

Across the Spectrum

Changing lives through the effective treatment of drug and alcohol addictions.

President's Message



Charles J. Faris
President & CEO,
Spectrum Health Systems

Prescription drug abuse is the country's fastest-growing drug problem according to the Office of National Drug Control Policy; in fact, the Centers for Disease Control and Prevention has classified prescription drug abuse as an epidemic. Drug-induced deaths are now the leading cause of injury death in the United States, surpassing motor vehicle fatalities. In states such as Florida, state and local child welfare officials are dealing with a surge in abuse and neglect cases primarily blamed on prescription drug abuse. Here in Massachusetts, we've seen a seven-fold increase in treatment admissions for prescription drug and other non-heroin opiate abuse over a ten-year period.

A crucial first step in tackling the problem of prescription drug abuse is to educate parents, youth, and patients about the dangers of abusing prescription drugs, while requiring prescribers to receive education on the appropriate and safe use, and proper storage and disposal of prescription drugs. However, there is much more to be done.

Here at Spectrum, we continue to take on the challenge of substance abuse, and as always remain committed to providing the highest quality of services to individuals seeking treatment in the community. As an example, we will soon be opening

outpatient clinics in Southern Maine and Western Massachusetts to address unmet needs in these areas. Spectrum's expansion plans are based on data provided by state departments of public health which indicate a significant need for these services.

In addition, the expansion of Spectrum's correctional services into Florida and the addition of more correctional treatment beds in Georgia exemplify our commitment and ability to provide high-quality services where they are needed most. Using best practice and evidence-based approaches to treatment, Spectrum's correctional treatment programs incorporate cognitive theory and motivational therapy to assist offenders with a history of chronic substance abuse to assess their treatment readiness, learn pro-social skills, address individual risks of relapse and recidivism, and prepare for successful community reintegration.

By increasing access to services, we are able to assist more individuals in achieving sobriety, sustaining recovery, and fulfilling personal goals in order that they may lead healthier, more productive lives. In the years ahead, Spectrum will continue to develop new programs while enhancing the services we currently provide to ensure the highest quality of treatment for our clients. Our mission, vision and values continue to guide our work and shape our direction.

Charles J. Faris, President & CEO

Spectrum Celebrates Integration of Primary Care and Behavioral Health Care Services

Spectrum Health Systems, Inc., recently celebrated the successful opening of a primary care medical office within its newly renovated Spectrum Professional Building at 585 Lincoln Street in Worcester, Massachusetts.

The project is the result of an auspicious collaboration between Spectrum and the Edward M. Kennedy Community Health Center (Kennedy CHC). Because of it, the greater Worcester community will see a substantial increase in the number of at-risk individuals under the care of a Primary Care Physician (PCP), allowing them to receive much needed preventative health care and ongoing medical treatment for a host of



(L-R) **Douglas Haddad**, Spectrum Housing Specialist **James Meola**, State Representative **James O'Day**, Spectrum Program Director **Lisa Blanchard**.

chronic health conditions, such as diabetes, hypertension and chronic respiratory disease.

The celebration included an Open House attended by local community and government leaders, project funders, and neighbors. State Representative James O'Day said at the Open House, "Throughout my tenure as a State Representative, I have been both proud and grateful for my partnership with Spectrum Health Systems. Spectrum provides a vital, critical service to our community, and I am excited for it to begin a new chapter in spreading the joy of recovery with this new program."

Historically, individuals in recovery from addictions underutilize preventative healthcare and pose a greater risk for a variety of serious medical conditions. Poor access to a PCP is one reason for this underutilization of preventative healthcare. According to the Massachusetts Medical Society (MMS),

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Massachusetts is suffering a “critical shortage” of PCPs, finding in 2009 that 56% of Massachusetts physicians in internal medicine were not accepting new patients.

Put bluntly by the former president of the MMS, Dr. Alice Coombs, “Massachusetts has made great strides in securing insurance coverage for its citizens, but insurance coverage doesn’t equal access to care.”

By collaborating with the Kennedy CHC, Spectrum is assured that the medical staff seeing patients is familiar with and sensitized to the particular needs and characteristics of this underserved population, and will provide primary care services to them efficiently and economically.

Benefits of integrated care to clients will include increased convenience,

One of two new patient examination rooms.



higher satisfaction with care, improved outcomes in terms of substance abuse, mental health and physical health and decreased stigma.

Spectrum and the Kennedy CHC will benefit from improved patient outcomes, less duplication of services, better communication across treatment teams and increased reimbursement parity. For society, the benefits will be lower healthcare costs, decreases in crime rates and criminal justice costs, a positive public health impact and increased productivity.

