

Glimmer

A Newsletter for Glenbeigh Family and Friends

Glenbeigh
ACMC Healthcare System

An affiliate of
 Cleveland Clinic

President's Corner

Dear Friends,

Here at Glenbeigh, we have an exciting summer planned. The annual Alumni and Recovery Community Picnic returns on July 16 from 1:00 PM to 3:00 PM. We intend to celebrate Glenbeigh's 40th Anniversary. After the picnic, current patients will have an exclusive evening experience of our popular Music & Message program. Our featured performers have traveled throughout Pennsylvania and Ohio meeting with Glenbeigh alumni and others in the recovery community. This special presentation is a wonderful way to introduce the benefits of Bridges to Recovery events and show patients how recovery can be fun.



Gary Seech

Planning is also underway for the Annual Golf Outing with The ARCHway Institute on Thursday, September 8. This is our 10th year collaborating with ARCHway and we hope you can help us make this event the best ever. If you are a golfer, mark your calendar and register today. Not a golfer? Please consider a sponsorship.

Inside this edition of *Glimmer*, you will read about our collaboration efforts to help families learn to live with, but not enable, a loved one with active addiction. You will also learn more about the innovative research conducted with Biomotivate that focuses on ways to improve the patient experience. Using advanced technology, the research identifies early recovery stress points and explores the use of positive visualizations to cope with urges and cravings.

The heightened national focus on solutions for substance use disorders and recovery support presents exciting opportunities for Glenbeigh to be innovative, while retaining the best of traditional treatments. As we enter a new era, the focus on evidence-based treatment for all substances is vital. Moving forward, Glenbeigh will continue to build on our reputation of strong, consistent, quality treatment and the provision of enduring recovery support after treatment is complete.

As part of that endeavor, I want to extend a personal invitation for you to join us in July for Glenbeigh's anniversary celebration. See you then.

With gratitude,

Gary

Gary Seech
President

At Glenbeigh, we care for individuals and families impacted by alcohol and drugs. We are committed to a philosophy of mutual respect and compassionate caring to guide our patients on the path to sustained recovery. We practice empathy and active listening in all our interactions. We are dedicated to leading by example and promoting Glenbeigh values.

Offering Different Paths to Recovery

Glenbeigh expands treatment protocols for patients with Opioid Use Disorder

There are many paths to reach the goal of returning to a productive, enjoyable life in recovery. When it comes to addiction, especially to synthetic opioids such as fentanyl, some people need more help along the way. Recognizing that addiction treatment needs to be flexible, Glenbeigh is working with patients on maintenance buprenorphine prescribed by a licensed provider.

Glenbeigh's original programming was founded on the abstinence-based "Minnesota model". When the opioid crisis emerged, the creator of the Minnesota model incorporated addiction medication as a means to help people using heroin or other opioids. In combination with counseling and behavioral therapies, medications prove to be beneficial in relieving intense withdrawal symptoms and to preserve life.

Glenbeigh's approach to the treatment of substance use disorders remains abstinence-based at its core. For years, Glenbeigh has been a proponent of the short-term use of medications such as buprenorphine and naltrexone to help individuals with alcohol and drug addictions. This recent adjustment to treatment protocols is in accordance with medical advancements, is designed to accommodate the needs of patients, and corresponds to Glenbeigh's mission of providing high quality care.

Helping people safely achieve long-term recovery is our top priority. Glenbeigh remains true to our treatment philosophy and will continue to provide well-researched, evidence-based programming to all patients. We are committed to delivering personalized care and to assisting people on their path to long-term recovery.

A Success Story

Glenbeigh staff understand the role medication can play in a successful recovery journey. While it is not the answer for everyone, it can be part of an abstinence-based recovery path. Here is a personal story from a Glenbeigh staff member.

I started drinking at a very young age, stealing drinks from the liquor cabinet. By my teens, I added drug use. I knew I had a drug problem but failed repeatedly at recovery. My first job was in an industry where drug and alcohol use was accepted. I thrived in that environment, believing substance use made me better. I went to treatment several times, but quickly relapsed, going back to opioids.

Finally, my spouse gave me the ultimatum to stop using or lose everything. They held a firm boundary. When exploring treatment options, I chose to use addiction medications because I thought it was the only way I could address the intense cravings and stay clean. I didn't have the option of leaving my job because my family depended on my income. I knew I needed all the tools and help available to stay in recovery and return to work.

