

# Glenbeigh Glimmer

*A Newsletter for Glenbeigh Family and Friends*

Glenbeigh  
ACMC Healthcare System

An affiliate of  
 Cleveland Clinic

## President's Corner

Dear Friends,

At Glenbeigh, we continually support individuals on their recovery journey. We place a strong emphasis on patient care and overall well-being for anyone who comes through our doors. Patients are empowered with valuable tools, knowledge and coping mechanisms necessary for long-term recovery. We explore new evidence-based approaches that enhance our patient's experience. It is our dedication to providing comprehensive treatment and fostering a strong recovery community that allows people to transform their lives and is what inspires hope for a brighter future.



Gary Seech

In the communities where we live and work, Glenbeigh participates in events where we educate the public about the realities of addiction and the importance of supporting those in recovery. Personally, I've had the privilege of engaging in conversations with professionals from diverse fields focusing on reducing the stigma associated with addiction and highlighting the significance of specialized treatment. These initiatives are helping change perceptions, foster empathy and create a more compassionate society.

Inside this edition of Glimmer, the stories are a testament to our unwavering commitment to supporting individuals and their loved ones. Read about Glenbeigh's efforts to foster a supportive culture that recognizes and addresses the unique stressors faced by first responders. Also, read about an approach implemented at our outpatient centers designed to help patients build healthier reward responses through a contingency management program.

While these new initiatives are important, Glenbeigh also continues to sustain tradition. This summer, we are excited to host our annual picnic. Attending is a wonderful way to inspire and uplift one another on our shared journey. Please join us on July 15th and together we can celebrate recovery, while affirming our unwavering commitment to nurturing an environment of healing.

*Gary*

Gary Seech  
President

## Glenbeigh Hosts First Responder Wellness Training

First responders; fire, EMS, law enforcement, corrections, and the professional staff who support them, often face overwhelming stress as part of their daily work. Recognizing the critical need to support their well-being, first responder wellness training has emerged as a vital aspect of their profession.

Wellness training equips responders with the tools and knowledge to prioritize their own mental and physical health. On May 20, 2023, Glenbeigh hosted a special training for first responders. Guest speaker Steven Click, Director of the Ohio Office of First Responder Wellness, presented on the topic of Crisis Awareness. The training covered reactions to events and how to maintain resilience in the face of high-pressure situations and prevent burnout. Participants learned that by caring for themselves, they can continue to serve their communities with strength and compassion.

The training also covered awareness of mental health issues and efforts to reduce the stigma surrounding seeking help. Responders learned to recognize the signs of post-traumatic stress, anxiety and depression, both in themselves and in their colleagues. This

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**Steven Click presents on the topic of Crisis Awareness. By fostering an environment of openness and understanding, first responder wellness training cultivates a supportive community that prioritizes mental health and self-care.**



## Empowering Recovery: Care Coordinators

Care coordinators are a crucial part of the treatment process, assisting patients during the transition from inpatient to outpatient care. Acting as advocates, care coordinators thoroughly assess the patients' unique needs, considering factors such as medical history, mental health conditions, recovery goals and support systems. With this information, individuals are connected with appropriate resources, which may include sober living options, therapy and support groups.

At Glenbeigh, our care coordinators excel in managing and monitoring the continuity of care. They collaborate closely with outpatient providers and other professionals, facilitating effective communication and information sharing. This coordination significantly reduces the risk of relapse and increases the likelihood of successful outcomes.

Moreover, care coordinators tackle barriers to treatment by helping patients navigate complex healthcare systems and accessing insurance coverage. By addressing practical challenges like transportation or housing issues, care coordinators ensure that individuals can fully engage in their treatment and recovery.

In essence, care coordinators are indispensable in treatment, guiding patients through the transition from inpatient to outpatient care. With their expertise, advocacy and coordination skills, they provide comprehensive support and guidance, ultimately empowering individuals to achieve lasting sobriety and improved overall well-being.