Personal Story

“I’ve been to some of the darkest places you could imagine—hoping to die, thinking of suicide, incredible depression,” says Spectrum Residential Program client Ryan C. Today, following a continuum of



treatment care at Spectrum, Ryan is approaching one year of sobriety.

“Now, since I’ve gotten clean, life is good today,” says Ryan. “I’m happy for the first time since I started using.”

Ryan started when he was 13, abusing alcohol and marijuana. In a short time, he started what he considered “partying” all the time—cocaine and pills, and later heroin. “It became all I wanted to do,” he says.

In his twenties, Ryan found himself incarcerated for bank robberies committed in a need to support his heroin addiction. While at the Massachusetts Correctional Institution in Concord, he participated in Spectrum’s Correctional Recovery Academy (CRA).

“Initially, I did it because I needed it for parole,” he admits. “But I started participating, and it was very helpful. I had a great clinician, and my ITP (Individual Treatment Plan) was a good foundation for recovery.”

He also took advantage of Spectrum’s peer mentoring program for pre- and post-release offenders, Project Peer Connection (PPC). Through the PPC program coordinator, Ryan was referred to Spectrum’s Residential Program in Westborough, Massachusetts. Within days of his admittance, Ryan had a visit with his eight-year-old son, Collin, whom he had not seen face-to-face for the two and a half years he was incarcerated.

“I am looking forward to being able to really be there—not high—at his baseball or soccer games,” says Ryan. When asked about Collin’s mother, he responds, “She’s still out on the street—using.”

THREE NEW MEMBERS JOIN SPECTRUM’S BOARD OF TRUSTEES

Spectrum Health Systems, Inc., is proud to announce three new members to its Board of Trustees.

Kimberly Harmon



Ms. Harmon is President & CEO of Auburn VNA Health Network, Inc., in Auburn, Massachusetts. Ms. Harmon has been a community nurse since 1995 and has held

various positions as a field nurse, clinical manager and director. She founded Harmon Home Health in 2006, which provided private in-home services for senior members and those in need in the community. Ms. Harmon is currently a member of the Board of Directors for FLIC® (Female Leadership Interest Council, Inc.), a member of the Worcester State University Foundation Board, and an Advisor to Auburn Youth & Family Services. She is a graduate of the entrepreneur program, UMass Donohue Institute, Amherst, MA.

Garth T. Johnson, LEED AP, HCC



Mr. Johnson is Vice President of the Senior Living & Healthcare Divisions at Cutler Associates in Worcester, Massachusetts. With more than two decades

of experience in construction and 15 years of focus within the healthcare market, Mr. Johnson has helped Cutler complete 12 healthcare projects (+115,000 SF) in the

past three years. Sensitive to the specialized needs of these facilities across the continuum of care, Mr. Johnson’s focus is to work with owners and development teams to plan well, provide early and accurate cost estimates for good decision making, and translate facility ideas into reality. He has a Bachelor of Science degree in Civil Engineering from Virginia Polytechnic Institute and State University.

Susan Scully-Hill, Ph.D.



Dr. Scully-Hill is Chairperson of the Department of Human Services and Rehabilitation Studies at Assumption College in Worcester, Massachusetts.

Previous to teaching at Assumption College, she graduated from Michigan State University with her Ph.D. in Rehabilitation Counseling and worked as a professor at Emporia State University teaching both undergraduate and graduate classes in Counselor Education and Rehabilitation Programs. Dr. Scully-Hill has worked professionally as a Rehabilitation Counselor for the State of Michigan where she managed a substance abuse caseload. Dr. Scully-Hill is actively involved in the community as a social justice advocate, supporting various causes and participating in fundraising activities. She has served on the board of the Elm Park Early Childhood Education Center and is currently on the Community Investment Community for the United Way of Central Massachusetts Women’s Initiative.

Meeting CLIENT NEEDS

SPECTRUM HEALTH SYSTEMS SPONSORS AND PRESENTS AT CONFERENCE ADDRESSING SUBSTANCE ABUSE ON COLLEGE CAMPUSES

Spectrum Health Systems VP of Clinical Development Dr. Romas Buivydas recently took part in the Colleges of Worcester Consortium conference "Addressing Substance Abuse on Campus—It's not just alcohol anymore!"

Spectrum was a major sponsor of the one-day conference, held at Worcester's Beechwood Hotel, which addressed



Spectrum VP of Clinical Development **Dr. Romas Buivydas** addresses conference attendees.

alarming trends in college students' substance abuse on campus, including the use and misuse of legally prescribed drugs, over-the-counter medications and illegal substances.

