

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,

At the center of Glenbeigh's efforts is the welfare of our patients. Our staff members are devoted to treating the disease of addiction with compassion and empathy. Genuine insight of what patients are feeling and experiencing is our hallmark. It's also our understanding of the needs of family members or professionals who are guiding someone through the treatment process. Glenbeigh's caregivers take time to explain addiction and the recovery process to everyone involved in the patients' welfare.

In this issue of *Glimmer*, you'll read about how Glenbeigh delivers on its commitment to patients and the areas we serve. We believe that continued support beyond the end of treatment plays an important role in a healthy community and successful long-term recovery. Throughout the year we offer opportunities to connect with others who are making gratitude a daily practice.

You'll also read about our most recent addition, a residential facility that will enhance our patients' experience. The atmosphere inside this new building upholds our promise to offer quality treatment in a home-like setting, making Glenbeigh a place for healing.

We've been blessed with a year of accomplishment. As the holidays approach, think about someone who's made a difference in your life, then reach out and thank them. I'm grateful that Glenbeigh has an amazing staff. They don't hesitate to help when someone is facing the most pervasive fight of his or her life. And they are generous when there are needs within their community. Thank you for all you do and your unwavering commitment to provide quality treatment and enrich lives.

Happy holidays to everyone!

Pat

Pat Weston-Hall
Chief Executive Officer



Pictured left to right: Casey Kozlowski, Ashtabula County Commissioner; Susan Stocker, Ph.D., Chair, Glenbeigh Board of Directors; J.P. Ducro, Ashtabula County Commissioner; Kathryn Whittington, Ashtabula County Commissioner; State Representative John Patterson; Susan Grimm, Glenbeigh, Development Advisory Board; Michael Habowski, President and Chief Executive Officer, ACMC Healthcare System; Pat Weston-Hall, Chief Executive Officer, Glenbeigh; State Senator Sean O'Brien; and Kathy Zook, Eastgate Regional Counsel of Governments, celebrate the official opening of Hope Lodge at Glenbeigh, Rock Creek.

Project is a Reality: Hope Lodge Opens

Glenbeigh furthered its standing as a nationally recognized treatment provider for alcohol and drug addiction as it celebrated the opening of its latest addition on Monday, October 30th. The new, 15,000 square-foot facility, located on Glenbeigh's main campus in Rock Creek, Ohio, accommodates 32 patients, increasing Glenbeigh's total inpatient capacity to 188 beds.

Designed by Architect David Snyder of Baker, Bedner, Snyder & Associates, and built by Capstone Construction, the new facility will be called "Hope Lodge." The name affirms Glenbeigh's vision of supporting the recovery of people living with the disease of addiction. It features a great room, a communal kitchen, dining area and laundry facilities. The residence also provides space for additional staff and expands group counseling and family program capacity.

Guests attending the ribbon cutting ceremony heard from several speakers on the merit of providing opportunities for people to reclaim their lives. "Glenbeigh understands the importance of providing a full range of treatment services to improve our patient's health," said Pat Weston-Hall, Glenbeigh's Chief Executive Officer. "We know the longer an individual stays in treatment, the better chance they have of a successful recovery."

State Senator Sean O'Brien, State Representative John Patterson and Ashtabula County Commissioner J.P. Ducro each spoke briefly about the critical need for treatment options in Ohio. Michael Habowski, ACMC Healthcare System president said that while the facility is beautiful, "it's really a tool for saving lives and putting families back together."

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Glenbeigh is a non-profit specialty hospital.



Hope Lodge Opens *Continued from page one*

The expansion was funded through private resources in conjunction with a \$400,000 capital grant from the State of Ohio, which was facilitated by former State Senator Capri Cafaro. In addition, an in-kind donation of shingles was received from Owens Corning. Two previous grants from Eastgate Regional Council of Governments supported behind the scenes improvements that furthered the construction project.

The latest expansion demonstrates Glenbeigh's ongoing commitment to patients, families and the entire recovery community. It brings the total investment in Glenbeigh to more than \$8 million over the last 10 years.



Left to right: Michael Habowski, APMC Healthcare System President and CEO; Pat Weston-Hall, Glenbeigh CEO; State Senator Sean O'Brien and State Representative John Patterson spoke during the official ribbon cutting program.



John Stuckey, Executive Director and President, The ARCHway Institute, presents a check to Pat Weston-Hall, Chief Executive Officer, Glenbeigh, at the 2017 ARCHway Institute Golf Outing.

