

Across the Spectrum

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

President's Message

It is with great pride that I have seen Spectrum consistently reach new levels of quality and performance over the years. A major reason for this success is because we are an organization committed to employing exceptional staff.

Whether in a community-based residential setting in the suburbs, an ambulatory clinic in an urban setting or a correctional facility in some remote location, Spectrum's staff performs with the utmost professionalism, while keeping each client's best interest at heart. Our program staff are backed by an experienced administrative team providing the infrastructure necessary to ensure service excellence.

The selection of Peter Rockholz as Spectrum's new Chief Operating Officer epitomizes this commitment to employing exceptional staff. Peter enjoys a highly respected reputation, having spent his entire professional career in the addiction treatment field. Please join me in welcoming Peter and read more about him inside this issue, as we look forward to his strategic leadership and operational oversight.

It is also my pleasure to recognize seventeen employees who recently graduated from the Spectrum-sponsored Addiction Counselor Education (ACE) program. By completing this 18-month program, employees are eligible to

become Licensed Alcohol and Drug Counselors (LADC) and/or Certified Alcohol and Drug Abuse Counselors (CADAC), certifications they will need to reach new

levels of professionalism in our field, while ensuring that our clients receive the highest quality services possible.

Also in this issue, read about Director of Outpatient Services Kristin Nolan being chosen as one of the Worcester Business Journal's "40 Under Forty" honorees. Kristin's employment with Spectrum spans more than ten years and exemplifies the career growth and development we strive to offer.

These are just a few examples of the staff we employ to provide the best addiction and mental health treatment possible to our clients, and I can assure you that every Spectrum clinician, physician, nurse, counselor, youth worker, case manager and other professional shares a similar commitment to the clients we serve.



Charles J. Faris, President & CEO



Charles J. Faris
President & CEO,
Spectrum Health Systems

IN THIS ISSUE...

CORPORATE News

Spectrum Welcomes

► New COO, Peter Rockholz

Spectrum Employees
Complete Addiction Counselor
Education Program ►

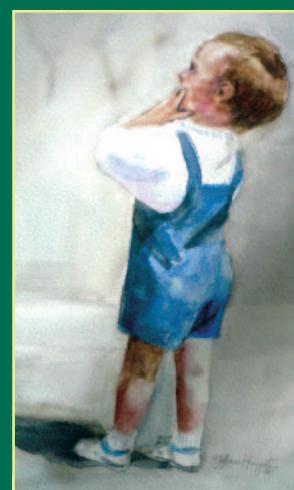


Spectrum Partners With The Art Connection

Spectrum's Women's Center in Westborough, Massachusetts, was recently selected as a recipient agency by The Art Connection, a nonprofit gifting program with a mission of making art accessible to people who would benefit from art in their daily lives, but lack exposure to it.

The Art Connection's art donation and placement program connects artists and collectors who want to donate artwork knowing that it will have an impact on those who often have the least access to art.

Residents of the Women's Center participated in the art selection process; in total, 20 works were selected which now hang in the entry, great room, daycare, hallways, lounges, and other community spaces to promote feelings of self-worth and self-confidence amongst clients, while creating an environment that encourages their full potential.



Thinking, watercolor donated by JoAnne Hungate.

"I am a resident building a home for myself, my peers, and future residents. The art will cause thought, reaction, and stimulation for many years to come, and each piece will tell a different story," said a client who participated in the process.

Costs associated with framing some of the artwork were donated by members of Spectrum's Board of Trustees, and framing was provided at a discount by the Art & Frame Emporium in Westborough. Learn more about The Art Connection at www.TheArtConnection.org.



HEADLINE News

PETER ROCKHOLZ HIRED AS NEW SPECTRUM CHIEF OPERATING OFFICER

After a national search, Spectrum has hired Peter Rockholz as Chief Operating Officer. Mr. Rockholz has spent his entire professional career in the addictions treatment field in both the private and public sectors, most recently as Connecticut's Deputy Commissioner of Mental Health and Addiction Services.

"It is a pleasure to join the strong and highly professional leadership team at Spectrum, where I will certainly appreciate working within a very mature organization that enjoys strong board and community



Spectrum COO,
Peter Rockholz

support, a reputation for excellence, and a wide array of client-centered, recovery-oriented services. I look forward to making a contribution to the continued growth and success of this exemplary organization," said

Mr. Rockholz.

Mr. Rockholz is a career professional with over 35 years of experience in the non-profit behavioral health field. Nationally, Mr. Rockholz is recognized as an expert in adolescent substance abuse treatment, therapeutic communities and institutional culture, authoring numerous publications in these areas.

In addition, Mr. Rockholz previously served as President and CEO of the New York Center For Living, Inc., Senior Associate for the Criminal Justice Institute, Inc., in Connecticut, Senior Consultant for REFORM Group, Inc., in New York State, and Executive Director of Residential Services for the APT Foundation, Inc., in New Haven, Connecticut.

Mr. Rockholz is a Licensed Clinical Social Worker, earned his Master's degree in Social Work from Columbia University and holds a faculty appointment at the Yale School of Medicine. He is also a reviewer for the *American Journal on Addictions* and the *Journal of Behavioral Health Services & Research* and is on the editorial board of the *Offender Programs Report*.

SPECTRUM EMPLOYEES BENEFIT FROM WORKFORCE DEVELOPMENT GRANT

Seventeen Spectrum employees recently celebrated the advancement of their careers as Spectrum held a graduation ceremony to recognize those employees who received certificates for completing a company-sponsored Addiction Counselor Education (ACE) program.

