

Glenbeigh Glimmer

A Newsletter for Glenbeigh Family and Friends

Glenbeigh
ACMC Healthcare System

An affiliate of
 **Cleveland Clinic**

Leonard Stepp Named Interim President of Glenbeigh

With the retirement of Glenbeigh President Gary Seech, Leonard Stepp, Jr., President and CEO of ACMC Healthcare System, will guide Glenbeigh through the transition process while a national search for a new president is underway. Leonard has a long-standing affiliation with Ashtabula County Medical Center, Glenbeigh's parent organization. He served on the executive team at ACMC from 2011 to 2019, initially as the Vice President of Health System Advancement, and later as the Senior Vice President of Administration.



Leonard Stepp will be guiding Glenbeigh as the search for a new president is underway.

With 23 years of experience in healthcare operations, leadership, business development and strategic planning, Leonard brings a wealth of expertise to Glenbeigh. He holds a bachelor's degree in accounting and a master's degree in business administration.

"I want to express my gratitude to Gary for his decades of dedicated service to Glenbeigh and his commitment to aiding individuals on their path to recovery," said Leonard. "Gary will be greatly missed. The process of selecting Glenbeigh's next President is progressing. The reputation Glenbeigh holds in the recovery industry has attracted numerous highly qualified candidates and as we look to the future, I believe great things lie ahead."

Dave Sams Memorial Pavilion A Testament to Recovery and Community

Shortly after Dave Sams passed away in June 2020, a group of family members and alumni approached Glenbeigh with the idea of creating a meaningful tribute to commemorate the positive influence Dave had on residents living at Glenbeigh's Niles sober living community.

Dave served as the sober house manager for several years before becoming the Lead Counselor Assistant. During his tenure, he cultivated a supportive recovery community committed to rebuilding lives and fostering positive change. Dave understood the significance of kindness, compassion, and giving back.

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Glenbeigh's Gary Seech reminisces about his early days at Rock Creek and thanks his colleagues for a wonderful work experience at his retirement party on October 5, 2023.

An Extraordinary Journey: From Humble Beginnings to Lasting Impact

While preparing for his October retirement, Gary Seech, President, took a moment to reflect on his career.

When he arrived in Rock Creek in 1983, Glenbeigh had a total of 17 patients. Over the years, he played a pivotal role in Glenbeigh's expansion and in providing exceptional care and positive experiences for patients and their loved ones.

"I have been truly blessed," Gary said. "Upon my first encounter with the Glenbeigh staff, I was deeply impressed. Their unwavering dedication to delivering life-saving care, while guiding individuals towards long-term recovery, is a calling that endures to this day."

At the outset of his career with Glenbeigh, Gary's role involved providing administrative support to leadership, which encompassed overseeing service departments and human resources.

It was during these early days that Gary crossed paths with the then-clinical director for women's services, Pat Weston-Hall. Gary recalled that his initial days at Glenbeigh were overwhelming, but Pat extended a warm welcome. She shared her own journey and illuminated the transformative power of recovery.

Having no prior experience with substance use disorders, Gary delved into extensive reading on addiction and treatment. He also attended recovery support meetings to understand the pivotal role fellowship plays in long-term recovery.

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Glenbeigh is a non-profit specialty hospital.

Gary Seech An Extraordinary Journey

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"After conversing with Pat, I was astounded by the resilience of recovery and the profound impact it had on people. It became evident that everyone at Glenbeigh cared deeply, striving for progress and improvement. I had never encountered such kindness and dedication elsewhere. It was beyond doubt that Glenbeigh was where I belonged. After four decades in the addiction treatment field, I can sincerely say it has been a privilege and an honor to work alongside such an incredible and talented team of colleagues."

Gary played a crucial role in establishing the Niles recovery community. He oversaw the growth of the Niles outpatient center, expanding sober living from 10 beds to over 30. He aided former patients in setting up independent, sober living housing to accommodate more individuals in the community seeking secure recovery housing.

