

ACROSS THE SPECTRUM



PRESIDENT'S MESSAGE

It's been an exciting year at Spectrum, with many positive changes. Sherry Ellis joined Spectrum in December and hit the ground running as our new chief operating officer. We successfully relocated our Pittsfield outpatient program to a larger facility due to unanticipated demand. Originally, we had expected to serve approximately 200 clients at this location, but in a few short years that number has grown to more than 600 clients per day.

In addition, we recently opened new outpatient facilities in Millbury and Weymouth, Mass. With these two openings, Spectrum now operates thirteen outpatient treatment centers across Massachusetts, providing access to much needed services to thousands of individuals every day.

We've also expanded operations in Virginia, launched a new certificate training program in trauma informed care for our staff, made significant investments in several areas, including information technology, and recently began construction of a healing garden on the grounds of the Faris Recovery Center.

It's no surprise that our business has evolved in many ways over the last 48 years. We felt it was time to update our branding to recognize this progression. In this issue, I am pleased to introduce Spectrum's new logo which reflects who we are today and symbolizes where we are going as an organization. As always, Spectrum remains committed to continuing the fight against addiction and helping individuals reclaim their lives.

Kurt Isaacson

*Chief Executive Officer
Spectrum Health Systems*

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Building better lives...
one step at a time

spectrumhealthsystems.org



SPECTRUM WELCOMES NEW CHIEF OPERATING OFFICER

Sherry Ellis joined Spectrum last December as the organization's new chief operating officer. Ms. Ellis assumes the position left vacant when former COO Kurt Isaacson became Spectrum's president and CEO a year ago upon the retirement of Charles Faris.

Ms. Ellis brings more than twenty years of clinical and operational experience within a variety of health care organizations, including acute care hospitals and several non-profit organizations. Most recently, she served as vice president of crisis and rehabilitation services at South Shore Mental Health in Quincy, Mass. Ms. Ellis holds a master's degree in social work from Boston College and spent the early years of her career as a counselor, therapist and behavioral health consultant.

"Sherry joins Spectrum at a particularly exciting period in the organization's evolution," commented President and CEO Kurt Isaacson. "With her extensive background in mental health and demonstrated management expertise, Sherry will play a key role in helping expand our delivery platform to include fully integrated behavioral healthcare services."

"I was initially attracted to Spectrum based on its reputation and strong leadership," explained Ellis. "The organization has experienced remarkable growth over the past few years while maintaining its commitment to high quality care and customer service."



"I was initially attracted to Spectrum based on its reputation and strong leadership,"



**Airing
ADDICTION**

with Jodi Tarantino, LICSW



Listen live
Saturday mornings at 10am

844-200-6372



SPECTRUM ANNOUNCES NEW HOST OF AIRING ADDICTION RADIO SHOW

In May, Jodi Tarantino became the new host of Spectrum's popular weekly radio show and podcast, Airing Addiction. Jodi is a licensed social worker and has worked in the addiction treatment field for nearly 15 years. Currently, she is program director at Spectrum's Faris Recovery Center in Westborough, Mass.

"I'm excited to take to the airwaves," said Tarantino, who replaces Donna Pellegrino, former vice president of business development. "I've always been interested in radio broadcasting, and being able to help people struggling with addiction and mental illness through Airing Addiction is a dream come true. We've had many clients

enter treatment after listening to Airing Addiction, and I hope to motivate others to do the same."

Listen live Saturday mornings at 10 a.m. on WTAG 580/94.9 in Worcester. Or, check out the podcasts on SoundCloud at www.newenglandtreatmentcenter.com/airing-addiction/

Be sure to follow the show and Tarantino on [Facebook.com/AiringAddiction](https://www.facebook.com/AiringAddiction).



SPECTRUM UNVEILS NEW COMPANY LOGO

Since the company's founding in 1969, Spectrum has grown from a single-site addiction treatment program to a comprehensive continuum of care offering varying levels of care including inpatient detoxification, residential treatment, outpatient counseling, medication-assisted treatment and peer recovery support.

The new logo design is symbolic on many levels. Addiction treatment has always been Spectrum's cornerstone, represented by the first block in the icon. The other two blocks symbolize mental health and wellness. The intersecting center square signifies the integration of these three essential elements of Spectrum's treatment approach.

