

Glimmer

Glenbeigh
ACMC Healthcare System

An affiliate of
 Cleveland Clinic

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A Newsletter for Glenbeigh Family and Friends

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Pat Weston-Hall, CEO

CEO's Corner

Dear Friends,

One of the joys of the holiday season is the opportunity to say thank you and to wish you a season of peace and joy. Being in recovery, I know the pressure that keeps the holidays exciting often causes the stress that can lead to physical and spiritual exhaustion. Whether you are in recovery, a family member, or a professional working with people in recovery, the principles of staying well during the holidays apply to us all.

Have realistic expectations and take time to decompress. Go for a walk, meditate, read or reach out to friends and colleagues. Keep things simple and be grateful for all you have accomplished—little victories count. Take in an extra meeting to help with the stress and get needed support.

Celebrate the holidays by attending a sober social event. I would like to invite you to join us at the Glenbeigh functions planned during the holiday season and into the New Year. Bring a sponsor, friend, loved one or colleague. We are hosting a Music and Message event in Rocky River on December 13th and the annual Niles Holiday Banquet on December 14th.

In closing, I want to thank our dedicated staff members who work through the holidays to help patients that are in need. Let us keep the people seeking treatment in our thoughts and pray they discover the joys of recovery. I also want to thank our alumni and friends for staying connected and supporting Glenbeigh. May you enjoy a wonderful holiday season one day at a time.

Pat

Pat Weston-Hall
Chief Executive Officer

Glenbeigh Offers Executive/Business Professionals Support

Glenbeigh has developed a specialized group counseling experience for patients who are business professionals or those with significantly developed careers. The business professionals support group meets twice-weekly and is intended as an added dimension of the treatment experience for patients. During group, participants will identify how substance use, along with other related issues, affect professional and personal lives. They will explore how working a personal recovery program can help them reclaim their ability to function in both the public and private sector.

The goal of business professional's support is to help patients become healthier and more fully functioning. Group focus will be on sustaining recovery in high stress environments, managing work settings and events that are not abstinent or recovery based, integrating back into professional duties, developing healthy coping skills, setting boundaries, creating healthy balance, building a sober support system and addressing other issues specific to the work requirements of executives and other business professionals.

The support group will help participants return to work better able to perform and with increased competence, confidence and integrity.



Glenbeigh is a non-profit specialty hospital.

News from the Alumni Coordinator

By Pawley Bornstein



**Pawley Bornstein,
Glenbeigh Alumni
Coordinator**

Greetings from Rock Creek. As we head into the holiday season, I want to give you a Bridges to Recovery update. Since its inception in 2015, we have created some special events. My favorite, Music and Message, is a unique and creative look at recovery. Alumni, family and friends in the community gather to enjoy a blend of music combined with short stories of the performer's journey from addiction to a life free from drugs and alcohol. The next Music and Message is Thursday, December 13th in Rocky River. It's a program worth attending.

A series launched this year is 12-Step Yoga. Open to all, 12-Step Yoga blends the tools of the 12 steps of recovery with the physical and meditative tools of yoga. 12-Step Yoga is quickly becoming recognized as a means of relapse prevention and helps family members impacted by a loved one's addiction. Check www.glenbeigh.com under events and look for our next class near you.

Remember, there is no charge to attend either of these Bridges to Recovery events.

In closing, I want to remind everyone to plan to attend the December 14th Glenbeigh Niles Holiday Banquet. It is always a warm gathering with great food and even better recovery. Tickets are \$10 per person and available for purchase on the Glenbeigh website and at the Niles Outpatient Center.

If you want to receive notices on upcoming community events, simply send an email to Alumni.Coordinator@Glenbeigh.com or text Glenbeigh to 41411 to join our Text Alert Club.

Have an amazing holiday season and a thriving recovery.

