

# 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.

Since the start of the COVID-19 pandemic I have witnessed the immense resilience of our patients, their families, Glenbeigh's staff, and of the recovery community as a whole. Over the last few months, we have adapted to a significant life-changing situation, have grown personally and as a community, and are emerging even stronger than before.

Classified as a hospital, and vital healthcare provider, Glenbeigh remained open while other treatment businesses were shuttered. Alcohol and drug addiction did not go away because of the pandemic and people continue to reach out for help.

But life is no longer normal. Glenbeigh took recommendations from the Cleveland Clinic, Ohio Department of Health, and the Centers for Disease Control and Prevention and developed new strategies to deal with the changes. By limiting entrance points, anyone entering Glenbeigh participates in a screening. Temperatures are checked daily and masks are readily available. All new admissions are pre-screened before coming and again upon arrival, at which time Glenbeigh's nursing department administers the PCR swab test, the most accurate test available for COVID-19. Results are expedited through the Cleveland Clinic network.

The experience of our patients changed. Saturday visitation and the Sunday family program were suspended. Never in the history of Glenbeigh have our patients been so isolated and the recovery community disengaged from the fellowship. This is where Glenbeigh's staff put fears aside and creatively found ways to move through adversity. Outpatient treatment is offered via telehealth and our recovery support programming is live streaming. The Rock Creek family program continues to use telehealth technology to keep patients connected to their loved ones at home.

The theme of this newsletter is resilience. It is a testament to our collective strength and dedication while we forged new solutions. Read about the innovation and generosity that came through as people showed what they are capable of doing during difficult times. In the future, when reflecting on this period, I will be proud of how we stood together, stayed safe and did our part to help people secure treatment and sustain recovery.

Stay strong in faith and health,

*Pat*

Pat Weston-Hall  
Chief Executive Officer

## Social Impact of COVID-19 Includes Increased Alcohol Consumption

Shelter at home orders across the United States brought about creative ways to stay connected with friends and family. It also presented new reasons for people to consume alcohol. According to market research firm Nielsen, online sales of alcohol increased 234% in the United States through March and April, 2020, versus last year. During the same time period, alcohol sales at brick-and-mortar stores increased 21%. The Nielsen research accounts alcohol as the fastest growing e-commerce commodity.

While recovery support groups were turning to online fellowship to maintain sobriety, drinkers were finding new ways to consume alcohol through live-streaming platforms. The term "Power Hour" morphed into an online drinking game that urged the consumption of alcohol every minute for one solid hour. "Never Have I Ever" transformed into the loser being compelled to consume either a shot of alcohol or a can of beer. "Truth or Dare" emerged as "Truth or Shots". Bar talk and bar behavior became accessible in one's living room or basement.

Coincidentally, Google searches for terms such as "alcoholic", "alcohol withdrawals", and "alcohol help", increased exponentially. As public attention remains on the COVID-19 pandemic, alcohol use is increasing and being overshadowed by the promotion and acceptance of virtual binge drinking games. The "new normal" of virtual social drinking, to cope with isolation, or as an escape from the stress and anxiety of being with family non-stop, may be especially dangerous for people already in active addiction or those prone to addiction. When the live-stream drinking games are over, people are often left alone in their thoughts. As people in recovery know, isolation is one of the largest contributing factors to addiction.

As the pandemic subsides, an individual's use of alcohol may have advanced to the level of abuse or addiction. Treating alcohol and drug addiction is Glenbeigh's specialty. As an essential healthcare provider, we have remained open, committed to helping individuals and families struggling with addiction.

*Glenbeigh is a non-profit specialty hospital.*

# Building and Maintaining Connections

*“Lean on me, when you’re not strong  
And I’ll be your friend  
I’ll help you carry on.”*

**Lean On Me**

*Music & Lyrics by Bill Withers*

Each summer, alumni, family, and friends return to Rock Creek for the annual picnic, which ends with the traditional gathering around the pond to sing “Lean on Me.” The ballad exemplifies resilience and the power of fellowship to get through troubling times. It reminds us that by tapping into each other’s strength, we are able to overcome and grow with the circumstance put in front of us. The coronavirus has been challenging but it will be defeated. Along the way, Glenbeigh has found new ways of helping others and discovered new friends.

Glenbeigh’s patients and staff were the recipients of donations of masks, which were provided through JOANN’s 100 Million Masks initiative and by people who responded to a Facebook request. Enough masks were received to cover everyone at Rock Creek, the outpatient centers, and the Niles sober living houses. We are grateful to everyone who sewed and donated. Special thanks to an anonymous group from Greenville, Pennsylvania, that sent several shipments of masks.

