

Glenbeigh Glimmer

A Newsletter for Glenbeigh Family and Friends

Glenbeigh
ACMC Healthcare System

An affiliate of
 Cleveland Clinic

President's Corner

Dear Friends,

Welcome to the winter edition of *Glimmer*. As we approach the holidays, it is a wonderful time for me to reflect on the year and realize how grateful I am to be part of the Glenbeigh family. Overall, it has been an outstanding year of accomplishments.



Gary Seech

In October, Glenbeigh welcomed Joint Commission surveyors for our triennial certification. The Joint Commission team toured the Rock Creek facility as well as the outpatient centers. They spoke to patients, measuring their satisfaction with the treatment process. They also spoke to clinical staff and learned more about the innovations in place to enhance treatment. They left impressed with Glenbeigh's continued commitment to our patients and took away ideas to share with other treatment centers. It was an honor to welcome the surveyors and I am happy to say that Glenbeigh once again achieved the Joint Commission Gold Seal of Approval.

This achievement reflects the dedication of Glenbeigh's staff. Our outstanding team members pull together to ensure patients receive outstanding treatment. We continue to deliver the best care available, offering traditional solutions combined with medical advances. Respect for people is at the core of all we do. Our caregivers focus on wellbeing, so people can leave treatment feeling healthier and prepared for a new life in recovery while supporting each other.

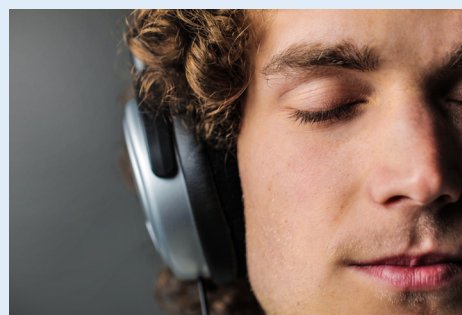
As you read the stories in this edition of *Glimmer*, look at each as a gift from Glenbeigh. We are proud to share stories highlighting our commitment to recovery, to the communities we serve and to anyone living with addiction. We also share ways we can collectively stay strong by staying connected.

I am excited that this December the Niles Holiday Banquet returns. After a two-year hiatus, I am looking forward to seeing people celebrate recovery. One of the best events of the year, it is open to alumni, family, friends and anyone who supports the recovery community. I invite you to join us and look forward to seeing you there.

Wishing all of you a wonderful holiday season and a joyous New Year.

Gary

Gary Seech
President



The Healing Power of Music

Glenbeigh studies how music may improve treatment retention

Carolanne E. Semancik PhD, PCC-S, LICDC-CS

Music has a rich history in helping people get through difficult times. Everyone can relate to a song that has brightened their day, or helped them process a bad breakup.

In looking at ways to reduce premature dropout from treatment, Glenbeigh combed through previously collected data and found that many patients felt music would benefit their time in treatment. Specifically, patients reported that they felt music might help them get through detox easier, manage pain or relax.

Glenbeigh approached the Trumbull County Mental Health and Recovery Board at the end of 2021 with the idea to purchase mp3 players to distribute to patients upon admission for inpatient treatment. The players would be pre-loaded with different styles of music and meditations.

In the past, Glenbeigh tested the effect of music on patients with positive results. Individuals with alcohol use disorders responded especially well to music. At the time, devices were more expensive and content was limited. Glenbeigh received the grant and each patient is able to keep the mp3 player and continue to use it as a recovery aid after completing treatment.

This project has been a yearlong journey that will come to fruition beginning in November 2022. The goal is that the mp3 players will assist patients through detox and into their early recovery. To ensure that Glenbeigh is reaching this goal, data will be collected on an ongoing basis to evaluate the success of this project.

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Camille Zalar, Director of Nursing Presents at IntNSA Conference, Calgary, Canada

Glenbeigh has long been on the cutting edge of addiction treatment and recovery support. In October 2022, our expertise was on display at the International Nurses Society on Addiction (IntNSA) conference. There, Camille Zalar, director of nursing, presented along with four other high-level nurses from the United States. They collectively spoke on the topic: *The Necessity of Treatment of Co-occurring Disorders: i.e. Mental Health/Psychiatric Disorders and Substance Use Disorders*.

The presentation, offered as a breakout session, explored gaps in co-treating mental health and substance use. Discussed were current treatments, both traditional and alternative. Also explored where ways to address the continued stigma associated with these combined healthcare issues.

