

Annual Meeting Highlights Safer Communities

"We have a responsibility to make this community safer. We have to make sure that people getting out of jail are less likely to re-offend than when they got in there," said Worcester County Sheriff Lewis Evangelidis to an audience consisting of nearly 100 community leaders, elected officials, and others at Spectrum Health Systems' Annual Meeting in October 2011.

Serving as keynote speaker, Sheriff Evangelidis indicated that 85 to 90 percent of people entering jails are alcohol or drug addicted. "We are natural partners," Sheriff Evangelidis said of the relationship between his office and Spectrum.

The audience included Worcester District Attorney Joseph Early Jr., State Representative James O'Day and former Worcester County Sheriff Guy Glodis.

The evening featured two guest speakers—participants of Spectrum's residential treatment program in Westborough, Massachusetts.

Timothy M. graduated from the program after eight months of treatment and recently celebrated his one-year anniversary of sobriety. "Everyone in this room has played a part in changing my life," said Timothy, who came to Spectrum's program from the Middlesex Jail.

"Heroin brought me to my knees. It took the life out of me," said Stephanie M., a current resident at Spectrum's program. "I came to Spectrum from jail when I was 24, and I never pictured myself being there. Now the people at Spectrum made me realize what potential I have."

At the meeting, Mark Bilotta, CEO of the Colleges of Worcester Consortium, was re-elected chairperson of the Spectrum Board of Trustees. David Grenier, president and managing member of Cutler Capital Management, was elected vice chairperson. Spectrum Board of Trustees Secretary Rev. Susan Suchocki-Brown, Assistant Secretary David Felner, a partner at the law firm Bowditch & Dewey, President & CEO Charles Faris, and Treasurer Janet Langlois of Spectrum were all re-elected to one-year terms. Trustees Brian Garrity, an attorney with the law firm Ruberto, Israel & Weiner, and Brenda Jenkins, community relations director of the YMCA of Greater Worcester, were re-elected to three-year terms.

Three new Trustees were also appointed at the meeting. They are Kimberly Harmon, president & CEO of Auburn VNA Health Network; Garth Johnson, vice president, Senior Living & Healthcare Divisions at Cutler Associates; and Susan Scully-Hill, chairperson of the Department of Human Services and Rehabilitation Studies at Assumption College.



(L-R) Iowa State Director **Monique Clark**, VP of Clinical and Women's Services **Susan Moitozo**, Tennessee State Director **Bill Warr**, and Washington State Director **Perry Mowery**.



(L-R) Spectrum Program Physicians **Dr. Jeff Baxter** and **Dr. Heidi Shah**, Spectrum Trustee **Dr. John Renner**.



(L-R) COO **Peter Rockholtz**, Sheriff **Lewis Evangelidis**, President & CEO **Charles Faris**, Health Foundation of Central Massachusetts Vice President of Programs **Elaine Cinelli**.



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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

At a time when economic uncertainty and limited resources compel many nonprofit organizations to scale back or maintain the status quo, Spectrum

continues to make advances in bringing state-of-the-art, cutting-edge services to more individuals across the country and in more diverse settings.

A perfect example is the recent completion of our Primary Care/Behavioral Health Integration Project at Spectrum's Professional Building in Worcester, Massachusetts.

This undertaking consisted of constructing a primary care medical office staffed by health care professionals from the Edward M. Kennedy Community Health Center. Massachusetts is currently in the midst of what is being called a primary care physician workforce "crisis," and individuals with addiction issues find it especially difficult to find primary care physicians willing to see them. While this project is innovative and cost effective,

most importantly, it will improve the health of underserved individuals and families in the community.

The project also included the renovation of the first-floor Medication-Assisted Treatment program at this site. These renovations are indicative of Spectrum's commitment to its mission of "providing the highest quality service and ensuring that our actions and behaviors are always client-focused." The reaction of our clients to this new, welcoming and dignified treatment environment has been extremely positive.