Glenbeigh’s Niles sober living community was the recipient of several meals provided by the local St. Vincent de Paul Society. The organization operates a community dining hall and reached out to help people living at Glenbeigh who were impacted by job loss.

Also in Niles, sober living residents established in-house meditation and support meetings; leaning on each other to sustain their sobriety during the stay at home order. Work on the community garden continued as well as unpacking trucks at a local food bank. Seeing people’s generosity inspired our residents to offer their services to help others.

Recognizing the on-going need for professionals to receive continuing education, Glenbeigh’s Beachwood staff spearheaded the first video teleconference Rise and Shine event. Moving to video allowed in-office and at-home workers to participate. Rise and Shines serve an important purpose in the community by providing free education so professionals can retain their licensure.

Thanks to all the individuals, businesses and organizations that we did not have room to list but who helped Glenbeigh remain steadfast in delivering uninterrupted treatment services. Working together, we are able to continue to serve people in treatment, those living in the recovery community, and colleagues who provide support services. As we move forward, we will continue to learn from and depend on each other.

## The Robert “Bobby” Van Der Maelen Memorial Scholarship Fund Established

When Bobby Van Der Maelen passed away unexpectedly in September 2019, the world was robbed of a kind hearted person who understood the struggles of people living with addiction. A former Counselor Aide at Glenbeigh, Bobby listened to people’s stories. He understood the pain caused by the hardships of alcohol and drug addiction.

After returning to Pittsburgh, Bobby spoke often of the obstacles people faced when establishing a new life in recovery. His family wanted to honor his passion for people who completed treatment by establishing the Robert “Bobby” Van Der Maelen Memorial Scholarship Fund. Scholarships provide rent assistance to residents at Glenbeigh’s Niles sober living houses. They are specifically for individuals typically not eligible for other support. Scholarship criteria ensure the recipients are building a strong foundation in recovery and working the program.



**Bobby Van Der Maelen**

Glenbeigh is honored to be selected by the Van Der Maelen family as the recipient of Bobby’s legacy. Residents who receive aid through the scholarship fund are motivated by the Van Der Maelen’s generosity and grateful for the extra time to get established in recovery.

## Bridges to Recovery Virtual Events



As part of Glenbeigh’s response to the limitations placed on social interaction, we are hosting a series of online Bridges to Recovery and Music and Message events. Join Glenbeigh’s Alumni Coordinator for online recovery support with other people in the recovery community. These virtual sessions are free and open to the entire recovery community. Connect for any or all of the topics by linking through [www.facebook.com/glenbeighhospital](http://www.facebook.com/glenbeighhospital).

Bridges to Recovery events are for anyone in recovery or who supports someone in recovery. Participants are responsible for controlling their level of anonymity through their personal device settings.

## Extended Care Patients Create “Steps for Sobriety” Challenge

When Ohioans were under the COVID-19 stay at home order, Glenbeigh’s extended care community recreational outings were suspended. Rather than isolate, the extended care patients banded together and formulated a plan to comply with social distancing while promoting recovery. The idea was to help patients build connections and promote physical fitness, both concepts that contribute to long-term recovery.

They created a committee and spearheaded what became “Steps for Sobriety,” a voluntary walking challenge. Anyone interested in participating simply logs their miles. Later, the goal of raising funds to provide scholarships and ensure Glenbeigh’s continued growth was added. The committee held a design competition for patients and the winning logos are featured on t-shirts, which are currently being sold in the Gratitude Shop.

“Steps to Sobriety” began in mid-May and ends on October 4th. Glenbeigh created a means for staff, alumni, as well as friends and family to participate. The program expanded to include walking, running, and biking at any location so all can participate. Patients set a goal of collectively completing 3,500 miles each month.



Visit <https://www.glenbeigh.com/steps-sobriety-challenge> for details on how to participate, to log miles, and for information on how to sponsor the completion of collective miles. In order to maintain anonymity, options to sponsor a specific person are not available. Glenbeigh does not accept contributions from individuals while in treatment. Therefore, the committee asks that all Glimmer readers consider accepting the challenge either by logging in miles or by sponsoring miles.

### Logo Design Contest Held

The logo design was selected from art submitted by patients during the Steps for Sobriety logo contest. Thank you to winners Mike B and Mike J who created similar designs that were used to create the final logos.