Dr. Buivydas participated in the panel discussion "Perspectives from the Field: Substance Abuse on College Campuses." The panel included presenters Lt. James Johnson, head of the Worcester Police Department Alcohol Enforcement Unit and Anti-Crime Unit; and, Lisa Remick, retired Drug Enforcement Administration special agent; and, Spectrum's Dr. Romas Buivydas.

Dr. Buivydas also presented the breakout session, "Substance Use Identification and Treatment," which provided an overview of the physiological and psychological effects of the major classes of drugs that are abused, as well as newly trending drugs of abuse that are likely to be found on college campuses.

The conference attracted over 150 student affairs professionals, directors of wellness and counseling centers, health services professionals, physicians, faculty, administrators, campus public safety staff, residential assistants, student leaders, community leaders and agencies, and law enforcement professionals.

*Building better lives,
one step at a time.*

SPECTRUM ANNOUNCES NEW CONTRACT AWARDS IN FLORIDA

Spectrum Health Systems, Inc., was selected by the Florida Department of Corrections to operate substance abuse therapeutic community programs at three correctional facilities in the state. The new contracts include 408 residential treatment beds, designed to serve male inmates with serious substance abuse issues.

Twenty years ago, Spectrum developed the Correctional Recovery Academy™, a modified therapeutic community model specifically modified for the criminal justice population. Today, Spectrum's Correctional Treatment Division provides a range of services to more than 6,500 criminal offenders each day, including 31 in-prison therapeutic community programs, totaling nearly 4,000 beds nationwide.

"Despite the wake of shrinking public dollars, Spectrum's correctional services continue to grow as states look for evidence-based, value-added strategies to reduce the taxpayer burden of reincarceration," explained Christopher Petrozzi, executive vice president of correctional services.

The Florida Department of Corrections admits about 37,000 inmates to the state prison system every year. For each of the last five years, the single largest group of prison admissions was due to drug-related crimes. Incarceration presents an opportune time to provide essential treatment services to substance abusing inmates in order to help them achieve sustained recovery and prepare for successful community reintegration.

According to Petrozzi, "Numerous outcome studies have demonstrated the effectiveness of Spectrum's programming in reducing relapse and recidivism. We look forward to working with the Florida Department of Corrections in achieving similar results."

NEW PROGRAMS IN GEORGIA

Spectrum started new programs in Georgia at the West Central Integrated Treatment Facility, Appling Integrated Treatment Facility and Turner Residential Substance Abuse Treatment Facility this past summer. The Integrated Treatment Facilities are the first programs in the state to provide

treatment to offenders with co-occurring disorders.

The program at Turner will accommodate 200 male probationers who will participate in a six-month treatment program targeting criminal offenders with substance-related disorders. The integrated treatment programs will be nine months in length. West Central will accommodate 138 female probationers and Appling will accommodate 200 male probationers.

The Georgia Department of Corrections held Ribbon Cutting ceremonies at each of the new facilities to recognize the addition of these much-needed treatment beds and to highlight the addition of the first treatment programs designed specifically to address co-occurring substance abuse and mental health disorders in the Georgia correctional system.

NO FINDINGS IN TENNESSEE THERAPEUTIC COMMUNITY AUDIT

Last July, Mark Luttrell Correctional Complex's (MLCC) Therapeutic Community (TC) program completed the on-site portion of the Residential Substance Abuse Treatment grant audit through the



Tennessee State Director of Correctional Services **Ryan McMahon** and Vice President of Planning & Development **Cindy Buraczynski**.

Office of Criminal Justice Programs (OCJP). Lisa Massey, MLCC TC Program Manager, and Ryan McMahon, former Tennessee Department of Correction Director of Substance Abuse Treatment Services, spent the morning with the OCJP auditor reviewing treatment files and grant requirements. Additionally, the auditor had the opportunity to see the participants perform a Family Integrity Group during her visit. No findings were documented during the on-site visit.

ASSESSMENT HIGHLIGHTS WASHINGTON STATE PROGRAMS

Dr. Igor Koutsenok, Director for the Center for Criminality & Addiction Research,

Spectrum Health Systems Awarded \$40,000 Grant for Work & Community Ready Corrections Program in Maine

Spectrum Health Systems, Inc., has been awarded a \$40,000 one-year grant from the Florence V. Burden Foundation to develop employment opportunities for female offenders housed at the Maine Correctional Center in Windham.



The Maine Correctional Center in Windham.