Additionally, the shape of the stacked squares depicts the steps involved with recovery, emphasizing continual growth and progress over time. The different shades of the squares in the icon represent diversity, and the interconnecting lines signify Spectrum's treatment of the whole person.



HEALING GARDEN

In July, Spectrum began construction of a Healing Garden on the grounds of the Charles J. Faris Recovery Center for the future enjoyment of clients and family members. The garden will include beautiful plantings, lighted pathways, a soothing water feature, gathering places and areas for private reflection.

It's not too late to offer your support!

Please consider making a donation to this important project. Checks may be sent to:

**SPECTRUM HEALTH SYSTEMS, INC.
10 MECHANIC STREET, SUITE 302
WORCESTER, MA 01608**

DONATIONS ACCEPTED ONLINE AT
SPECTRUMHEALTHSYSTEMS.ORG/GARDEN





OPIOID CRISIS FORUM

Spectrum was proud to co-sponsor the Worcester Business Journal's Opioid Crisis Forum held in March. The purpose of the forum was to educate area employers about the opioid crisis and its impact on the workplace. The event's keynote speaker was the Commonwealth's Director of the Bureau of Substance Abuse Services, Allison Bauer, who noted that the national opioid epidemic costs U.S. businesses an estimated \$18 billion in absenteeism.

An expert panel, including Spectrum's CEO Kurt Isaacson, discussed the role employers play in the lives of those

seeking treatment and how employers can prepare and address the epidemic's impact in the workplace. Isaacson underscored the importance of employers investing in their workforce, including those battling an addiction.

"There are high quality, high performing employees who've had an addiction, received treatment and are now in recovery," said Isaacson, noting employers must understand that addiction is "treatable." What's more, the CEO reminded employers to consider the investment they've already made in hiring and training their employees and the benefit of retaining them.

The stigma of addiction as a barrier to treatment was a common theme throughout the forum, bringing to light the struggle people face when deciding if, when and how to talk to their employers about their addiction and get the help they need. The panelists also discussed warning signs to watch for so that employers can recognize the problem earlier and help develop a plan with their employee.

"[Employers] need to leave bias at the door," said Spectrum COO Sherry Ellis during her welcome address, noting how this leads to a better understanding of what an employee is going through and opens the door to treatment.

SENIOR RESEARCH ADVISOR JOINS SPECTRUM

Spectrum is pleased to announce the recent appointment of Roger H. Peters, Ph.D. to the role of Senior Research Advisor.

Dr. Peters received his Ph.D. in clinical psychology from the Florida State University, following completion of a pre-doctoral internship at the University of North Carolina School of Medicine. He currently serves as a professor in the Department of Mental Health Law and Policy at the University of South Florida, where he has been a faculty member since 1986.

"We are very excited to have someone of Dr. Peters' caliber providing consultation and technical assistance," commented Chris Petrozzi, senior vice president of correctional services. "Spectrum has a

long history of providing evidence-based treatment based on leading research and this appointment further demonstrates our commitment to continually improving our clinical approaches and treatment methods."

Dr. Peters will lend his extensive expertise to Spectrum in various areas including training, technical assistance and program evaluations. In addition, he will help identify opportunities for Spectrum to participate in clinical research studies and demonstration projects. Dr. Peters will also join Spectrum's Research Advisory Board which includes national experts in the fields of addiction, mental health and criminal justice.





NEW CONTRACT IN VIRGINIA

Spectrum was recently awarded a new contract by the Virginia Department of Corrections to implement a community corrections alternative program at the Cold Springs Correctional Unit in Greenville, Virginia. This innovative program operates as a drug treatment facility, offering judges an alternative sentencing option for offenders with substance use disorders.

Participants receive a minimum of 300 hours of evidence-based programming focused on cognitive-behavioral skills training and behavioral shaping through positive reinforcement and competency-based program advancement. The program's average length of stay ranges

from six to nine months, depending on the time it takes for participants to complete all required service elements included in their individual service plan.

In 2015, Spectrum was selected by the same agency to implement a 1,060-bed residential substance abuse treatment program for male offenders at the Indian Creek Correctional Center, including specialized units for youthful offenders, military veterans and offenders requiring higher intensity treatment. Spectrum also operates a transitional program for female offenders at the Deerfield Women's Work Center which helps prepare participants for a successful transition back into the community.

