michigan, Missouri, North Carolina, Nevada, Pennsylvania, New York, South Carolina, Tennessee, Virginia, Washington and West Virginia.

“Families need to understand recovery as much as the person addicted to drugs or alcohol.”

Tianna R.



Paul and Darlene, 20-year employees, came to me desperate for advice. Their son, Jason, was using heroin and they didn't know what to do. As a certified employee assistance professional, my job is to provide support and counseling. We sat down and talked about their son's use and how it was affecting the family.

After 13 years working with addiction treatment centers, I knew the best place for Jason was Glenbeigh. I like the personal service Glenbeigh provides. I can talk to an intake specialist, schedule an assessment and get the process started for my employees. The staff, many in recovery themselves, understand addiction and recovery.

The best thing about Glenbeigh is they provide a family program for people like Paul and Darlene. Families need to understand recovery as much as the person addicted to drugs or alcohol.

I'm confident recommending Glenbeigh to any of my employees – for themselves or for their family members. It's where I'd send anyone I care about.

Often, finances are the number one barrier to receiving or continuing treatment.

Over 70% of Glenbeigh's patients receive some form of scholarship care.



Percy Menzies, President, ARCA Midwest; Jan Stuckey; Shirley Jerew and Dan Stuckey, ARCHway Institute Board Member at the 2013 ARCHway Institute Golf Outing.

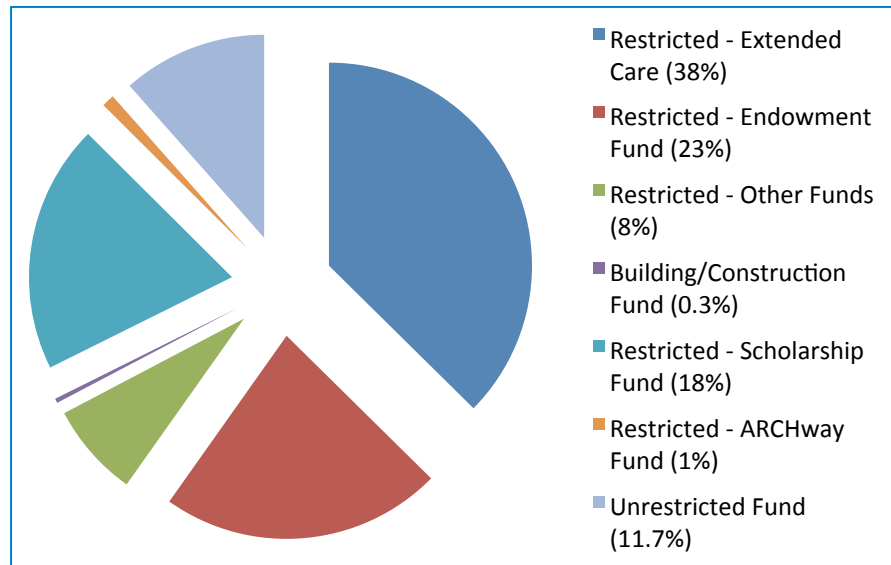
In 2013, the ARCHway Institute for Mental Health and Addictive Disorders, St. Louis, Missouri, hosted a golf outing at Hemlock Springs Golf Course in Geneva, Ohio. ARCHway's mission is to educate the public with respect to mental health and addictive disorders and to offer assistance to those with financial need who are seeking help. ARCHway donated \$2,000 to Glenbeigh from the proceeds of the golf outing for patient aid. ARCHway's generosity supports the programs that strengthen the lives of individuals and families – helping them find their way to freedom through recovery.

Allocation of Donations 2013

Each year, more grateful people join Glenbeigh's family and friends and give back by making a donation to Glenbeigh. Their generosity touches the lives of people who are seeking treatment for alcohol and drug addiction.

Philanthropy is creating a new tradition. By giving back, our donors share the power of recovery and touch another life – paying it forward.

Glenbeigh provides many resources for patients and their families. We believe in providing a solid foundation so anyone can successfully achieve long-term recovery. 2013 has brought to light many new challenges. Our nation is struggling with rampant prescription drug abuse and heroin addiction that has reached epidemic proportions in many



states. Glenbeigh responded to these changes and developed several new treatment groups specifically to help our patients address issues related to drug addictions.