### 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.



## Glenbeigh Hosts First Responder Wellness Training

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Guest speaker **Steven Click**, Director, Ohio Office of First Responder Wellness; **Sheila Vandergriff**, Director of Development, Glenbeigh; and **Camille Zalar**, Director of Nursing, Glenbeigh, greet guests in the lobby of Harvest Church, Austinburg, Ohio, where Glenbeigh hosted a specialized wellness training for first responders.

knowledge enables them to intervene early, encouraging prompt and appropriate support.

Moreover, the training emphasized the importance of work-life balance. Responders learned how to set boundaries, prioritize their personal lives and engage in activities that bring them joy and relaxation. By fostering a healthy balance between work and personal life, responders can reduce the negative impact of chronic stress and maintain their overall well-being.

Over 30 first responders attended this special event. Many commented that they learned to not judge others as traumatic situations can elicit a range of reactions from individuals. While some may experience heightened anxiety, nightmares and flashbacks, others may exhibit numbing or dissociative behaviors as a way of coping with overwhelming emotions.

The importance of first responders supporting each other and seeking help when needed cannot be overstated, as it fosters a culture of resilience, understanding and collective well-being in the face of the demanding and often traumatic nature of their work. Glenbeigh is proud to support first responders by providing this important training.



**Brian Turk**, Primary Counselor and First Responder Specialized Services Coordinator, along with **John Koski**, First Responder Peer Support Specialist, both of Glenbeigh, talked with first responders attending the May 20th training and provided resources on where to seek help or support.

## Climbing Mountains In Recovery

**Pawley Bornstein – Glenbeigh Alumni Coordinator**

In May, we had the privilege of welcoming Alumnus James Anderson back to Rock Creek to share his experience, strength, and hope with patients. He candidly discussed his addiction, his journey to recovery, and the transformative power it had on his life. During his talk, James shared a personal revelation that sparked a turning point in his life, saying, “One day, on the side of the road, dope sick waiting on my dealer, I just knew I was not meant to live this way. This wasn’t what my life was supposed to look like, so I created a new one.”

Embracing a program of recovery and a renewed focus on physical health and fitness, James found solace and strength in the Glenbeigh gym. Reflecting on the significance of fitness in his journey, James expressed, “It definitely has been a big part of my recovery. It’s helped me build confidence, build self-esteem. It’s been a big part of my process.”

As James progressed in his recovery, he began to commemorate his anniversaries by conquering physical challenges. He took on feats like Spartan Races and Iron Man Triathlons. However, his most remarkable endeavor, to date, was a pursuit with an unexpected twist.

Years before, James had attempted to climb Mount Kilimanjaro but was unable to reach the summit due to hypoxia. Reflecting on that experience, he shared, “I had a blood oxygen level of 48, three hours from the summit. I was rushed down the mountain by the medical staff.”

Determined to complete what he had started, James embarked on a journey to conquer the mountain on the occasion of his 9th recovery anniversary, four years after his first attempt. In a poignant video documenting his achievement, he exclaimed, “Nine years ago today, I was doing my last shot of heroin before I left for rehab, and now I’m here.”

James reflected on his accomplishments as he triumphantly stood atop the world’s tallest free-standing mountain. Proving that through determination and recovery, one can overcome immense challenges and achieve greatness, James emphasized, “The mountain was a part of it, but the reason I was there was to celebrate nine years clean, and that is so powerful.”

The story of James Anderson serves as a testament to the incredible resilience and transformative power of recovery. It is a reminder that, for some, the journey to reclaiming their lives extends beyond overcoming addiction to conquering actual mountains.