SPECTRUM HIRES NEW VICE PRESIDENT OF BUSINESS DEVELOPMENT

In August, Spectrum announced the appointment of David Nefussy as vice president of business development. Mr. Nefussy is responsible for leading Spectrum's business development efforts including the cultivation of referral relationships and negotiating agreements with managed care organizations, third-party payors and private insurance companies. In this role, he will also work closely with Spectrum's admissions department to facilitate timely admissions for individuals in need of services.

"David has established an excellent reputation in the field having worked in managed behavioral health care for more than twenty-five years," said COO Sherry Ellis. "In addition to being very knowledgeable about addiction treatment and mental health services, he is highly regarded for his customer orientation and strong relationship-building. In short, David loves what he does. We are very fortunate to have him join our team and help grow Spectrum's continuum of services."

SHANE'S STORY: FROM SHAME TO SOBRIETY

Shane's first encounter with the law was at the young age of fourteen, when he was caught stealing a vehicle with his friends. This wouldn't be the last time he would run into such trouble. By this point, he had already experienced a lifetime of ups and downs, including past traumas and a strained relationship with his father.

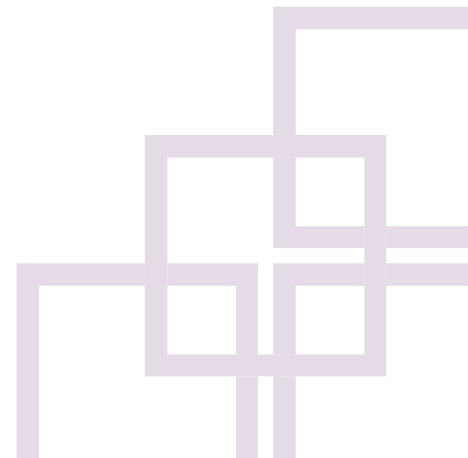
At 15, he began drinking and taking drugs recreationally. His addiction progressed rather quickly and Shane turned to substances like LSD, Ketamine and more.

As he got older, Shane experienced a grave loss - that of an unborn child. This resulted in a period of depression from which he couldn't escape, and eventually led him to heroin use. He quickly lost his job and apartment, found more trouble with the law and burned bridges with those who cared about him the most.

Soon, he began using every day, right in front of his mother, with no remorse. His dealer and other users were in and out of her home on a regular basis. Eventually, maintaining this lifestyle became too hard, as he saw everybody in his family turn away from him. The pain in his mother's eyes brought him to a point of no return - he needed help, or he was in danger of giving up.

Motivated to change, yet still ashamed of his actions, Shane reached out to Spectrum Health Systems requesting help for a 'friend.' But in fact, there was no friend and Shane eventually entered treatment at Spectrum's campus in Westborough, Mass. There, he completed detoxification and three months of residential treatment.

To this day, Shane remains connected to Spectrum Health Systems and all the people here who helped him along the way. He is eight months sober, has reconnected with his father and is sharing his story to help raise awareness around addiction, and to reduce the stigma it holds. You can listen to Shane's story in his own words on a recent episode of Airing Addiction, our weekly radio show and podcast hosted by WTAG. <http://bit.ly/2kkaZFT>





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Founded in 1969, Spectrum Health Systems, Inc. is a private, non-profit substance abuse and mental health treatment provider serving more than 80,000 clients per year. Spectrum's comprehensive continuum of addiction treatment includes inpatient detoxification, residential rehabilitation, outpatient services, medication-assisted treatment and peer recovery support.

KURT ISAACSON HONORED BY THE WORCESTER CHAMBER OF COMMERCE

It's been a year of growth for Spectrum Health Systems and its subsidiary, the New England Recovery Center – during which time former COO Kurt Isaacson became Spectrum's new chief executive officer following the retirement of Charles J. Faris. And he's helped Spectrum accomplish a lot since then. In the past year, we've been recognized by the U.S. Attorney's Office, Massachusetts Attorney General Maura Healy, the White House and the Association of Behavioral Healthcare.

One thing that has not changed, however, is our Worcester roots. The headquarters for both Spectrum Health Systems – our parent brand comprised

of inpatient, outpatient and peer recovery centers – and our private-pay, inpatient treatment program, The New England Recovery Center are in the heart of the city. And Worcester is home to our largest outpatient treatment center. We're proud to be members of this community and engrained in its culture.

That's why it was such a great honor for the Worcester Chamber of Commerce to recognize Kurt for his hard work as Spectrum's CEO at a recent breakfast meeting held at the Beechwood Hotel.