We remain committed to helping families learn about recovery and continue to offer a weekly family program free to current patient's loved ones. In 2013 over 3,000 family members attended this day-long program designed to promote healing. Glenbeigh also sponsored the first in a series of alcohol and other drug education and support groups for the community.

At Glenbeigh, our donors care. They help people get the treatment they need to overcome addiction and together we create a world where everyone has a chance to see what recovery holds. While donors are not acknowledged by name, they understand that scholarship recipients are grateful for their kindness.

Glenbeigh 2013 Community Report



Glenbeigh
ACMC Healthcare System

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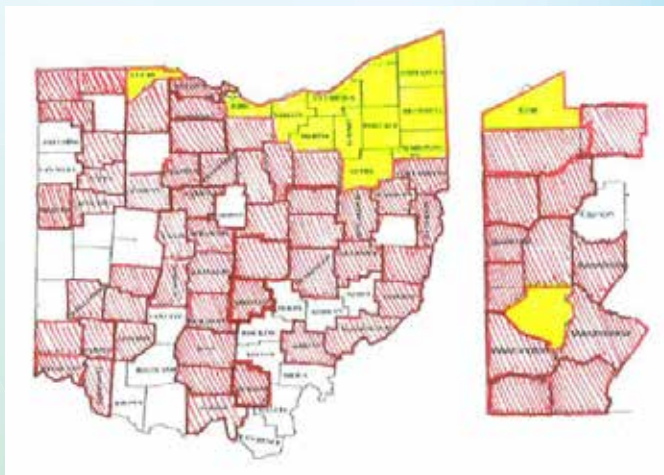
Community Benefit Report

Welcome to Glenbeigh's Community Benefit Report reflecting our 2013 activities based off a comprehensive Community Health Needs Assessment (CHNA) completed in April of 2013.

As a non-profit specialty hospital, Glenbeigh is dedicated to giving back to the communities we serve. We promote health and healing through our charitable contributions and through our community involvement. Glenbeigh is a leader in the treatment field and we share our expertise with other healthcare professionals, students and the general community as part of our outreach.

Glenbeigh is committed to providing meaningful and sustainable programs that benefit individuals and families. Glenbeigh gives back to the community by offering sober events for the recovery community and by providing resources for the loved ones of those actively addicted. The programs highlighted in this report demonstrate our dedication to the recovery community and to those who work in the chemical dependency field.

Service Area



Ohio

Western Pennsylvania

Glenbeigh treated patients from 66 Ohio counties, 25 Pennsylvania counties and from 14 additional states.

Glenbeigh's community benefit service area includes Erie and Allegheny Counties in Pennsylvania to our east, Lucas County to our west and 11 contiguous counties in the northeast corner of Ohio.

Community benefits included; Community Health Improvement Services, Health Professionals Education, Financial and In-Kind Contributions and Community Building Activities.

Social Media

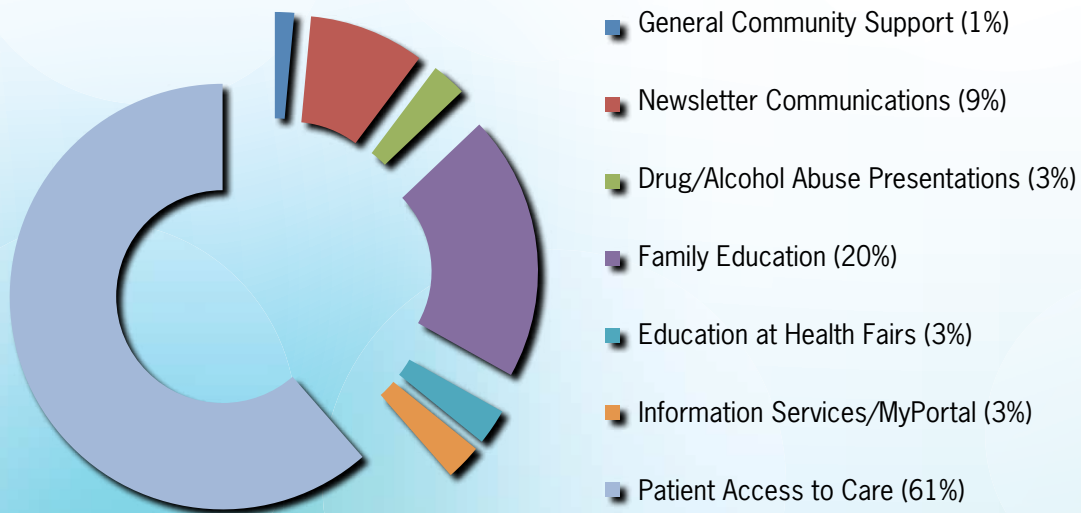
Glenbeigh's website is a resource for individuals in recovery as well as professionals and people searching for information on addiction and recovery. Our social media sites enhance the recovery journey providing a network where people can connect, share gratitude and find affirmation.

