

Glimmer

Glenbeigh

ACMC Healthcare System

An affiliate of



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A Newsletter for Glenbeigh Family and Friends

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CEO's Corner



Pat Weston-Hall, CEO

Dear Friends,

Throughout our history, people have come to Glenbeigh to discover what life in recovery means. We know it's about providing the best care possible, but there's something more. Once here, our patients realize it's about belonging to a fellowship that nurtures and celebrates recovery. It's about being part of a family that cares for one another.

Reflecting on my time at Glenbeigh, I've never been more proud to be part of our recovery family. We've established deep roots in our service areas, continuing to offer events that educate and enhance recovery. We've also been expanding programs, developing enriching productions that promote fellowship, and offering them in more communities.

Meanwhile, at Glenbeigh, we keep making a positive difference, concentrating on treating people for alcohol and drug addiction. We always believe in being innovative yet keeping the time-honored traditions that help people stay sober.

As our family grows, so does our commitment to providing not only the best care, but also the best recovery support. Our focus has never shifted away from helping people sustain recovery. This is our culture, it's what sets us apart and it's why our alumni recommend us to others. It's also why our referents say Glenbeigh is their number one choice for treatment services.

Glenbeigh offers a transformative experience where individuals are cared for and accepted so they can recover. Our plan is to continue to grow so we can better serve our patients, guide families and educate the community. Together, we are one family committed to discovering a new life. We are the Glenbeigh family and we are strong, resilient and enduring.

With gratitude,

Pat
Pat Weston-Hall
Chief Executive Officer

Glenbeigh Hosts Workshop for Spiritual Leadership

Offers Insight on Working with Families Affected by the Opioid Crisis

No matter one's faith, many people turn to their spiritual beliefs when facing their darkest times. As the opioid crisis continues to grow, families are turning to their religious leaders for guidance.

Consequently, today's spiritual leaders are facing new challenges as a result of the crisis that's claiming a record number of lives. While the religious community is prepared to provide comfort, little education has been available to discuss active addiction, how to intervene when someone needs help, or coping with a loss resulting from addiction.

Glenbeigh recognized this need and created an opportunity for spiritual leaders to learn about addiction and to discuss issues connected to the opioid crisis. On May 10th, approximately 90 people attended Glenbeigh's workshop where participants learned how the current crisis came about and how to assist families touched by active addiction.

The program offered insight as to how the disease of addiction doesn't recognize social or religious boundaries. A demonstration on the use of Narcan, the overdose reversal drug, was given to provide information on the steps to take when faced with an overdose. Participants also heard from experienced clergy on how to welcome people in recovery and offer a non-judgemental refuge where they can grow spiritually.

The workshop concluded with an open panel discussion that featured: Miriam Walton, Director of Ashtabula County Mental Health and Recovery Services Board; Donnie Reed, Glenbeigh Counseling Assistant Supervisor; Steve Arsulic, Pastor, Eagleville Church, Celebrate Recovery; Cheryl Guyton, Nar-Anon; and Lois Miller-Martone, GRASP (Grief Recovery After a Substance Passing).



Panelist Miriam Walton (standing), Director of the Ashtabula County Mental Health and Recovery Services Board, talked about available resources for persons seeking addiction treatment.

Glenbeigh is a non-profit specialty hospital.



In early April the foundation was completed and the underground utilities installed. An insulation layer and vapor barrier were installed before pouring the concrete floor.



This photo shows inside the doors of the new facility outlining the front entrance and the main gathering space for residents.

Construction Report

Glenbeigh broke ground in January on the 13,000 square foot extended treatment facility located on the Rock Creek campus. The complex will house up to 32 patients and provide additional space for individual, group and family counseling.

The need for additional extended care has been prompted by the number of unintentional drug overdoses. Deaths caused by the use of heroin, often mixed with fentanyl, has been categorized as epidemic in Ohio. The number of overdose deaths continues to increase as derivative drugs emerge that are more deadly and resistant to reversal drugs. Today's drugs often require more intensive, long-term treatment, to overcome their debilitating effects, resulting in the need for additional extended care capacity.

Glenbeigh monitors alcohol and drug use trends and expands resources to provide outstanding care when it's needed. According to Glenbeigh CEO Pat Weston-Hall, "Families and communities are overwhelmed by the opiate epidemic and there's a tremendous need for appropriate treatments. As the need for additional capacity increases, Glenbeigh continues to reinvest in our services and our community."

Recognized as one of the leading centers for drug and alcohol addiction treatment, Glenbeigh was selected by the State of Ohio to receive a \$400,000 capital grant to facilitate construction of the new facility. Former State Senator Capri Cafaro was a proponent for Glenbeigh's project, which was among a handful of developments included in the 2016 state budget.

In addition, several businesses made donations to ease construction costs. Owens Corning donated 585 bundles of shingles, which were unloaded at the construction site by RMT Excavating. Thanks to the generosity of so many, this new facility should be ready to accept residents by late fall, 2017.



Roofing material, including shingles donated by Owens Corning, were scheduled to be added beginning the week of May 15th.