I was fortunate to move to a state of internal motivation quickly. I developed a well-rounded and robust program that included meetings, support, sponsorship and counseling. With the help of my treatment provider, I decided to come off the medication after 6 months. The transition was challenging, but completely doable with the proper resources in place.



Addiction medication remains a hot button issue, but I was lucky to have a great team of professionals who gave guidance on how to work the program. For anyone questioning the use of medication for a substance use disorder, sometimes people need help to simply stay alive. The number one goal is to preserve life, then address the other issues. Today, I look back and know my family, along with my support network, saved my life. I would not be alive and thriving today without the use of medication as part of my program.

Navigating abstinence-based recovery is a bit more complicated when medication for opioid addiction is prescribed. Glenbeigh remains committed to providing quality treatment to our patients and works with individuals under the care of a licensed medical professional.

Alumni Corner

By Pawley Bornstein

Hello alumni, family and friends. What a treat it is to connect with you in *Glimmer*. I wanted to pop in and share some quick updates. Our online meetings continue to be useful for those in the recovery community. Virtual recovery is here to stay. How awesome that we have another vehicle to share recovery with each other. We are fortunate to have amazing alumni being of service and helping us provide this valuable resource. Remembering these people in the earliest days of their recovery, knowing how far they have come, and now working with them is such a gift. We do recover.

I have been spending time getting the rest of the Glenbeigh staff involved in our social media as well. Inspiring and funny videos and pictures await you on our Facebook, Twitter, Instagram and TikTok. Yes, TikTok. We also are posting news and educational information on substance use disorders and recovery. It is a nice mix of topics.

Last but not least - we are having a little get together in Rock Creek in July, aka... "THE Picnic." It has been a while since we could gather and Glenbeigh has a 40th anniversary to celebrate. Check the Glenbeigh website and social media posts for more information.

Looking forward to seeing you out, about, AND online. Wishing you a thriving recovery.

Pawley



Glenbeigh to Launch Recovery Support App

This summer, Glenbeigh will be launching a new app, **GLENBEIGH365**, free to alumni, family and all the recovery community. This new means of interacting with Glenbeigh will be available to anyone with access to a smartphone or similar device. The app will provide recovery-oriented messaging and motivational material for daily use. Start-up funding was available from the State of Ohio through Trumbull Mental Health and Recovery Board. Recognizing the risk isolation has on relapse, the app offers links to virtual and live recovery support events and provides a continuous connection to the recovery community. Watch for announcements on Glenbeigh's website and social media platforms.

Glenbeigh Collaborates with Local Agencies

Offering specialized training for families

Statistics released in May 2022 by the Centers for Disease Control and Prevention (CDC), report over 107,000 families suffered a loss last year as a result of the unrelenting hold of addiction on their loved one. Statistics cannot convey the pain felt by those left behind. Nor do statistics show how many more people throughout the country continue to struggle with active addiction - a disease that is affecting individuals and families every day.

To help families living with an active user, Ashtabula County Mental Health & Recovery Services Board launched an innovative program called Community Reinforcement and Family Training (CRAFT). Offered in collaboration with several area agencies and treatment centers, including Glenbeigh, CRAFT teaches different methods for communicating with and supporting a loved one while caring for oneself and one's family. Family members and friends of active substance users often understand the pattern of use, triggers and moods more than the person actively using.

"CRAFT is a family focused program available free to anyone interested in attending," explained Rita Dawson, MSW, primary counselor at Glenbeigh, Rock Creek. Dawson completed extensive training to become a CRAFT instructor. "The six week course validates behaviors and helps families set boundaries. CRAFT provides insight into how substance use impacts families and shows participants how to stop enabling behaviors."

CRAFT was developed by Robert Meyers, Ph.D., and colleagues at the University of New Mexico. Research shows that approximately 70% of the families that participate in and apply CRAFT, have a successful experience that results in a desire to seek treatment



within a year (Miller, Meyers, & Tonigan, 1999). CRAFT is not an intervention and does not have a spiritual focus. It is non-confrontational, focusing on engagement patterns by loved ones.

"It's incredible to see how much this program can help," said Dawson. "One family came to every session. They took the tools they learned and applied them at home. It took nine weeks for the changes to take effect. Their loved one asked to attend the CRAFT session because the changes were disrupting his usage. It was inspirational to see the family walk through the door and witness first-hand their loved one's realization that it was time for change and to accept help." The goal of CRAFT is to modify family behaviors and this family had a successful experience that resulted in a desire to seek treatment.