ARCHway Institute Anniversary Golf Outing

For the fifth consecutive year, Glenbeigh has worked in cooperation with The ARCHway Institute of St. Louis, Missouri, to host a golf outing at Hemlock Springs to raise funds directly benefiting people seeking treatment for alcohol and drug addictions.

"We had a huge success this year with over 80 golfers and over 110 for the dinner and speaker," said Dan Stuckey, golf committee chairman and ARCHway board member. "We made great progress getting local organizations involved this year."

In total, the golf outing netted \$11,587.06, of which Glenbeigh received \$5,793.53. The funds are to be used as scholarships to help individuals with financial barriers preventing them from completing treatment. The ARCHway Institute uses its portion of the proceeds to raise awareness and educate the public about addiction. ARCHway also provides grants to individuals in need of limited financial assistance for recovery housing.

The goal of the annual golf outing is to raise awareness about addiction and recovery. Glenbeigh is once again honored to be selected as the recipient of ARCHway's generosity. Visit <http://thearchwayinstitute.org> for more information on the ARCHWay mission and assistance programs.

Employee's Kindness Exceeds Expectations

Glenbeigh's main entrance sign reads, "Take hope, all of you who leave here". Last December, the staff took that message beyond the Glenbeigh Rock Creek campus and delivered an enormous gift of hope to children in the Ashtabula County foster care system.

When it comes to caring for others, Glenbeigh's employees go above and beyond. It's no surprise that when staff committed to "adopting" a child for Christmas, carloads of new toys, games, gift cards, clothing and other items arrived at Rock Creek. "The generosity of our staff was most impressive," said Pat Weston-Hall. "They donated enough gifts to adopt 43 children during the holidays."

Each year, Glenbeigh selects a worthy cause to support during the holiday season. Ashtabula County Children's Services was selected because alcohol and drug addiction impacts families.

Unfortunately, Children's Services saw record numbers of children entering the foster care system due to abuse and neglect issues. Children entering the foster system often are forced to leave everything behind. Some children have never experienced the magic of the holidays. In 2016, Ashtabula County Children's Services had over 250 children on the agency Christmas list.

As the 2017 holiday season approaches, Glenbeigh's Spirit Committee is challenging staff members to top last year's generosity as they once again will be adopting children in the care of Ashtabula County Children's Services. If you're inspired to help a child in need, contact your local Children's Services agency to see if they have a holiday program. Giving back, especially to children touched by addiction, is a great way to share the hope we've found in recovery and brighten the holidays.

News from the Alumni Coordinator

By Pawley Bornstein



Pawley Bornstein,
Glenbeigh Alumni
Coordinator

For people in recovery, the holidays present unique obstacles. Traditionally, celebrations must include “eat, drink and be merry”. My first holidays in recovery were challenging. Even on the days I didn’t experience a desire to use, I often felt “out of whack”. Now, I realize it was the emotions associated with the holidays inviting me to feel this way.

Did I really feel the spirit of the season while sick in bed wanting to use anything to feel better? Did I spread cheer while ransacking the medicine cabinet during a family gathering? Was I really in the holiday mood when thinking about nothing but more drinks to fend off tremors?

Luckily, there are millions of people in recovery who understand the feelings stirred up by the holidays. There are plenty of gratitude meetings to attend and recovery parties galore. When I was struggling, I attended many of these events. I felt part of the community and united in purpose to achieve and maintain lasting recovery. Now, as Alumni Coordinator, I’m hosting several gratitude shares and my favorite event, the Niles banquet. All are welcome! Bring friends and family.

It’s important to remember that taking care of ourselves during this time of year means staying in sober places and, to the best of our ability, avoiding people who don’t support our recovery efforts or who are unhealthy in other ways.

There’s a saying that we shout from the rooftops in early recovery. Get involved and be present. Ask for help and offer to be of service to others. This philosophy has helped me survive and this time of year keeps getting better and better. Just the other day, while I was sitting with my wife and youngest daughter watching a movie, I thought about how it felt to be in that moment. Content is an understatement. Joy is more appropriate. Wishing you all a peace-filled holiday season.

Glenbeigh Staff Member Shares Message of Hope at Erie Chalk Walk

Aurelia Nuber, MAT, CDCA, is a counselor at Glenbeigh’s Outpatient Center of Erie. “When Glenbeigh asked me to represent the organization at the chalk walk, and with so many young artists dying from alcohol or drugs, it seemed like a good opportunity to shed a different light on the loss of great talents due to addiction,” said Nuber. This year, she chose Amy Winehouse who died of alcohol poisoning and symptoms of bulimia to start a conversation about some of the many facets of the disease of addiction.