The half-million dollar project was funded in part by a capital campaign which included significant donations from local foundations and members of Spectrum's Board of Trustees. The project was further made possible due to Spectrum anticipating a continued tough economy and budget cuts. By being cautious in terms of what we choose to pursue, not assuming excessive risk, and paying down our long-term debt, Spectrum will continue to be able to provide our clients with the highest quality service.

Charles J. Faris, President & CEO

Spectrum Directors Win State and National Awards

Affirming the effectiveness of peer-driven support services for individuals in recovery from substance use disorders, Spectrum staff members serving as the directors of two peer recovery support centers were



(L-R) Spectrum Peer Recovery Support Center Directors **Angela Dalessio** and **Athena Haddon**.

recently recognized by well-respected organizations at both the state and national levels with awards for their contributions.

Athena Haddon, director of Everyday Miracles, a peer recovery support center hosted by Spectrum Health Systems in downtown Worcester, Massachusetts, was on the red carpet in Los Angeles to receive a national award from the Substance Abuse and Mental Health Services Administration (SAMHSA) for her work with individuals with trauma histories and addiction. In August, Haddon was one of five Consumer/Peer Leaders in the country to receive a 2011 SAMHSA Voice Award. The Voice Awards convenes representatives from the entertainment industry and the behavioral health community for an evening of education and awareness about the societal contributions of people living with behavioral health issues.

Angela Dalessio, director of The Recovery Connection, a peer recovery support center hosted by Spectrum in downtown Marlborough, Massachusetts, received the Moe Armstrong Award for Peer Leadership at the Association for Behavioral Healthcare's (ABH) annual Salute

Continued on page 4.

Did You Know...

There has been a 430 percent increase in the rate of treatment admissions for the abuse of prescription pain relievers among those 12 and older in the U.S. from 1999 to 2009.

— Substance Abuse and Mental Health Services Administration

Founded in 1969, Spectrum Health Systems, Inc., is a nonprofit substance abuse and mental health treatment provider caring for over 40,000 individuals annually. Spectrum currently operates 100+ 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

IOWA DOJ GRANT AWARDED

Spectrum was awarded approximately \$300,000 through the Iowa Department of Corrections and the Department of Justice, Bureau of Justice Assistance, to provide a six-month integrated residential treatment program for male offenders with co-occurring substance abuse and mental health disorders at the Iowa Medical and Classification Center (IMCC) in Coralville, Iowa.

The purpose of the program is to provide treatment, both in the prison and community, and other reentry services to 80 high-risk adult male inmates with co-occurring disorders nearing release. Spectrum already provides a full battery of offender substance abuse screenings and assessments at IMCC.



The **Iowa Medical and Classification Center** in Coralville, Iowa.

How Can We Help You?

Contact us at:

General Information: (508) 792-5400

Central Inpatient Admissions: Toll Free 1-800-366-7732

Central Outpatient Admissions: Toll Free 1-800-464-9555 x1161

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IN THIS ISSUE...



CORPORATE News

New Intensive

← *Outpatient Program at Merrick Street Clinic*

Highlights from Spectrum's 2011 Annual Meeting ▶

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HEADLINE News

RENOWNED RESEARCHER JOINS SPECTRUM

Spectrum Health Systems has retained Harry K. Wexler, Ph.D. as Senior Research Advisor.

Dr. Wexler is an internationally recognized scientific expert with a long record of research in correctional substance abuse services and outcomes, among other areas. His work has been instrumental in establishing

the effectiveness and return-on-investment of providing publicly funded drug treatment in jails, prisons and community corrections settings.

He is the author of numerous peer-reviewed articles, chapters, studies and books—and has been a senior advisor to several federal agencies, including the Substance Abuse and Mental Health Services Administration, Department of Justice, National Institute of Corrections and National Institute on Drug Abuse.

CARF ACCREDITATION RENEWED IN GEORGIA

Spectrum's in-prison residential substance abuse treatment (RSAT) programs in Georgia recently earned another three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF) International—an independent, accrediting body of health and human service providers.

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 has maintained its CARF accreditation in Georgia since 1996, achieving six 3-year accreditations in that time.