Glenbeigh welcomes new Director of Nursing



Glenbeigh is pleased to announce the appointment of Shannon Pike, BSN, MHA, to the position of Director of Nursing. Pike comes to Glenbeigh from Ashtabula County Medical Center where she was the Director of Patient Experience. Her previous experience includes work as a charge nurse, division supervisor and manager of inpatient services at University Hospitals Conneaut Medical Center.

As director of nursing, Pike oversees the nursing services department at Glenbeigh's 188-bed inpatient treatment center. She brings a wealth of experience including an understanding of clinical operations and the delivery of exceptional patient experiences. She is passionate about delivering high-quality care to our patients.

Pike received her Associate Degree in Nursing from Kent State University and her Bachelor's Degree in Chemistry from Hiram College. She worked as a nurse, on the front lines of clinical care, while working on her Bachelor's Degree in Nursing from Ohio University. In 2017, Pike completed her Master's in Health Administration. Pike's demonstrated excellence in nursing leadership, education and community involvement are an incredible asset for Glenbeigh's nursing staff and for our patients.

Please join us in wishing Shannon Pike wonderful success in her new journey with Glenbeigh.

Glenbeigh Develops Urine Drug Screen Tracking Tool

In order to improve the patient experience, Glenbeigh developed a screening software program that tracks and monitors declining levels of drugs of use as well as detox medications. Once the patient screens at a standardized level, the software transitions the patient to a computer generated random urine screening schedule. "Typically, over 1,000 drug screens are completed monthly as part of Glenbeigh's commitment to ensure patient safety," said Donald Reed, Manager of Environmental Services and Counselor Aides. "We formed a committee and worked with the medical department to identify Glenbeigh's specific testing needs."

The drug screen tracking program, created in cooperation with a local software developer, generates a daily list of screens and prints a slip notifying each patient of the time and location of their scheduled screening. It is integrated into the census report and captures all patients until time of discharge. If a screen is inconsistent with the anticipated results, the software program will send an alert to the appropriate staff members.

The software has helped Glenbeigh identify anomalies, address potential issues quickly and improve staff efficiency. Key features of the software are: accurate urine screen scheduling, monitoring and notification of inconsistencies, self-population using census data, creation of daily screening lists and patient notes, increase in productivity and accuracy. The use of the software has allowed staff to spend more quality time working with patients.

Glenbeigh: A Great Place to Work

At Glenbeigh, our greatest resource is our employees. Attracting and retaining skilled employees means cultivating a culture that reflects the values of staff members and the mission of Glenbeigh. Everyone plays an important part in ensuring our patients receive the best care possible and in positively impacting people's lives.

Creating an environment that encourages and rewards employees is what makes Glenbeigh a great place to work. Glenbeigh offers tangible benefits that include: Medical/Dental/Vision plans; Prescription plans; Flexible Spending Accounts for health care or for dependent care; Optional Life Insurance and Long-Term Disability; Fidelity 403-B savings plans; Paid Time Off; Tuition Reimbursement; Employee Wellness Programs; and Employee Assistance Programs. Intangible benefits include: encouragement to grow; recognition; an empathetic work culture; and a friendly staff that enjoy their work and support others.

Glenbeigh offers a clear vision: we all work toward helping others achieve long-term recovery. We provide the best care for our patients, educate the public on addiction and recovery, and offer recovery support events.

If you are a social worker, counselor, nurse, or another professional with licensure or credentialing in a related field, with experience in substance use disorder treatment, consider joining the Glenbeigh family. We are also seeking qualified candidates for non-clinical positions. Visit Glenbeigh's website at www.glenbeigh.com and click on the CAREERS tab at the top of the homepage to see available positions and to submit your application.

Current Job Openings:

Inpatient Counselors – Rock Creek

Exciting career opportunity. Now hiring full-time therapists for inpatient program. Conduct individual, group and family therapy sessions, provide case management, maintain documentation and participate in treatment team meetings. Bachelor Degree in Social Work, Counseling or related field and license eligible.