Camille has extensive experience working with patients with substance use disorders. She is a licensed RN, holding both a BSN and Master of Health Administration degree. She is also a Certified Addictions Registered Nurse (CARN) and a Fellow of the International Academy of Addictions Nursing (FIAAN). Camille has been instrumental in highlighting the need for more mental health support during the treatment process. She witnessed first-hand the impact COVID had on mental health and is an advocate for policy changes to support integrated care.

Glenbeigh is honored to have Camille as part of our premier caregiver team. IntNSA was founded in mid-1970 when the American Nurses Association formed the National Nurses Society on Alcoholism. It was a specialty group designed as the counterpart to the physician's group, The American Medical Society on Alcoholism. IntNSA provides training and educational opportunities to nurses from around the world.

The Power of Music

Continued from page one

One does not need to be a musician to enjoy music or benefit from its effects. This project is one of the many ways Glenbeigh is working to improve the patient experience and make the detox and treatment experience more comfortable for patients.

Assistance Available for Trumbull County Residents with Alcohol Problems

Grant funds received by Glenbeigh are dedicated to the enhancement of the treatment experience for individuals experiencing alcohol addiction or abuse. In addition to the inpatient research grant received through Trumbull County Mental Health and Recovery Board, additional funds were received to provide full or partial outpatient treatment at Glenbeigh Outpatient Center of Niles.

If you or someone you know needs help, call today to schedule an assessment. Limited grant funding is available on a first-come, first served-basis. Assistance is available for individuals with financial limitations or who are uninsured or underinsured. Grant assistance expires in March 2023. Call 330-652-6770 for more information.



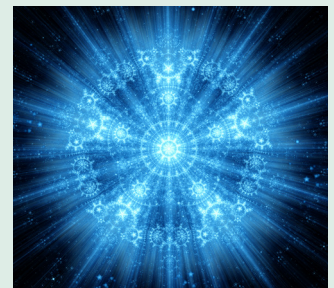
The Recovery Toolbox Unpack for the Holiday Season

A popular analogy for people in recovery is that they assembled a toolbox during treatment. In that box, they keep tools to use when they encounter adversity, triggers or anything that challenges their recovery. Just like any other toolbox, some tools are used more frequently while others are used occasionally, for a special job.

During the holidays, many alumni need to unpack their tools, dust them off, and get reacquainted with using them. Too often, holiday interactions bring back unpleasant memories or result in interactions with people who are not supportive of the recovery journey.

If you are interested in expanding your toolbox, check out Recovery Cast on Apple Podcast. Listen to interviews with people in recovery and hear them share their story of overcoming adversity and finding the right path for them.

Tune in to Podcast #28 – Moments of Holiday Joy. Listen as Glenbeigh alumni coordinator Pawley Bornstein shares stories with several people in recovery. They discuss holiday memories along with the challenges and rewards of rebuilding relationships. The podcasts are real conversations with people in recovery.



Some of the tools shared in the podcast include the importance of community and leaning on your support system to sustain recovery. It's up to you to reach out when you need that extra support. People in recovery understand the challenges of the holidays and there are resources available locally and online.

If you are doing the family thing, remember to enjoy the simple life moments and be present with family and friends. That's what the season of joy is about. If you need to avoid people who aren't good for you, then avoid them. For those of you lucky enough to have positive holiday experiences, it might be time to clean your toolbox and brush up on your skills. An early spring-cleaning.

On behalf of entire Glenbeigh staff, we wish you and your family a joyous holiday season in recovery.

Dear Friends,

From Rudolph's adventure on the Island of Misfit Toys. To Scrooge's journey through the past, present and future. To the Grinch trying to stop Christmas. Holiday classics share a lesson of redemption. The holidays are associated with miracles, a time when we strive to be better people.

The holidays are a wonderful time to create new memories. For those in recovery, the season is a great time to rebuild relationships or forge new friendships. For families, having a positive interaction with their loved one renews their faith and gives them hope.

Throughout the year, Glenbeigh is the place that people turn to for hope. We see people who are not at their best. Families that are hurting. We work to restore health, wellbeing and spirit. To deliver the best care possible and help as many as we can.

To do this, we believe our patients deserve a healing environment where they feel they are treated with respect. To deliver, this requires a significant investment. We need your help to provide a safe place where people feel free from guilt and shame, where they are restored and start the recovery journey.

You can help by donating to Glenbeigh's Annual Fund. Donations will be used where the need is greatest at Rock Creek and at Glenbeigh's five outpatient centers. This may be to provide help for someone in need of treatment, to purchase equipment needed to offer telehealth services or to upgrade a meeting room.

You may donate online at glenbeigh.com/donate or mail your donation in the envelope included in this newsletter. Rest assured that your donation will have an impact on future patients and their families, people searching for hope and redemption.