For 32 years, Glenbeigh has been dedicated to providing the highest quality care for drug and alcohol addiction.

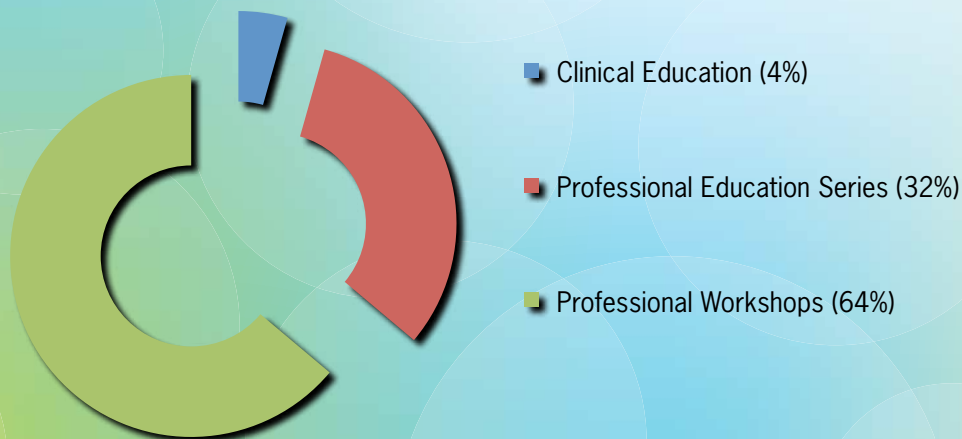
Community Involvement

The following graphs provide a snapshot of Glenbeigh's charitable contributions and community involvement between June and December 2013. During that time Glenbeigh invested \$199,908 in the community benefiting 27,433 individuals and organizations.

Community Health Improvement Services



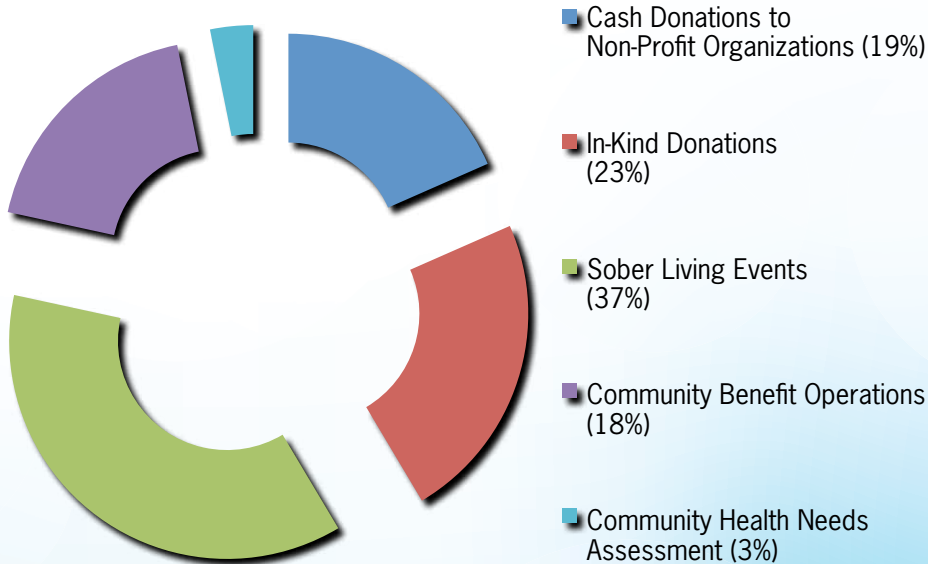
Health Professionals Education and Workshops