The Heart and Soul of Glenbeigh Philanthropy Paves the Way for New Construction

Philanthropy is defined as the desire to promote the welfare of others, expressed through the generous donation of one's treasure to a good cause. But for us at Glenbeigh, it's more. It's having the courage to contribute to a cause that helps those not embraced by society. Donating to Glenbeigh is about having the fortitude to believe in the idea that everyone, including alcoholics and drug addicts, should be given another chance. It's not about getting something back. It's about supporting an organization that provides treatment to everyday people.

When Glenbeigh began planning its first extended care residence several years ago, one family stepped forward, having the courage to be part of the solution. Dick and Susan Grimm were founding members of Glenbeigh's Development Advisory Board and understood the toll addiction takes on the community. Wanting to help, they made a lead gift so Serenity Beigh and Recovery Glen could become a reality.

This year, the Grimm family stepped forward once again

to support the new extended care facility currently under construction. "My family believes Glenbeigh is committed to helping people," said Susan Grimm. "We are honored to support an organization that does good work." Glenbeigh CEO Pat Weston-Hall added, "The Grimm Family has been a true friend of Glenbeigh. They've been an integral part of our success and genuinely believe in giving people the opportunity to get the help they need."

The Grimm Family leads by example and understands the importance of having Glenbeigh as a resource in northeast Ohio. Thanks to their generosity, patients have extended care options. Glenbeigh is grateful for the Grimm's immense generosity and for their dedication to supporting our growth.

If you believe everyone should have the chance to change their life, your donation is still needed. Every gift, no matter the amount, is powerful and has the potential to save a life. Please use the pre-printed envelope enclosed in this issue of *Glimmer*.

News from the Alumni Coordinator

By Pawley Bornstein



**Pawley Bornstein,
Glenbeigh Alumni
Coordinator**

Greetings!

Glenbeigh's Alumni, Family and Friends program continues to offer outstanding events not found anywhere else. Our Bridges to Recovery gatherings and Recovery Roadshows are inspirational and people go home with a deeper understanding of addiction and recovery. Glenbeigh's Comedy Shows, which receive rave reviews, feature the antics of comedian Tim Grealish and provide a break from the trials and tribulations

that accompany recovery. Our goal is to offer programs that complement Glenbeigh's belief in long-term recovery support.

Rock and Recovery Radio, also dedicated to recovery support, recently approached me to contribute a weekly radio show. Prior to working at Glenbeigh I was a radio host and the idea of returning to that field brought up a mixed bag of emotions. Getting clean and sober in an "entertainment environment" was tough for me and all those feelings came flooding back. Once I put the principles of honesty, open-mindedness and willingness into play, it became apparent that returning to radio was a gift. Why couldn't I use my past experience to complement a current endeavor and help others? It'd be easy for me to say that the "tradition of anonymity" played into my apprehension but that wasn't it. It had more to do with me initially not knowing the "right" thing to do. So often, I'm reminded that seeing things as black or white is a hallmark of this disease called addiction. In recovery I work on the grey and actively retreat, rethink and respond. When taking the time to do this, the answer, like water, seeks its own level.

In closing, I hope to see you at an upcoming event, especially at the Alumni Picnic on July 15th. And tune in to Rock and Recovery Radio on The Summit, 91.3 FM in Akron/Canton or 90.7 FM in Youngtown, Sunday nights at 10:00 PM. I'd like to hear what you think of the program. Wishing you a thriving recovery,

Pawley

ARCHway Institute Golf Outing Scheduled for September 2017

**Celebrating 5th Year of Providing
Support for Glenbeigh's Patients**

Glenbeigh is calling all alumni, friends and family to join us at Hemlock Springs Golf Course, Geneva, Ohio, on Thursday, September 14th. Your support is needed to help us raise funds to assist those who don't have the financial means to secure treatment for drug or alcohol addiction. Our goal is to have a record number of golfers, sponsors and donors supporting this anniversary event. Anyone who is, or supports, someone in recovery, or who works in the recovery field, is invited to participate in this collaborative outing.



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Cleveland Clinic Honors Glenbeigh Nurses

Recipients of Essence of Caring Excellence Awards



Pictured left to right, Pat Weston-Hall, Glenbeigh Chief Executive Officer; Estelle Spear, BSN, RN; Deborah Bissell, RN, CARN; and Camille Zalar, MSN, RN, Glenbeigh Director of Nursing.

Deborah "Debby" Bissell, RN, CARN, a seasoned nurse with 41 years of experience, will receive Cleveland Clinic's 2017 "Faces of Caring" award at a June recognition banquet. The award, presented by the Zielony Nursing Institute, recognizes specialized skills, dedication and compassion in the delivery of outstanding direct patient care within Cleveland Clinic's Health System.

Bissell joined Glenbeigh's nursing team in February 2000 and became certified in addiction care in 2010. She excels as a nurse, mentoring the next generation of caregivers through Glenbeigh's clinical training programs for nursing students. Bissell provides education and insight on treating patients, as well as their family members, with dignity and respect. She exemplifies commitment to the nursing profession, to patients, to her colleagues at Glenbeigh and to the Northeast Ohio community.