"Spectrum continues to maintain a reputation for its responsiveness to meeting the service needs of the criminal population with substance-related disorders in Georgia's criminal justice system," wrote the survey team following its in-depth, onsite program review at eight state correctional facilities. "Staff demonstrates tenure and loyalty to the organization, and there is a strong cohesiveness across the numerous sites despite the distances that separate them. The commitment; professionalism; and, in some cases, tenure of the staff members are great indicators of consistency of service delivery."



(L-R) Massachusetts State Director **Earl Warren**, MA Department of Correction Director of Reentry and Program Services **Chris Mitchell**, and President & CEO **Charles Faris**.

EXCELLENCE IN CORRECTIONAL TREATMENT

Spectrum recently hosted its Second Annual Excellence in Correctional Treatment event, celebrating the achievements of Spectrum's successful 17-year partnership with the Massachusetts Department of Correction (MADOC).

Guests included leaders from the MADOC, including Director of Reentry and Program Services Chris Mitchell, and Assistant Deputy Commissioners Peter Pepe, Carol Micci and Duane MacEachern.

"Spectrum is a company that cares deeply about the services provided," Director Mitchell said to the attendees, adding, "You are changing our society one person at a time, and we are better for it."

Personal Story

Michael C.'s path to recovery has not been a smooth one. Michael lived, in his words, a "normal, modern life" just a few years ago until marijuana use, abuse of prescription pills and untreated depression left him homeless and without contact with his two young daughters.



Last year, with no place to call home, Michael found support at Spectrum's Recovery Connection Peer Recovery Support Center during the day—and with no other alternatives found himself living in a homemade teepee in the woods at night. His fireplace for one of the worst winters ever in New England was an old grill he found for free on Craigslist.

"At that point in my life, I was sober, but I knew I couldn't do it alone, and the people at the Recovery Connection let me know I wasn't alone, even if in the early months they thought I might be crazy. I was ready to change and lucky enough to have a place that supported that change," says Michael.

Michael stayed on the path to recovery that winter and says, "The steps were placed beneath my feet, with a beauty of which I'd never seen. I was out in the woods, but I was the happiest I'd ever been—I was clean and sober."

Michael is happy with the path he took, however difficult it may have been, because it led him to where he is today—employed, with housing, and rebuilding his relationship with his daughters. He sustains his recovery by continuing to give and receive support at the Recovery Connection.

Meeting CLIENT NEEDS

NEW INTENSIVE OUTPATIENT TREATMENT PROGRAM

Spectrum has added an Intensive Outpatient Program (IOP) at its Merrick Street Outpatient Clinic in Worcester, Massachusetts. The IOP provides clinically intensive, structured interventions in a community-based setting.



Site of Spectrum's new IOP program at 105 Merrick Street, Worcester, Massachusetts.

Clients follow the program for two weeks or longer based on assessed needs. The program consists of two group and one individual session each day plus weekly individual motivational interviewing sessions and family support groups. The program incorporates evidence-based clinical service elements such as: Core Skills Training, Common Addictive Thinking, Recovery Building Blocks, Healthy Communication Skills, Getting Motivated to Change, Life Skills, Relapse Prevention, Health & Wellness, and Self-Discovery Process Groups.

SPECTRUM WOMEN'S TREATMENT CONFERENCE DRAWS NATIONAL EXPERTS

Spectrum held its 3rd Women's Treatment Conference at the Doubletree Hotel in Westborough, Massachusetts, on May 5-6, 2011. More than 200 government officials, treatment providers, advocates and individuals in recovery from across New England joined national experts in women's treatment for the conference, which addressed "Breaking the Cycle of



An Attendee has a book signed by **Claudia Black**.

Co-occurring Disorders in Women."

The two-day conference featured renowned author and trainer Claudia Black, Ph.D., keynotes by social psychologist Mary Jane Alexander, Ph.D. of the Nathan Kline Institute for Psychiatric Research and New York University and Norma Finkelstein, Ph.D., founder and executive director of the Institute for Health and Recovery in Massachusetts.