Glenbeigh provided educational opportunities for nursing students and counselor/social worker interns from Case Western Reserve University, Cleveland State University, Edinboro College, Kaplan, Kent State University, Lakeland Community College, Notre Dame College, UCLA, Ursuline College and Youngstown State University.

Glenbeigh's longstanding commitment to community benefit is reflected in the programs it offers throughout the year to address needs identified in the 2013 Community Health Needs Assessment. The full report may be viewed on-line at www.glenbeigh.com/community-benefit

Community Building Activities



Collectively, Glenbeigh and its six outpatient centers provided over \$5,282,700 in charitable care during 2013.

Professional Education

Location	2013
Beachwood	Integrating Strengths-Building Into 12 Step Recovery Assessment and Treatment of Mandated Clients
Canton	12 Step Programs 101 Integrating Strengths-Building Into 12 Step Recovery Current Street Drugs and the Challenges for Recovery
Erie	The Pharmacotherapy of Addiction Integrating Strengths-Building Into 12 Step Recovery Assessment and Treatment of Mandated Clients
Niles	Benefits of Mediation for Behavioral Health Clients Domestic Violence Training Current Street Drugs and the Challenges for Recovery
Rock Creek	Understanding Energy Psychology and its Impact on the Recovery Process Integrating Strengths-Building Into 12 Step Recovery The Addicted Healthcare Professional
Rocky River	Ethics 2013 Hoarding
Toledo	Eating Disorders in Tandem with Chemical Dependency DSM-5 Heals All Substance Abuse and Dependence Disorders Update on Autism Spectrum Disorder Psychology of Addiction: Working with Resistant Clients Lateral Violence Gambling-The Hidden Addiction
Total	22 Events – 1,078 Attending

Glenbeigh provided the following sober activities for alumni, family, friends and the recovery community: Spring Banquet, Niles Memorial Day Picnic, Niles Independence Day Picnic, Rock Creek Alumni and Recovery Community Picnic, Niles Labor Day Picnic and the Holiday Banquet.

Dear Glenbeigh,

I can't thank you enough for sponsoring the free alcohol and drug education and support groups. I have a son, and a husband, who have addiction problems and I felt helpless and hopeless. Their addiction was affecting me on an everyday basis and I needed support. Today I know how to deal with their addiction and have stopped enabling.

Christina R.

2013 Development Advisory Board

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Carrie Artman
Gary Seech
Marta Stone
Michael Frasca
Pat Weston-Hall
Patrick Conroy
Rick Krochka
Sheila Vandergriff
Susan Grimm
William Leimkuehler

Glenbeigh offers programs or meeting space so loved ones of those struggling with addiction or anyone in recovery can secure the support they need. The following were offered throughout the Glenbeigh service community during 2013:

Support for Those Who Love Someone Actively Addicted or in Recovery

Alcohol and Other Drug Education and Support Groups – Mentor, Ohio
Support for Family Members of Addicted Adults – Canton, Ohio
“First Step Recovery” Open Al-Anon Meeting – Niles, Ohio

Meeting Space for the Recovery Community

“Happy Hour” Open AA Lead Meetings – Canton, Ohio
“Young in Recovery” Open NA Meetings – Canton, Ohio
Morning Meditations – Canton, Ohio
“Nothing to Fear” Open NA Meetings – Niles, Ohio
“As Bill Sees It” Two Open AA Discussions – Niles, Ohio
“A Better Place to Be” Open NA Discussions – Niles, Ohio
“The Turning Point” Open AA Big Book Discussions – Niles, Ohio
Caduceus Meeting Closed Groups – Niles, Ohio
“Wednesday Night Group” Open AA Meetings – Rock Creek, Ohio
“There is Hope” Open AA Meetings – Rock Creek, Ohio
“Journey Begins” Open NA Meetings – Rock Creek, Ohio
Closed AA Meetings – Rock Creek, Ohio
Glenbeigh Alumni Meetings Closed Group – Rock Creek, Ohio
“First Responders/Fire/Police Squad” Closed AA Meetings – Rocky River, Ohio
Caduceus Meeting Closed Groups – Toledo, Ohio

Note: Glenbeigh is not affiliated with AA, Al-Anon, NA or any other nationally recognized recovery support group. Glenbeigh merely provides meeting space for these organizations.