Also being honored is Estelle "Stellie" Spear, BSN, RN, Glenbeigh's Infection Prevention/Employee Health nurse. Spear's enthusiasm to nurse patients back to health is inspiring and her motivation to help others is unending. Receiving her BSN from Ursuline College in 2010, she began her nursing career at Glenbeigh in 2011. In her first year as a clinical nurse she received the Zielony Institute "Rookie of the Year" award. This year, Stellie is being honored for "Excellence in Care Coordination". This award is presented in recognition of outstanding clinical skills along with consistent teamwork, commitment and enthusiasm in daily work. Spear has made a difference in patient lives, the recovery community, and with her colleagues who appreciate her passion for nursing and compassion for patients.

The Zielony Nursing Institute excellence awards recognize the work of the finest clinical caregivers. This is the fifth consecutive year that Glenbeigh's nursing staff has been recognized by Cleveland Clinic for providing superior nursing care that connects with the patient and their family. "We are honored to have Stellie and Debby among Glenbeigh's team of caregivers," said Pat Weston-Hall, Glenbeigh Chief Executive Officer. "This award recognizes their outstanding nursing skills and their spirit of caring for others."

Upcoming Events



Alumni and Recovery Community Picnic Saturday, July 15, 2017 2:00 PM to 4:30 PM (Rain or Shine)

Recovery is the shared connection that brings alumni, family and friends back to Rock Creek every July. Join the traditional gathering at Glenbeigh to celebrate recovery, reconnect with friends and enjoy an afternoon of fellowship along with good food and music. A complimentary picnic lunch will be provided along with games and activities for children, inspirational speakers and the traditional gathering around the pond. Everyone active in a recovery community is welcome to attend and celebrate the success of those whose lives have been rebuilt. For more information, visit Glenbeigh's website at www.glenbeigh.com or contact the Alumni Coordinator at 1-800-234-1001.

- 2:00 to 2:30 PM Fellowship
- 2:30 to 3:30 PM Picnic Buffet
- 3:30 to 4:00 PM Speaker
- 4:00 to 4:30 PM Recovery Gathering

The Annual Alumni and Recovery Community Picnic is offered as part of Glenbeigh's community benefit initiative to provide free and low-cost recovery support. The picnic is open to anyone in the recovery community.

ARCHway Golf Outing *Continued from page 3*

The ARCHway Institute was in its infancy when Dan Stuckey approached Glenbeigh asking if he could sponsor a golf outing and donate half of the proceeds to Glenbeigh. The stipulation being that the funds be used to help people obtain treatment. ARCHway has grown into a national organization that provides education along with treatment, research and organizational assistance. ARCHway's donations to Glenbeigh have made a difference in the lives of people touched by the disease of addiction.

The scramble golf outing begins at 12:15 PM with a shotgun start. Former OSU football star Maurice Clarett will be the guest speaker this year. Tickets are \$100 and include: 18 holes of golf with cart, a hot dog lunch, steak dinner, silent auction and speaker. Dinner only tickets are available for \$35.

More information and entry forms are available at www.glenbeigh.com or at <http://thearchwayinstitute.org>. Anyone interested in making a donation to the golf outing may contact Dan Stuckey at 314-452-4982 or by email to Dan.Stuckey@thearchwayinstitute.org.

Education for Professionals

Glenbeigh's **Rise and Shine** professional workshops are free and open to anyone in the recovery field including business representatives and referents. Members of the community interested in chemical dependency related issues are also welcome. Visit www.glenbeigh.com for more information.

Rethinking Recovery: Making the Work of Substance Abuse Recovery More Appealing

Friday, June 9, 2017, 8:30 AM
Glenbeigh Outpatient Center of Beachwood
Presented by: Richard Zinni, D.O., Associate Medical Director

The Power of Gratitude

Wednesday, June 14, 2017, 8:30 AM
Glenbeigh Outpatient Center of Toledo
Presented by: William Hale, Ph.D., LICDC-CS

12 Step Recovery Programs 101

Thursday, June 15, 2017, 8:00 AM
Glenbeigh Outpatient Center of Canton
Presented by: Jeff Higginson, M.Ed., LICDC-CS

Bridges to Recovery Events

Pittsburgh – Wednesday, June 21

7:00 PM at All Saints Polish National Catholic Church
Topic: "Fun in Recovery"

Niles – Sunday, July 2

1:00 PM at Glenbeigh Outpatient Center of Niles
July 4th Weekend Picnic

Niles – Sunday, September 3

1:00 PM at Glenbeigh Outpatient Center of Niles
Labor Day Weekend Picnic

Beachwood – Wednesday, September 9

7:00 PM at the Church of the Good Shepherd
Topic: Surrender

Rocky River – Thursday, September 21

7:00 PM at West Shore Unitarian Universalist Church
Topic: Surrender

Pittsburgh – Wednesday, September 20

7:00 PM at All Saints Polish National Catholic Church
Topic: "People, Places and Things"



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.