**Glenbeigh Alumnus James Anderson stands at the peak of Mount Kilimanjaro celebrating nine years of recovery. James returned to Glenbeigh to speak about his recovery journey and the adventure of a lifetime that took him to Tanzania in Africa. His remarkable journey serves as an inspiration to others, showing that health and success are possible.**

## Outpatient Centers Launch Contingency Management Programs to Enhance Treatment

When Tom began his first day of Intensive Outpatient Treatment (IOP), he still found himself struggling with his addiction. He wasn’t motivated to stay in treatment and soon began to skip sessions until he finally stopped attending. What Tom was experiencing was not unusual. It was caused by a disruption in his brain’s reward pathways. Individuals with substance use disorders often have a dysfunctional cycle of reward that requires contingency management interventions to rewire the brain’s reward pathways.

To build healthier reward responses, Glenbeigh recently established a contingency management incentive program at its outpatient centers. On the first day a patient arrives for IOP, their name is placed on a slip of paper and dropped into a jar. The client is entered to win an incentive prize, rewarding them for

completing IOP and Aftercare. If their name is drawn, they may receive a book, gift card or other useful item.

This program utilizes positive reinforcement strategies to encourage abstinence and promote recovery. One of the key benefits of incentive programs is that the reward helps to reinforce the desired behavior and provides a sense of accomplishment, boosting self-esteem and motivation.

Participants feel a sense of accountability and commitment to the treatment process. They are more likely to attend counseling sessions, stay focused on their goals and actively participate in their recovery journey. Research has shown that incentive programs effectively increase treatment retention and reduce the likelihood of relapse.

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## 2023 Alumni and Recovery Community Picnic



Embrace the spirit of resilience and transformation by joining Glenbeigh at our annual picnic, where we gather as a community of individuals in recovery to celebrate our progress and share stories of hope. Whether you are an alumni, a friend, family member or simply someone who supports the recovery community, all are welcome to join us for an enjoyable experience. The picnic provides a unique opportunity to reconnect with old friends, make new connections and collectively strengthen our commitment to a healthier and more fulfilling life. Join us at Rock Creek and enjoy delicious picnic food, listen to some great music and engage in activities that promote fellowship and long-term recovery. We look forward to celebrating recovery with you and your loved ones on Saturday, July 15 at 1:00 PM.

## Outpatient Centers

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Offering world-class healthcare entails providing exceptional care, personalized treatment plans, and a patient-centered approach to ensure the highest standards of quality and outcomes. Through the implementation of personalized and adaptable strategies, Glenbeigh delivers enhanced treatment using evidence-based approaches.

Individuals like Tom will find that positive reinforcement serves as a powerful tool in emphasizing the benefits of recovery and reducing the desire to use substances.



The Outpatient Center of Canton has a display board featuring the counseling team. Clients, along with family members, have an opportunity to get to know the treatment team, which provides the advantage of building trust and fostering more effective communication.

## Glenbeigh Sponsors Family Section at Eastwood Field

Glenbeigh is pleased to once again be sponsoring a sober section at the Mahoning Valley Scrappers home field in Niles, Ohio. A sober section provides a safe and inclusive environment for individuals in recovery who may be triggered by alcohol consumption. By offering a designated area free from alcohol, it supports their commitment to maintaining a sober lifestyle. It also promotes a positive message about responsible drinking and highlights Glenbeigh's dedication to community well-being. The sober section initiative attracts families and individuals who prefer a family-friendly and alcohol-free experience at sporting events. Additionally, sponsoring the sober section may help reduce instances of alcohol-related incidents and create a more peaceful atmosphere for all attendees. This sponsorship showcases Glenbeigh's commitment to initiatives that prioritize health, wellness and inclusivity within the community.



## Glenbeigh Social Media Update

By Pawley Bornstein

As we look back at the first quarter of 2023 through the lens of Social Media, one thing becomes clear; our strength as an organization comes from the dedicated staff who live our mission daily. In addition to providing services and doing "the work", many allow us a candid peak into their lives. On Instagram, one of our top posts was Bob Abley, Primary Counselor, posing with an ice cream treat.



If you'd like to spend some time with us on Social Media, scan the QR Code and get commenting.

Glenbeigh on social  
f i t i n d  
take us with you



## 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