The grant will fund the Work & Community Ready program, with a goal of reducing recidivism and strengthening Maine's workforce by providing rehabilitative, educational skills-based workforce training to women with a history of incarceration. Graduates from the Work & Community Ready program will benefit by entering the job market with a head start—a Work Ready credential, pro-social skills, a completed resume, skills-based training, job interview practice, placement assistance and a portfolio containing evidence of rehabilitation. With an added Community Ready portion of the class, women will garner information about housing, treatment programs, services and resources available in their respective communities to successfully advocate for themselves and reintegrate into society.

This program addresses the issue of ex-offenders who are unemployed or working in poorly paid or temporary jobs who often fall back into a life of crime. Spectrum Health Systems believes that one of the most effective, long-term solutions to this problem is programs like Work & Community Ready—job readiness training coupled with placement assistance within the context of comprehensive, continuing support services.

Training & Application at the University of California San Diego (UCSD), Assistant Professor of Psychiatry at UCSD and internationally renowned addictions researcher and trainer, conducted an assessment visit to several Washington State facilities recently. The purpose of his visit was to evaluate the quality of substance abuse treatment programs for substance-involved offenders in both custody and community settings. Dr. Koutsenok observed the modified therapeutic community at Mission Creek Correctional Center for Women, the community-based work release program at Progress House Work Release, and the intensive outpatient program at Everett Community Justice Center.

Dr. Koutsenok noted Spectrum's high quality of clinical work at all three programs. His findings—which he provided to Bernard Warner, Secretary of Washington State Department of Corrections (WADOC)—confirmed that Spectrum's screening, assessment and treatment referral process is consistent with the philosophy of evidence-based practices and that the quality of clinical work delivered by Spectrum counselors was very good.

Dr. Koutsenok also praised Spectrum's collaborative relationship with WADOC and the overall design of the treatment operations.

OUTPATIENT CLINICS LICENSING AUDIT FINDS COMPLETE COMPLIANCE

The Massachusetts Department of Public Health (DPH) recently conducted licensing audits at two Spectrum outpatient clinics in Worcester. The clinics, which together serve 1,100 clients daily, were found in complete compliance with state licensing regulations. The audits found absolutely no deficiencies at either site. In a congratulatory email to staff, Kristin Nolan, director of outpatient services, called the results "a reflection of the dedication and commitment of our staff."

DPH audited the Opiate Treatment Program (OTP), Counseling, and Driver Alcohol Education (DAE) at the Fitchburg satellite location. The audit included reviews of clinical records, personnel files, policies and procedures, building safety, as well as the overall operations of all programs.

SPECTRUM CONTINUES SERVICES FOR MAINE DEPARTMENT OF CORRECTIONS

The State of Maine Department of Corrections recently combined all correctional health care services, including medical services, mental health care, substance abuse treatment and pharmacy services into one contract. Under the new bundled contract, Spectrum Health Systems will continue to provide substance abuse treatment, assessment and reentry case management services, now as a subcontractor to Correct Care Solutions—the organization selected to manage all correctional health care services for the Department.

Correct Care Solutions is a national provider of medical, mental health, care management and medical technology services to correctional systems serving both adult and juvenile populations.



SPECTRUM WELCOMES TWO NEW STATE DIRECTORS

Sabrina Hudnall (left) is the new Florida state director of correctional services and will oversee Spectrum's new substance abuse therapeutic community programs at three correctional facilities in the state. Sabrina formerly worked for the Georgia Department of Corrections as a social service program consultant. She has a Master's degree in Community Counseling and a Bachelor's degree in Psychology.

Ryan McMahon (photo page 3) is Spectrum's new state director of correctional services in Tennessee. Ryan will oversee Spectrum's in-prison treatment programs in the state, which currently serve over 500 individuals annually at four locations. He formerly worked as the acting director of substance abuse treatment services for the Tennessee Department of Correction. Ryan has Bachelor's degrees in Management and Sociology.

Spectrum Health Systems Hires Executive Vice President of Correctional Services



Christopher Petrozzi
Executive Vice President of
Correctional Services

Spectrum Health Systems, Inc., welcomes Christopher Petrozzi as its new Executive Vice President of Correctional Services. Mr. Petrozzi brings over 21 years of progressive treatment and criminal justice experience in both the public and private sectors.

Mr. Petrozzi's responsibilities include the leadership, administration and development of Spectrum's correctional services on a nationwide basis. "Christopher has extensive, hands-on experience and knowledge of both correctional operations and programming," said Spectrum Chief Clinical Officer Peter Paolantonio. "I believe that the exhaustive national search that has resulted in Christopher's joining the Spectrum team will prove its worth and that he will be a very valuable asset in a most important area of our business."

Mr. Petrozzi's experience prior to joining Spectrum was at a large for-profit correctional treatment company with national oversight responsibilities. Before that, he was employed for nearly 11 years with the Colorado Department of Corrections in various management and administrative positions. He has extensive experience in correctional treatment, program development, technical assistance and quality improvement.

