

# Glenbeigh Glimmer

*A Newsletter for Glenbeigh Family and Friends*

**Glenbeigh**

ARMC Healthcare System

 Cleveland Clinic affiliate

## President's Corner

I joined the Glenbeigh family in February 2024 and continue to be impressed by our entire caregiver team. Every day, I am stopped by patients expressing their appreciation for the outstanding care they receive. It's not only the counseling and nursing teams that make a difference; our support staff—including housekeepers, kitchen workers and the maintenance team—also offer encouragement and hope to patients, making a meaningful impact.

Our caregivers continually assess the needs of those completing treatment and add new programs as necessary. This summer, Glenbeigh welcomed several new team members licensed to work with patients who have co-occurring disorders. We also expanded our outpatient telehealth services to reach all Ohio residents. No matter where someone receives inpatient care, Glenbeigh is committed to working with Ohio residents interested in world-class outpatient care.

As a reminder, each of our Ohio locations is a Project DAWN distribution point, where people can obtain a free Narcan kit. Please call ahead to check availability.

In this edition of *Glimmer*, you'll read about our recent accomplishments and activities. Our caregivers are deeply invested in the communities we serve and participated in many community events over the summer. We also marked some changes: Robert "Rockin Bob" Abley has transitioned to the Beachwood Outpatient Center and Dr. Carolanne Semancik was named the acting interim Clinical Director for Rock Creek. Dr. Semancik has been examining the connection between Xylazine exposure and wounds. Recently, we received notification that her study will soon be published in the *Journal of Addiction Medicine*. This is quite an accomplishment and her work is already helping patients get advanced wound care while in treatment.

I'm also proud share that Glenbeigh's Donnie Reed is participating in the Cleveland Clinic's Lead Forward Training Program. His nomination and acceptance into this program reflect his dedication to our mission and is a significant achievement.

I want to express my gratitude to everyone who welcomed me to Glenbeigh and made this time a wonderful experience. I am humbled and honored to be part of such an outstanding team. I'd also like to extend an invitation to all *Glimmer* readers to join us at the annual Niles holiday celebration. Wishing everyone a safe and joyful holiday season and a happy New Year.

Rick Trice  
President



**Richard F. Trice, R.Ph, MBA**



**Brian Turk, First Responder Specialized Services Coordinator; Pawley Bornstein, Regional Outreach Coordinator; and Rick Trice, Glenbeigh President, at Harvest Church for the First Responder Training.**

## Honoring First Responders and Support Staff

### Glenbeigh Offers First Responder Wellness Education

First responders—including fire, EMS, law enforcement, corrections, and the professional staff who support them—often face significant stress in their daily work. Recognizing the need to foster their well-being, wellness training has become an essential aspect of their profession.

On October 26, 2024, Glenbeigh hosted a special educational session for first responders, featuring Steven Click, Director of the Ohio Office of First Responder Wellness, as the guest speaker. The training, titled *After the Call*, was designed to teach participants how to manage their reactions to stressful events, maintain resilience and prevent burnout. It emphasized that by prioritizing their mental and physical health, emergency service providers can continue serving their communities.

The conversation touched on mental health awareness, including coping with loss of life in the line of duty or by suicide, and reducing the stigma around seeking help. Attendees learned to recognize signs of post-traumatic stress, anxiety and depression in themselves and others, enabling early intervention and appropriate support.

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## Donald Reed Selected for Lead Forward Program Attends Cleveland Clinic's Global Leadership and Learning Institute

We are honored to announce that Donald Reed, MHA, LCDCII, Director of Operations at Glenbeigh, has been selected to participate in Cleveland Clinic's Lead Forward program through the Jack, Joseph, and Morton Mandel Global Leadership and Learning Institute. This program provides comprehensive insights into leadership development, with a focus on strength-based leadership and cultivating proactive professionals dedicated to quality care and patient safety.