Registered Nurse – Rock Creek

Seeking a RN for 12 hour 3rd shift. The RN is responsible for a full scope of nursing care and direct patient care.

Counselor Assistant – Rock Creek

Position involves assisting patients with treatment work and compliance with program guidelines and expectations. Facilitate 12 Step discussion meetings and assist with admissions.

Patient Representative – Canton

Outpatient Counselor PRN – Niles

Outpatient Counselor – Beachwood

UR Specialist – Rock Creek

LPN – Rock Creek

Security Officer – Rock Creek



Dr. Michael Roizen, award winning author and Cleveland Clinic's Chief Wellness Officer (center), signs books with Estelle Spear, Glenbeigh's Director of Infection Control (left), and Pat Weston-Hall, Glenbeigh's Chief Executive Officer.

Dr. Michael Roizen Visits Glenbeigh Rock Creek

Dr. Michael Roizen, Cleveland Clinic's Chief Wellness Officer, traveled to Glenbeigh in early November as part of a program sponsored by the Glenbeigh Wellness Team. Dr. Roizen toured the main hospital along with extended care housing, met with people on campus and ended the day with a presentation on reducing stress and living well. Dr. Roizen is an award winning author and developer of the RealAge concept. His books on healthy living have been on the New York Times best seller list five times. His most recent publication *AgeProof: Living Longer Without Running Out of Money or Breaking a Hip*, coauthored by Jean Chatzky, with a foreword by Dr. Mehmet Oz, explores the connection between health and wealth. Together, the authors share strategies on how to live longer, healthier and more rewarding lives. After the presentation, Dr. Roizen signed copies of his books and spoke with guests.

Glenbeigh Outpatient Center of Erie Receives Perfect Score on State Inspection

Glenbeigh's Outpatient Center of Erie completed its annual on-site inspection by the Pennsylvania Department of Drug and Alcohol Programs. The Erie center met all licensure requirements and was granted a renewal of full licensure status. The Erie center scored a 100% with no noted deficiencies, which exemplifies the outstanding care provided by our dedicated staff members. The outpatient center of Erie offers intensive outpatient treatment, continuing care groups, clinical assessments and a specialized professional's outpatient support group.

Holiday Festivities

Niles Holiday Banquet – Niles, Ohio

Friday, December 14, 2018



Celebrate the holiday season with friends and family at the annual Niles Christmas Holiday Celebration. Alumni, family and friends in the recovery community are invited to join Glenbeigh for an evening of fun and fellowship. Ticket price is \$10 per person, which includes dinner, music and a motivating lead. Doors open and dinner is served at 6:00 PM. Tickets are available for purchase at the Glenbeigh Outpatient Center of Niles located at 29 North Road, online at www.glenbeigh.com, or by calling 330-652-6770. The banquet is located at Ciminero's Banquet Centre, 123 N. Main Street, Niles, Ohio 44446.

More information on Glenbeigh's upcoming events is available by calling Pawley Bornstein, Alumni Coordinator, at 800-234-1001. Glenbeigh offers recovery support events as part of our community benefit initiative.

Music and Message – Rocky River, Ohio

Thursday, December 13, 2018



Bring friends and family along to enjoy an inspirational lead blended with original and cover music performed by Chrissy Strong. Event starts at 7:00 PM. Refreshments will be served. There is no cost to attend and reservations are not required. Join us at the West Shore Unitarian Universalist Church, 20401

Hilliard Boulevard, Rocky River, Ohio 44116.

SAVE THE DATE

Clam Bake Fundraiser– Rocky River, Ohio September 7, 2019

Mark your calendars to Save the Date for Glenbeigh's Fall Fundraising Clam Bake at the Elmwood Cabin in Elmwood Park, Rocky River. Martin's Deli will cater the event offering: fresh clams, chicken, sweet potato, corn, roll and clam chowder. Watch for more information to be released in 2019.



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.

Go directly to the Glenbeigh website simply by scanning this QR code with your smartphone.