More information about CRAFT and a provider directory are available online. Ashtabula County residents interested in participating in CRAFT may contact the Ashtabula County Mental Health & Recovery Services Board at 440-992-3121 or visit <https://www.ashtabulamhrs.org/craft-training/> for upcoming sessions. This free programming is available throughout the community and anyone interested is invited to register and attend.

Glenbeigh and Biomotivate successfully complete a yearlong NIH research study. Research continues in 2022.

Glenbeigh and Biomotivate, a Pittsburgh-based company affiliated with Carnegie Mellon University, the University of Pittsburgh and Duquesne University, recently completed their first year of collaboration on a research study funded by the National Institutes of Health (NIH). Funding was provided through the National Institute on Drug Abuse (NIDA) as part of the NIH HEAL (Helping to End Addiction Long-term) Initiative. The study is part of Biomotivate's Project Motivate, where the goal is to create a digital motivation and prediction platform to improve treatment retention and reduce relapse in people with opioid use disorder.

Over 50 Glenbeigh patients volunteered to use technology devices, such as wrist wearables, and participate in interviews with the research team. The study resulted in the creation of an algorithm that can predict the likelihood that a patient is at risk of early departure from addiction treatment, as well as a dashboard tool that Glenbeigh staff members may use to gain insights about the emotional patterns of their patients. Interviews with Glenbeigh patients and staff members during the research study were the inspiration for a journey map diagram that won 2nd place in the 2021 National Institute on Drug Abuse Mapping Patient Journeys in Drug Addiction Treatment Challenge for Biomotivate.

Glenbeigh is continuing to work with Biomotivate to explore and conduct pioneering research that uses advanced technology to improve addiction treatment. Plans include testing positive visualizations with virtual reality devices to help patients cope with urges and cravings, exploring ways to enhance eye movement desensitization and reprocessing (EMDR) treatment, and conducting a second phase of Project Motivate that will test the clinical effectiveness of the tools developed in the first phase of research.

Glenbeigh and Biomotivate continue to be thankful to the volunteers who enrolled in the study. Glenbeigh research team members include Carolanne Semancik, Ph.D., research coordinator; Sheila Vandergriff, project oversight; Jannette Wright, graduate student; Amanda Soltis and Danielle Pratt, research team members; as well as several medical records team members and student interns. Experts at the University of Pittsburgh, Carnegie Mellon University and New York University advise the Biomotivate research team.



ARCHway - Glenbeigh 10th Annual Charity Golf Tournament

Thursday, September 8, 2022

ARCHway Institute and Glenbeigh announce the Tee Off of registration for the 10th Annual Charity Golf Scramble to be held at Hemlock Springs Golf Club, Geneva, Ohio. Join us as we celebrate 10 years of working together to help individuals on the recovery journey. Special guest speaker is Stefanie Robinson, ARCHway NPRA Committee Certified Peer Recovery Specialist. Registration is now open! Limited sponsorship opportunities available. Please contact Dan Stuckey with any questions at Dan.Stuckey@thearchwayinstitute.org or by calling 314-452-4982.

To donate items or gift certificates for the silent auction, please contact Jan.Stuckey@thearchwayinstitute.org



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PICNIC SAVE THE DATE

Alumni and Recovery Community Picnic

Saturday, July 16, 2022

New Time: 1:00 PM – 3:00 PM

Glenbeigh alumni are invited to join us for a special 40th Anniversary celebration at the Rock Creek campus. Recovery is the shared connection that brings people back to Glenbeigh every July. After a two-year picnic pause, we will gather to enjoy an afternoon of good food and music. To ensure the safety of current patients, there will be some changes which include limited access to Glenbeigh facilities. For more information, contact Glenbeigh's Alumni Coordinator at glenbeighalumni@gmail.com or by calling 800-234-1001. 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 2022 picnic is open to alumni, family members or loved-ones who support recovery efforts.

Glenbeigh Rocky River Relocating

Move Scheduled for Summer 2022

To better serve our clients, Glenbeigh Outpatient Center of Rocky River is planning to relocate later this summer to a new location with easy access and convenient parking.



Glenbeigh Outpatient Center of Rocky River future location. Plaza West Building, 20220 Center Ridge Road, Suite 110, Rocky River, Ohio 44116

The updated facility will be located in the Plaza West Building, 20220 Center Ridge Road, Suite 110; one minute east of Glenbeigh's current location. At this time, telephone and fax numbers remain the same. We look forward to working with the Rocky River community from our new location. Announcements will follow with the opening date.

The Tradition of Giving Back

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



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.