The Lead Forward program offers an immersive, collaborative experience through various learning modules at all levels of expertise, equipping participants with the tools and connections needed for success while allowing them to shape their career paths. Participants engage in new learning pathways to develop global leadership skills.

Throughout the Cleveland Clinic system, the program provides participants with a unique opportunity to network with caregivers from around the world, learning invaluable lessons from guest speakers and fellow participants.

Donnie began his career at Glenbeigh as a Counselor Aide (CA). Recognizing his talent and dedication to patient care, he quickly advanced to a leadership role, overseeing the CA team. His responsibilities grew to include management of housekeeping, dietary and maintenance services. Today, Donnie oversees Glenbeigh's operations, ensuring the hospital facility, outpatient centers and grounds are well-maintained and that every patient has a positive treatment experience. As a member of the leadership team, he is always ready to lend a hand wherever needed.

Please join us in congratulating Donnie and wishing him all the best on this exceptional journey.



**Glenbeigh's Donald Reed, Director of Operations, was selected to participate in Cleveland Clinic's Lead Forward leadership program.**

## Honoring First Responders and Support Staff

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Work-life balance was another key focus, with guidance on setting boundaries, prioritizing personal life and engaging in activities that promote relaxation and joy. This helps responders mitigate the effects of chronic stress and maintain overall well-being.

Thirty first responders attended the event, many noting the importance of understanding that traumatic experiences can elicit diverse reactions, from heightened anxiety and flashbacks to numbing or dissociative behaviors. The training highlighted the value of mutual support and seeking help when needed, fostering a culture of resilience and collective health.

Glenbeigh is proud to support first responders by providing this essential education. We encourage all emergency service personnel, including support staff, to prioritize their well-being and seek the support they need, taking proactive steps toward a healthier, more resilient future.

## Staying Sober During the Holidays: Tips for Success

Pawley Bornstein

The holiday season is often filled with joy, family gatherings, and celebrations, but it can also present unique challenges for those committed to recovery. With the right plan, however, anyone can enjoy this time of year while staying clean and sober.

Before attending holiday events, think about your "plan." Decide in advance how you will handle situations involving alcohol or other substances. Consider bringing your own non-alcoholic drinks, or perhaps attending only sober/dry events if that feels necessary for your recovery. Having an exit strategy can also be helpful.

Staying connected with fellow sober friends or other recovery support is crucial. Share your plans with your sober community; they can help hold you accountable, and you can do the same for them. When managing time and meetings, it's often better to err on the side of attending more support sessions or meetings during this time of year. Ask a friend or your sponsor for recommendations on in-person or online support groups.

Finally, though it may not be a popular suggestion, it's helpful to pay attention to what you're eating during the holidays and try to set some limits. Excess sugar can lead to unpleasant mood swings, especially when the inevitable crash comes.

Those who plan for success during the holiday season often find they can have a great time and maintain their recovery. If you ever feel overwhelmed or in need of support, don't hesitate to reach out for help. You're not alone, and there are resources available to support you through this time.

Wishing you a season filled with peace, joy and good health.



## Glenbeigh in the COMMUNITY



(left to right) Rita Dawson, Glenbeigh Primary Counselor; Pawley Bornstein, Glenbeigh Regional Outreach Coordinator, along with Mike Sharrah, participant; and Angelica Sharrah, Thrive Peer Recovery Services, at The Edna House Walk/Run. Located in Cleveland, Ohio, the mission of The Edna House is to give women an opportunity to recover by providing a safe, sober place to live and to learn life skills in order to maintain 12-step based sobriety throughout their lifetime.



(left to right) Anne Heller, Inpatient Counselor; along with Derreck Keidel, Counselor Assistant Supervisor; celebrate the unveiling of Glenbeigh's updated logo. The new logo reflects the expansion of regional services through Ashtabula Regional Medical Center Healthcare System, a Cleveland Clinic affiliate. The launch of the name change and logo corresponded to the opening of the new ARMC four-story Patient Care Tower in June.