He has spearheaded major State criminal justice and treatment reforms and has served as a consultant to the Federal Substance Abuse and Mental Health Services Administration and the National Institute of Corrections. Mr. Petrozzi has also received numerous letters of commendation and awards from State treatment and criminal justice systems across the United States.

A Q&A WITH CHRISTOPHER PETROZZI

Describe your role at Spectrum.

My role is to provide administrative oversight and forge a direction for our correctional treatment business lines. We're in eight states now—Georgia, Iowa, Maine, Massachusetts, Rhode Island, Tennessee, Washington, and the latest being Florida. I'm flattered and humbled to be part of such an accomplished group of professionals.

What attracted you to work at Spectrum?

It was fidelity to the mission. I read Spectrum's mission statement on its website and the word "quality" was in the first sentence. That impressed me...and Spectrum has an outstanding reputation nationally. I've seen it to be true in the short time I've been here. To me it's a pretty simple equation, providing high quality services translate into opportunities to do new and bigger things. Spurring growth, at the end of the day, has to be about quality and fidelity to mission.

What sets Spectrum apart from other providers?

The thing that struck me early on was Spectrum's commitment to its employees, employee engagement and staff development. The research has demonstrated for years what we all know to be true—that staff that are engaged and supported will drive the success of an operation.

What are your priorities for this year?

I've completed a business development plan for the Corrections Division. Continuing to grow is primary. Creating increased visibility for us as the premier correctional treatment company in the country will assist that. In many cases the recessionary economy has spurred criminal justice reforms that are more cognizant of evidence-based approaches. These reforms play on our strengths and core values as a company—the return on investment for what we do in terms of reducing recidivism goes without saying.

What trends do you think will impact Spectrum now and in the future?

We're seeing the customer become more discriminatory—they know what they want and they've done their homework. But having said that, there is nothing in the literature written about evidence-based principles of offender rehabilitation that Spectrum has now been doing for over two decades. The challenge to our field is to create more recovery-oriented integrated systems of care that truly work in concert and are supportive of the course and progress of criminal and addictive behavior.

Spectrum Hires IT Director



Jason Montville
Director of Information Technology

Spectrum recently hired Jason Montville as its new Director of Information Technology. Jason has 15 years of experience building and managing IT departments for companies of varying shapes and sizes, the last four of which were spent at AKUITY Technologie helping to manage IT resources for Spectrum.

In this role, Mr. Montville manages the company's technology providers and oversees new IT endeavors such as video conferencing, technical implementation of an electronic health records system, paperless storage, hardware and software needs, data security, and much more. His goal is to bridge the gap between technology and every day operations.



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Did You Know ...

Prescription drug abuse is the fastest growing drug problem in the U.S., with the number of individuals using prescription medications for non-medical use exceeding first-time marijuana users, and the number of persons aged 12 and older who abused prescription medications exceeded the number of current users of cocaine, heroin, hallucinogens and methamphetamine combined.

– Office of National Drug Control Policy

Founded in 1969, Spectrum Health Systems, Inc. is a nonprofit substance abuse and mental health treatment provider caring for over 45,000 individuals annually. Spectrum currently operates 115+ programs in MA, RI, ME, TN, GA, IA and WA—many accredited by the Commission on Accreditation of Rehabilitation Facilities. Spectrum's staff consists of over 1,000 clinicians, physicians, nurses, counselors, youth workers, case managers and other professionals. Across the Spectrum is a publication of Spectrum Health Systems, Inc.

— **Andrew Strecker**, Editor

Spectrum Earns CARF Re-Accreditation in Massachusetts

Spectrum Health Systems' community-based mental health and substance abuse treatment programs in Massachusetts recently earned three-year accreditations from CARF International—an independent, accrediting body of health and human service providers founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities.

Achieving accreditation requires demonstrated conformance to proven standards for business and service delivery practices, a commitment to continuous quality improvement, and ongoing performance monitoring. Spectrum's accreditations were awarded following in-depth, three-day surveys at Spectrum programs in Worcester, Westborough, Framingham, Weymouth, Milford and Southbridge.

"This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of practical excellence," said CARF International President and CEO Brian Boon in a letter announcing the accreditations.

"Our programs continually perform well during CARF accreditation surveys with minimal preparation," said Spectrum Director of Quality of Improvement Dennis Theriault. "These results demonstrate that our services are 'CARF ready' at any given time and that we have truly incorporated these high standards into our everyday operations."

For more information about the accreditation process, visit the CARF website at www.carf.org.



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