Pictured are the winning Steps for Sobriety logo designs.



## Outpatient Centers Transition to Telehealth

### Providing Outpatient Treatment Services Through Pandemic

As the world began to change and talk of stay at home orders unfolded, Glenbeigh’s outpatient centers recognized the need to formulate a plan to ensure patients could continue to receive outpatient treatment services. Glenbeigh’s first priority was to keep patients and staff safe. Meeting adversity head-on, staff turned to technology and launched telehealth IOP, aftercare, and assessment services through Glenbeigh’s six outpatient centers. The transition to telehealth helped reduce fear and anxiety while keeping patients connected with their counselors and on the path to recovery. Telehealth has allowed patients to remain in treatment while staying safe at home. While patients were grateful to continue treatment by any means, they said they missed the interaction of in-person meetings. They look forward to returning to on-site group meetings where they can spend extra time with others and share treats to celebrate when someone coins out of the program. We look forward to that, too, but are grateful that technology exists that allows us to remain connected so recovery can continue.



## ARCHway Institute Grant Benefits Niles Housing Residents

In late March, the ARCHway Institute surveyed treatment providers and requested information on the impact the pandemic was having on individuals and families living with substance use and co-occurring mental health disorders. At the time, Ohio was under a stay at home order. Residents of our Niles sober living houses who worked at restaurants and other small businesses were impacted. Many residents were laid off and had no indication of when things would return to normal.

Glenbeigh is grateful to the ARCHway Institute board for providing a grant that is restricted to helping Niles sober living residents. The grant helped alleviate anxiety and encouraged residents to come together as a community to help each other. This expression of generosity was greatly appreciated.



## Alumni and Recovery Community Events



### Gratitude House Opens

#### Sober Living Residence for Women

On April 6, 2020, Glenbeigh opened Gratitude House, its first Rock Creek area sober living home expressly for women. Sober living provides a stable environment that enhances the transition from treatment to everyday life. It allows residents to experience increased responsibility for their recovery while sustaining peer support in an abstinence-based living environment.

With over 2,000 square feet of living space, Gratitude House features two common areas, a kitchen, dining area, four bedrooms, and three bathrooms. The home overlooks a small pond and is situated on ten acres with woodland views.



Studies show that people who regularly interact with others in recovery are more likely to sustain their recovery and Gratitude House provides a structured supportive living environment. Residents are monitored and required to be active in the recovery programs while abiding by house rules.

Glenbeigh has over 25 years of experience operating recovery houses and maintains five additional houses in Trumbull County. The benefits of living in a structured sober community in early recovery are having the ability to: develop a solid foundation in a 12 step program; enhance communication and coping skills; and develop attributes that are consistent with the recovery themes of acceptance, humility, and service to others. Long-term residents are encouraged to support and mentor new peers, helping them get established in the recovery community.

A virtual recovery tour is available online at [www.glenbeigh.com](http://www.glenbeigh.com) under News.

### ARCHway Golf Outing, Dinner and Silent Auction

#### Registration Open Through September 1, 2020

Glenbeigh invites alumni, family, and friends to join us, along with friends from the St. Louis recovery community and the ARCHway Institute, for the 8th Annual Charity Golf Tournament. *Swing into Action Against Addiction* takes place on Thursday, September 10, 2020 with a 12:15 PM shot-gun start. Play the beautiful Hemlock Springs par 72 championship course designed for players of all abilities. Single and team golfers welcome.

Glenbeigh is grateful to the ARCHway Institute for continuing to be involved in fighting the disease of addiction. By participating in the golf outing, you help raise funds to assist people who do not have the financial means to secure appropriate treatment for alcohol or drug addiction.

This year's featured speaker is Colton Baker, ARCHway Community Coordinator and Certified Peer Support Specialist, from St. Louis, Missouri. Information and online registration is available at <https://thearchwayinstitute.org/2020-geneva-ohio-golf-tournament/>. Donations of silent auction items and sponsorships are being accepted.



### Alumni and Recovery Community Picnic Cancelled

The Glenbeigh Alumni and Recovery Community Picnic, which is held each year on the third Saturday in July, will not be held this summer. The decision to cancel the picnic was difficult, but necessary to keep the recovery community safe. Plans are underway for the 2021 Alumni and Recovery Community Picnic which corresponds with Glenbeigh's 40th Anniversary celebration. Mark your calendars for Saturday, July 17, 2021.



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.