Thank you for sharing in the spirit of the holidays by considering a gift. Whatever form it takes, no matter the amount, we are grateful for your support. May the holidays inspire us all to see things in a much different light and change our lives, and other people's lives, for the better. May we all learn from Rudolph, Scrooge and Grinch and make this holiday season and the New Year our best yet.

With warm regards,

Gary Seech
President



Honoring First Responders in the Community

Glenbeigh Pays Tribute on Overdose Awareness Day

Part of working a recovery program includes expressing gratitude and showing appreciation. As Alfred North Whitehead said, "No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude."

In celebration of Overdose Awareness Day, Glenbeigh invited First Responders to Rock Creek for a picnic meal as our way of saying "thank you" for their dedication to the community. It was also an opportunity for them to meet Glenbeigh staff and learn more about our work.

We are grateful to be part of a community filled with dedicated First Responders. Every day, they put their lives on the line to keep people safe. In recognition of their service, Glenbeigh also distributed gift bags filled with assorted items donated by local businesses.

This is the second year that Glenbeigh recognized the contributions of First Responders. The plan is to continue this tradition of giving back annually.



First Responder Program Grows

Recognized by Firefighters Behavioral Health Alliance

Glenbeigh recently completed the vetting process to be recognized as a first responder treatment provider by the Firefighters Behavioral Health Alliance (FBHA). This national service provider's mission is to collaborate, develop and implement behavioral health awareness, prevention, intervention and post crisis strategies to provide firefighters with an easily accessible and confidential source of information. In July, we hosted a clinical specialist who met with our first responder treatment specialists, toured the facility and exchanged ideas. Glenbeigh is honored to be recognized as an approved first responder treatment provider by the Firefighters Behavioral Health Alliance. We look forward to working with them and offering support services to fire and EMS professionals.

2022 Glenbeigh Holiday Banquet

Friday, December 16, 2022

Tickets: \$15

Includes: Dinner | DJ | 50/50 Raffle | Chance Auction | Door Prize Raffle

Ciminero's Banquet Center
123 N. Main Street, Niles, OH

6:00 PM - 9:00 PM

Tickets available on Eventbrite at Glenbeigh Niles
Holiday Banquet 2022 or take a picture of the QR code
for a direct link. (service charges apply)

Tickets also available at Glenbeigh Outpatient Center of
Niles, 29 North Road, Niles, OH 44446 330-652-6770.



Alcohol Free Zone Sponsorship Expands

Wheeling Nailers Hockey Partners with Glenbeigh

Enjoying a live event while in recovery can be challenging, especially for people who love sports. Many people attend sporting events without any issue. However, for others, the use of alcohol all around can be a trigger.

Glenbeigh believes everyone should have a chance to enjoy sports with limited exposure to alcohol use. Therefore, in addition to our sponsorship of summer baseball with the Mahoning Valley Scrappers in Ohio, we are pleased to announce the sponsorship of a Glenbeigh Family Section at the Wheeling Nailers home hockey games. This sponsorship supports the 2022/23 season for the West Virginia ECHL affiliate of the Pittsburgh Penguins.

The Glenbeigh Family Section is an alcohol-free zone where fans can experience games in an enjoyable atmosphere. Tickets may be purchased in advance or on game days. Glenbeigh also sponsors free soft drinks to any Designated Driver in order to keep our roads safe. Designated Drivers sitting in any section will receive two tickets to turn in at a concession stand.

Purchase tickets online at www.wheelingnailers.com/ticket-packages/glenbeigh-family-section for games at the WesBanco Arena.



Glenbeigh
FAMILY
Section

Glenbeigh 365

A group of alumni recently had an opportunity to get creative while giving back to the community. When Glenbeigh was preparing to launch the new Glenbeigh365 app, alumni coordinator Pawley Bornstein connected with a group of active alumni. When he asked if anyone was interested in helping build content in the app, 35 people volunteered their time and talent. Pre-launch, they explored the app, created posts and contributed motivational materials. With their input, the app launched with content created by people in recovery for people in recovery. The Glenbeigh365 app has relevant information including upcoming podcasts, Bridges to Recovery links and special event announcements. It also allows people to record and share milestones or thoughts of gratitude. Explore videos on topics such as meditation and learning new coping skills. Read an article that interests you. Joining is easy. Simply go to <https://gb365.caredfor.com/> to link to either the Apple App Store or Google Play.



Accredited by
The Joint Commission

Mission Statement

To provide the highest quality healthcare to those in need of alcohol and drug addiction treatment and support ongoing recovery efforts.