Glenbeigh is a community resource which supports: Alliance for Substance Abuse Prevention, American Cancer Society, American Heart Association, Ashtabula County Civic Development Corporation, Ashtabula County Prevention Coalition, Ashtabula County 503 Corporation, Coalition for Leadership, Education and Advocacy for Recovery, Growth Partnership of Ashtabula County, LEADERship Ashtabula County, United Way.

Glenbeigh believes in supporting the recovery community and sponsored the following:

Rock and Recovery Radio – Rock & Recovery mixes inspiring stories and messages of strength and hope from professional healthcare providers, people in recovery, comedians and family members. These powerful stories and meaningful messages are carefully woven in between hand-picked music. The music is positive, upbeat, inspirational and familiar. Listen online anytime at www.rockandrecovery.com



Mahoning Valley Scrappers Family Zone - Located in section 120, the Family Section provides fans a game experience free from alcohol sales and exposure to alcohol. Tickets to the Glenbeigh Family Section can be purchased in advance or on game days at the Scrappers Box Office. The Scrappers home field is in Niles, Ohio.



ACMC Healthcare System/Glenbeigh Board of Trustees

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- Ashok V. Kondru, M.D. – Physician Representative
- Nafisa Kondru, M.D. – Physician Representative

Ex-Officio Members

- Rick Coblitz, Chairman, CAC
- Shirley Viall, President of Auxiliary

* Deceased

Organizational Leadership

- Pat Weston-Hall – Chief Executive Officer**
- Dr. Nykolai Pidhorodeckyj – Medical Director**
- Linda Advey – Medical Records Manager
- Terri Ball – Director of Operations
- Melissa Betz – Nursing Supervisor
- Charlotte Brown – Utilization Review Manager
- Joanna Calabris – Nursing Supervisor
- Rebecca Campbell – Nursing Supervisor
- Kristi Coe – Clinical Supervisor, Toledo
- Shirley Deary – Human Resources Manager
- Kathy DeFazio – Admissions Manager
- Becky Enstrom – Nursing Supervisor
- William Hale – Manager, Beachwood/Rocky River
- Jennifer Hubbard – Director of Dietary and Housekeeping
- Tim Hunt – Director of Facilities Management
- Stan Lancey – Safety and Security Manager
- Patty Maguire-Palm – Community Services Coordinator
- Marilou Mertz – Director of Beachwood/Rocky River
- Roberta McIntyre – Director of Nursing/UR
- Helen Park – Business Office Manager/Transportation
- Donald Reed – Counselor Aid Supervisor
- Gary Seech – Director of Regional Operations
- David Soldo – Manager, Canton/Niles
- Erika Taddie-Osborn – Director of Counseling
- Sheila Vandergriff – Director of Development
- Camille Zalar – Director of Quality, Patient Experience and Education

Glenbeigh Outpatient Center of Beachwood

3789B South Green Road
Beachwood, Ohio 44122
216.464.5800

Glenbeigh Outpatient Center of Canton

4661 Belpar NW
Canton, Ohio 44718
330.492.2600

Glenbeigh Outpatient Center of Erie

4906 Richmond Street
Erie, Pennsylvania 16509
814.864.4226

Glenbeigh Outpatient Center of Niles

29 North Road SE
Niles, Ohio 44446
330.652.6770

Glenbeigh Outpatient Center of Rocky River

20800 Center Ridge Road, Suite 410
Rocky River, Ohio 44116
440.356.7620

Glenbeigh Outpatient Center of Toledo

3425 Executive Parkway, Suite 207
Toledo, Ohio 43606
419.536.4000

Glenbeigh

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ACMC Healthcare System

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