Two panel discussions highlighted strategic policy initiatives focused on breaking the cycle of incarceration and developing sustainable community-based programs. In all, 14 workshops highlighted best practices for working with women with co-occurring disorders.

SPECTRUM PRESENTS AT ACA CONFERENCE

Spectrum Vice President of Clinical and Women's Services Sue Moitozo, State Director for Massachusetts Correctional Services Earl Warren and Associate Director of Programming for Massachusetts Correctional Services Jaime O'Neill presented at the 141st American Correctional Association annual conference in Kissimmee, Florida. Their presentation on gender-responsive and trauma-informed care was attended by a cross section of corrections administrators, managers and line staff from across the country.

WASHINGTON STATE STAFF RECOGNIZED

Spectrum's Therapeutic Community and Ozette Unit staff at the Olympic Corrections Center (OCC) have received the OCC Local Employee Recognition for the period of July 1–December 31, 2011. The nomination for this award states in part, "Together they have created an environment of offender accountability, treatment and responsibility." Spectrum Washington State Director Perry Mowery said, "This award is consistent with feedback that I have gotten from OCC Superintendent John Aldana and Correctional Program Manager Tracy Hixon, as well as the Spectrum staff's commitment and passion for the important work they do."

GRANT AWARDS

- ◆ The 200 Foundation has awarded a grant of \$5,000 to Spectrum's Women & Children's program for its GED preparation program.
- ◆ The Gardiner Howland Shaw Foundation awarded a grant of \$5,000 to Spectrum's Women & Children's program. The grant will pay for the continuation of a specialized parenting program.
- ◆ The TJX Foundation awarded a grant of \$5,000 to fund GED classes at Spectrum's residential treatment program in Westborough, Massachusetts.
- ◆ The Chickering Foundation awarded Spectrum's Women & Children's program a \$9,000 grant for continued operating expenses.

TENNESSEE TC UNIT DONATION

Forty-eight men at Spectrum's Therapeutic Community (TC) unit in the Northwest Correctional Complex in Tennessee donated \$73.00 to St. Jude Children's Research Hospital. The donation was initiated by an inmate whose daughter was directly affected by the pediatric cancer treatment provided by St. Jude's and wanted to give back. The men in the TC unit worked together to compile the donation with the help of Program Director Danny Cosby and Counselor Steve Hill.

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

10th Annual Spectrum Charity Golf Classic

The 10th Annual Spectrum Charity Golf Classic raised nearly \$40,000 in support of Spectrum's treatment services. This year's tournament, held at the Framingham Country Club, featured a very successful live auction which included two world-class golf trips to Ireland, donated by the Carr Golf Group.

Primary sponsors included event Chairman Kevin Giblin of Brendon Properties, East Coast Benefit Plans, TD Insurance, Inc., Bowditch & Dewey, SECON of New England, Herb Chambers Toyota, United Bank and the Recovery Network of Programs.



NONPROFIT BUSINESS LEADER OF THE YEAR

Spectrum President and CEO Charles Faris has been selected as the 2012 Nonprofit Business Leader of the Year by the Worcester Business Journal.

Mark Bilotta, chair of Spectrum's Board of Trustees and CEO of the Colleges of Worcester Consortium, said, "What impresses me about Chuck is his unflinching commitment to serving Spectrum's clients."

"Through the past few years, I've witnessed him skillfully guiding Spectrum to its national prominence, always with an eye on where the industry will be in three, five, or even 10 years," said Bilotta. "He is an impressive, compassionate leader, and this recognition is well deserved."

Spectrum Directors...

continued from page 1.

to Excellence event. The ABH is the leading advocacy organization for mental health and addiction services in Massachusetts.

"Athena and Angela don't just talk the talk, they walk the walk," says Spectrum Health Systems President & CEO Charles Faris, adding, "They are role models for all of us."

Spectrum's two peer recovery support centers provide a safe and welcoming place within the community where individuals can obtain peer support from others who are also in recovery.