Gary was instrumental in creating opportunities for former patients and their families to reconnect through recovery support. Above all, he took special pride when a former patient returned to Glenbeigh as a new employee.

"Gary cares for our employees, patients, and their families," remarked Terri Ball, Director of Clinical Operations. "He proved to be an exceptional choice to lead Glenbeigh, steering the organization through unprecedented challenges and empowering employees to excel."

Looking ahead, Gary is eager to continue his efforts in supporting individuals in recovery through board work and to become more deeply involved in charitable and educational initiatives in the Pittsburgh area. He also plans to devote more time to his family. It marks the perfect conclusion to an illustrious career.



Left to Right: Kim Hochschild, Director of Information Systems; Tina Ensman, Admission Manager; Tessa Kingus, Medical Records Manager; and Camille Zalar, Director of Nursing, enjoy a fun game at the retirement party for Gary Seech.



Tanya de Almeida, UAW ESSP & Wellbeing and Education Representative, Local 2000, has an opportunity to meet Glenbeigh's Janine Kirby, Disability Coordinator, in person after working together for eight years.



Duane Ball and Glenbeigh's Terri Ball, Director of Clinical Operations, send Gary Seech off with gifts and good wishes. Terri spoke about Gary's contribution to Glenbeigh and his dedication to helping people sustain recovery.

Dave Sams Memorial Pavilion

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Moreover, he recognized the importance of family, and he played a vital role in helping numerous residents mend their family relationships.

Dave was a cornerstone of recovery support. Whether it was organizing Sunday afternoon family dinners, coordinating staff socials, or spearheading Glenbeigh's holiday events, he could always be found in the midst of it all—basting turkeys, overseeing holiday lighting competitions, or personally reaching out to family members to invite them to gatherings.

In November 2021, Glenbeigh established the Dave Sams Memorial Fund. Given Dave's penchant for engaging with residents outdoors, the vision was to construct a memorial pavilion that would benefit the Niles recovery community. The initial \$6,000 grant from the Community Foundation of the

Mahoning Valley served as a catalyst for launching the fundraising efforts. Since then, the generosity of donors has brought the pavilion project to fruition.

In October 2023, ground was broken, and the pavilion began to take shape. The construction was completed in early November, and plans are underway for an official ribbon-cutting ceremony.

Looking ahead, the Dave Sams Memorial Fund will continue to promote recovery and strengthen family connections—a reflection of the core values of family and fellowship that Dave embodied.



Cleveland Clinic Nursing Awards

Glenbeigh Team Members Recognized for Outstanding Care

The Cleveland Clinic Stanley Shalom Zielony Institute for Nursing Excellence recently honored nurses at the 2023 Maria and Sam Miller Nursing Excellence Awards ceremony. Congratulations to Glenbeigh's Michele Payne, RN, who was recognized for exemplary skills, commitment, and promoting and supporting healing for patients, families, and colleagues. She was presented the 2023 Samuel H. Miller Art for Nursing Award.



Michele Payne, RN

Michele joined the Glenbeigh nursing team 17 years ago and has been instrumental in helping patients during the medically supervised withdrawal process. The care Michele and her colleagues provide to patients and their families is life-changing.

Nominated by fellow caregivers and colleagues, Michele is among a group of esteemed nursing professionals who have excelled in their careers. Michele's professional commitment to provide superior patient-centered care with

integrity, compassion and empathy reflects the Cleveland Clinic standard for exemplifying the true essence of the nursing profession.



Meghan Bovee, MA

The Outstanding Clinical Support Award was presented to Meghan Bovee, MA, for outstanding service and for serving as a role model in delivering patient care at Glenbeigh. Her peers wrote, "She participates in a collaborative effort with all members of the healthcare system – from nursing, medical, counseling, medical records, housekeeping, maintenance and dietary. She helps

coordinate patient care for our patients on a daily basis and shows a true concern, while demonstrating empathy to patients, families and fellow caregivers."