Glenbeigh's Medical Records department spearheads several fundraisers throughout the year to benefit local agencies. Glenbeigh supports the efforts of the United Way, American Cancer Society and American Heart Association. (L to R) Melanie Moore, Discharge Analyst; Tessa Kingus, Director, Medical Records; and Dianna Casey, Discharge Analyst, celebrate fall festivities at Rock Creek.



Glenbeigh's caregivers attended the final lecture of Robert "Rockin Bob" Abley at Rock Creek. Bob officially transitioned from Rock Creek to the Glenbeigh Outpatient Center of Beachwood where he will help patients as an outpatient counselor. It was a bittersweet moment as Bob is loved by both patients and staff.



Glenbeigh staff brought friends and family to participate in the 2024 Geneva Grape Jamboree parade. Despite wet weather, the annual event, which supports local farmers and artists, was well attended. The festival is a family event featuring concessions, a car show, arts and craft vendors, the parade and entertainment.



Glenbeigh's leadership team joined forces with other community leaders to pack food for the Ashtabula County Feed the Hope campaign. More than 300 people turned out to pack nearly 250,000 meals for county food pantries.

Twenty-four teams of 12 people each were helped by A-Tech students and Grand Valley athletes who loaded pallets, restocked supplies and transported boxes during the day-long event.

# Glenbeigh Celebrates Annual Alumni Picnic

Over 600 People Joined Together to Celebrate Recovery



Friends, family and guests gather around the pond for the traditional song.

The Alumni and Recovery Community Picnic, held on the third Saturday of July, offered a beautiful day to celebrate recovery and enjoy fellowship with alumni and friends. Families joined current patients to have fun, meet counselors and new friends and experience what it means to be part of the Glenbeigh family.

The 2024 picnic brought back many beloved traditions, such as staff serving a picnic lunch, an inspirational lead and gathering around the pond for a group rendition of "Lean on Me," the Bill Withers song considered an anthem of togetherness and resilience in times of trouble. New additions included a dunk tank featuring counselor Brian Eliason, who helped raise donations for Glenbeigh's Earn, Learn, Live program.

The lead featured several alumni who had participated in the Earn, Learn, Live program, which was created with grant funding to support individuals new to recovery. The program helps participants secure stable housing, gain the education needed to enter the addiction treatment workforce and find employment that provides a livable wage and promotes independent living.

It was rewarding to see alumni, families and friends celebrating life together at the picnic, paying tribute to the joys of recovery. The event was particularly meaningful for current patients, whose families had the opportunity to witness their progress and connect with others who have successfully sustained recovery. The experience fosters hope and strengthens the bonds among those on the same recovery journey, reinforcing a sense of community and shared purpose.

We look forward to the 2025 Alumni Picnic, tentatively scheduled for Saturday, July 19, 2025.

**Glenbeigh podcast**

real conversations with people in recovery and the caregivers who guide them

Listen on **Apple Podcasts**

Listen on **Spotify**

**TAKE US WITH YOU**

Glenbeigh 365

## Mission Statement

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



Accredited by The Joint Commission

# Glenbeigh

Outpatient Center Of Niles

## Holiday Banquet

**FRIDAY 12/6**  
**6-9PM**

Amazing Food  
Speaker  
Music  
Dancing  
Chance Auction

**CIMINERO'S BANQUET CENTRE**  
123 N. Main St. Niles, OH

Scan the QR Code for tickets or visit the Glenbeigh Outpatient Center Of Niles

## 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.



# Glenbeigh 365 app

Get it on **Google Play**  
Download on the **App Store**

The app supports all in recovery with a variety of features including:

- Mood Trackers
- Recovery Podcasts
- Recovery Topics and Comments
- Daily Inspirations
- Recovery Time Tracker
- Discussion Forums
- Addiction and Recovery News

**Free Recovery Support For All**

Glenbeigh  
ARMC Healthcare System  
Cleveland Clinic affiliate

This unique recovery supporting resource is a joint effort with



Scan the QR code with your mobile device to get the app