Nuber began creating art for the chalk walk at CelebrateErie when she was in high school. Her art teacher presented the opportunity and she’s participated ever since. Nuber’s family is full of artists – her grandmother once owned an arts supply store where she taught classes. “I was surrounded by art from a very early age,” said Nuber. “Art became my outlet and I remember hiding in the bottom shelves at her store with oil pastels or paints.”

Nuber’s artistic talent is apparent in her chalk work featuring the 27 club, which represents musicians that died at the age of 27. “It’s a strange phenomenon that includes artists like Kurt Cobain, Janis Joplin, Jimi Hendrix, Jim Morrison and Amy Winehouse,” Nuber explained. She featured Jimi Hendrix in 2008 and her work inspired people passing by to ask questions. “It was cool being able to discuss the history and bring awareness,” said Nuber. “Many people commented on how Hendrix died of an overdose, how they connected to his music, and what a shame it was that he didn’t get to pursue his career further.” It was this public support, along with her love of music that sparked Nuber’s passion. She continued in following years with other artists.



Aurelia Nuber puts the final touches on her chalk art rendering of Amy Winehouse at the 2017 CelebrateErie festival. Glenbeigh sponsored Nuber’s artwork at the annual celebration to encourage open dialogue on addiction and recovery.



Terri Ball, Director of Operations and Jay Burrows, Manager, Glenbeigh Outpatient Center of Erie, hosted a table at CelebrateErie. “Glenbeigh is invested in Erie and is a resource for the community,” said Terri Ball. “We are proud to educate people and spread the message that recovery is possible.”

“The most important thing to teach people about addiction is that it comes in all forms, it does not discriminate, and there is help if you have the willingness to get vulnerable,” Nuber said. “Many people seek an instant fix to cope with emotions. The ability to sit in an uncomfortable emotion gets lost and perpetuates the use of alcohol and drugs. People don’t know where else to turn and believe they have no other options. Consequently, the addiction progresses further and further, which unfortunately can lead to death.”

Through her chalk art and interaction with the public, Nuber delivers the message that there is hope. Recovery is possible. “I feel honored that I had the chance to represent what we do here at Glenbeigh, which is walk these individuals through that journey into recovery and instill hope where it may be lost.”

Alumni and Recovery Community Events

Glenbeigh promotes a dynamic recovery community, which is a reflection of our passion to help people sustain long-term recovery. Providing opportunities for people to attend events throughout the year is one way we foster the fellowship that benefits the recovery journey. Events are open to alumni, family and friends within the recovery community. Join Pawley Bornstein, Alumni Coordinator, at any of the following upcoming happenings. Strengthen your connection with recovery and cultivate friendships with other people who understand the disease of addiction. Unless otherwise noted, there is no charge to attend Glenbeigh community events.



Bridges to Recovery Holiday Gratitude Share – Pittsburgh

Wednesday, November 29, 2017

7:00 PM
All Saints Polish National Catholic Church
500 5th Street
Carnegie, PA 15106



Bridges to Recovery Holiday Gratitude Share – Cleveland

Thursday, December 21, 2017

7:00 PM
West Shore Unitarian Universalist Church
20401 Hilliard Blvd.
Rocky River, OH 44116



12th Annual Christmas Holiday Banquet – Niles

Friday, December 15, 2017

Buffet begins at 6:00 PM
Ciminero's Banquet Centre
123 N. Main Street, Niles, OH 44446
Tickets are available for purchase at Glenbeigh Outpatient Center of Niles, 29 North Road, or by calling 330-652-6770. Space is limited, purchase your tickets early. Cost is \$10.00 per person.

Veteran Scholarship Available

Hemlock Springs Golf Club, Geneva, Ohio, hosted its fourth annual golf outing in August to raise funds for Ashtabula County veterans seeking treatment at Glenbeigh. To date, Hemlock Springs Golf Club has raised over \$12,500, which is specifically to assist alcohol or drug addicted veterans who are in need. To be eligible for a scholarship subsidy, veterans must show they have an honorable or general discharge or be referred to Glenbeigh by a Veterans Administration Medical Center or a County VA Clinic, which has verified discharge standing.



Veterans experiencing a crisis are encouraged to contact the SAMHSA Veterans Crisis Line or visit www.veteranscrisisline.net for more information.



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.