Glenbeigh recognizes all of the 2023 Excellence Award recipients and thanks them for the outstanding work they do every day. You are deeply appreciated, respected and valued.

Exploring New Treatment Protocols for Xylazine Use

Xylazine, a non-opioid drug traditionally used in veterinary medicine, is increasingly found in street drugs. During the summer of 2023, the White House designated xylazine as an "emerging threat" to people with substance use disorders. Concurrently, the Food and Drug Administration warned of the dangers of xylazine use and the associated skin ulcers that form in soft tissues, potentially leading to infection, sepsis and amputation. Xylazine, when combined with substances such as fentanyl, can have side effects such as respiratory depression and unintentional overdoses that are unresponsive to the opioid reversal drug naloxone.

When seeking treatment for xylazine use, individuals can experience intense wound pain that may be an obstacle to completing the treatment program. Patients undergoing simultaneous xylazine/opioid withdrawal may experience heightened anxiety, irritability, restlessness and hypertension.

In response, Glenbeigh began to develop symptom management protocols for withdrawal, wound care and addiction treat-

ment as part of a quality improvement program to meet the unique and emerging needs of xylazine users. The evolving treatment plan includes the implementation of xylazine-specific testing, specialized withdrawal management, unique medication protocols, wound care and monitoring as well as psychotherapeutic treatment.



Individuals are often unaware of the presence of xylazine in the drugs they are using. Xylazine is difficult to detect in standard toxicology screenings. Tissue damage can occur even

when snorting or inhaling the drug and may result in the need for ongoing medical care.

Additional research is needed to fully understand and address the challenges of treating patients who use xylazine, or a combination of opioids and xylazine, to determine the best practices for withdrawal, overdose, wound care and addiction treatment. As xylazine is added to more substances, such as cocaine, benzodiazepines and methamphetamine, the need for advanced treatment protocols remains a high priority at Glenbeigh.

Improving Treatment Outcomes

Led by the Nursing and Quality departments, Glenbeigh collected data to study for the enhancement of treatment outcomes.

In 2021 and 2022, concerning data emerged regarding stimulant users, who exhibited a high rate of premature discharge at the 14-day mark. Because this trend was consistent, Nursing formed a Performance Improvement team focused on reducing premature discharges from in-patient treatment.

To address this issue, the team introduced measures to enhance patient comfort, including pain relief, relaxation techniques, sleep aids and tailored medications. The results in 2022 and 2023 were promising, with a significant decrease in premature discharges for stimulant users at the crucial 14-day mark.

Furthermore, as stays lengthened, premature discharge rates continued to decline.

Given the success achieved by the Performance Improvement team in addressing the challenges faced by stimulant users, Glenbeigh continues to implement these changes in its operations. This ongoing dedication to improving treatment outcomes underscores Glenbeigh's unwavering commitment to providing exceptional care and support to individuals seeking recovery.

At Glenbeigh, the pursuit of continual improvement remains a core principle, ensuring that each person's journey towards lasting recovery is met with compassion, effective strategies, and a supportive environment.



2023
HOLIDAY BANQUET
 15
DECEMBER
6:00 PM - 9:00 PM
FOOD. MUSIC. FELLOWSHIP.

GLENBEIGH OUTPATIENT CENTER OF NILES

Tickets: \$25.00
Dinner | DJ
Photo Booth



TICKETS AVAILABLE ONLINE OR AT 29 NORTH RD, NILES, OHIO 44446
Take a photo of the QR code with your phone to purchase tickets online.

330.652.6770

CIMINERO'S BANQUET CENTER
123 N MAIN ST, NILES, OHIO 44446



The Tradition of Giving Back

Support others who are just beginning the recovery journey. Make a donation by scanning the above QR code with your smartphone camera. Donations may be made online or mailed to: Glenbeigh Development, PO Box 298, Rock Creek, OH 44084.



If you'd like to spend some time with us on Social Media, scan the QR Code and get commenting.



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.