Participants in the ACE program were required to complete six nine-week-long courses, for three hours per week, a 272-hour practicum, as well as considerable take-home work. Spectrum partnered with Westfield State University to provide the onsite ACE program, funded through a grant from the Massachusetts Division of Career Services Workforce Training Fund.

Graduates are now eligible to apply to the Massachusetts Board of Substance Abuse Counselor Certification to take the State Exam and become a Licensed Alcohol and Drug Counselor (LADC) and/or Certified Alcohol and Drug Abuse Counselor (CADAC).

"I feel very fortunate to be employed by a company that encourages, invests in and promotes its employees," said graduate Charles Benton, a direct-service employee at Spectrum's Clinical Stabilization Services program in Weymouth, Massachusetts.



Spectrum ACE program graduates.

SPECTRUM AWARDED \$300,000 GRANT FROM THE U.S. DEPARTMENT OF JUSTICE

Spectrum Health Systems has received a \$300,000 grant award from the Office of Justice Programs at the U.S. Department of Justice to implement a cutting-edge peer mentoring program for prisoners with substance use disorders in Massachusetts.

"Part of treating the disease of addiction is delivering tools to break the downward spiral of addiction and crime," explains Spectrum President & CEO Charles Faris. "We work with the Massachusetts Department of Correction (DOC) to treat offenders with substance use disorders while incarcerated, and now, through this grant, we can offer offenders returning to the community experienced guidance to successfully overcome obstacles that might otherwise result in relapse and reincarceration," he added.

Under the grant, offenders graduating from one of Spectrum's prison-based residential substance abuse treatment programs while at a Massachusetts DOC institution and returning to Worcester County upon release are offered peer mentoring.

Personal Story

At the age of 17, Rhode Island-native **Ed Congdon** joined the Air Force, but before he turned 18, he was kicked out because of alcohol abuse. In the years that followed, Ed became addicted to cocaine which led to several arrests, homelessness and prison time.

Today, Ed holds the responsibility of running three sober houses as the program director and housing coordinator for the Jeremiah 6:16 Spiritual Retreat Centers in Warwick, and is a recovery coach at the Anchor Recovery Community Center in Pawtucket.

"I would've never believed in a million years I would be here," says Ed, now 48 years old, who by his own account has been incarcerated nine times in the past ten years for crimes stemming from his alcohol and substance abuse.

Ed credits the long-term recovery that he has today, in large part, to what he learned at Spectrum's in-prison therapeutic community program at the John J. Moran Medium Security Facility after he was incarcerated for larceny and other offenses.

"Spectrum's program gave me a lot of knowledge and a solid foundation for my recovery," says Ed. "It was a very structured program that helped me put a lot of tools in my arsenal, tools that I still use in my recovery today," he adds.

Now he is working on his bachelor's degree, something he started in prison after meeting with a financial aid advisor at the Spectrum program. He was, in fact, enrolled at the University of Rhode Island when he completed Spectrum's program. Ed is now working toward becoming a Licensed Chemical Dependency Professional, and notes that he is a regularly invited guest on the Governor's Council for Alcoholism and Mental Health.

Besides the success he can point to after two years of sobriety, Ed calls attention to something else he has gained, "I never knew how to be anybody's friend before," he admits. "Recovery gave me that, and today my friends keep me grounded amidst everything I have going on."

Mentors serve as liaisons to help facilitate access to employment, job training, treatment services, life skills training, and other needed services for offenders reentering the community.

Meeting CLIENT NEEDS

Spectrum Wins Contract in Tennessee

Spectrum was recently re-awarded a contract by the Tennessee Department of Correction (TDOC) to operate residential substance abuse treatment programs at four state facilities, serving 370 male and female inmates with histories of addiction.

Spectrum has provided these services for the TDOC since 2006. Programming teaches inmates practical ways to achieve a productive life that is free of drugs and crime.

Outcome data support the efficacy of Spectrum's approach. Nearly 900 inmates were released from 2006 through 2009 after completing one of Spectrum's programs in Tennessee. Of those inmates, 8% returned to prison within six months, 18% within twelve months, and 25% within two years. These results favorably compare to recidivism data reported by the TDOC Policy, Planning and Research Unit in its report, *Tennessee Department of Correction Recidivism Study Felon Releases 2001-2007* released in March 2010. Based on this report, 26% of inmates returned to prison within one year, 39% within two years, and 46% within three years.

"While we're proud of our accomplishments in reducing recidivism in Tennessee, Spectrum continually seeks to improve and enhance the programming we provide based on the work of leading researchers in the field," said Spectrum Executive Vice President of Clinical Services Peter Paolantonio.

Spectrum Health Systems Wins Two Contracts in Maine

Spectrum Health Systems, Inc. was recently awarded two contracts in Maine. Spectrum was selected by the Maine Department of Corrections to operate an assessment and reentry case management program to prepare male and female inmates at the Maine Correctional Center for successful reintegration upon release.

In addition, Spectrum was re-awarded a contract by the Maine Department of Corrections to deliver residential substance abuse treatment and outpatient services to male offenders at three state facilities. Spectrum's programming focuses on recovery, relapse prevention and transition issues with added emphasis on criminal attitudes and behaviors.

A recent study of offenders released since 2006, conducted by the University of Southern Maine, Muskeg School of Public Service found that inmates completing Spectrum's residential substance abuse

treatment program were 50% less likely to return to prison than offenders from the general population.

Georgia Commencement

Spectrum and the Georgia Department of Corrections recently held a special commencement ceremony to mark one year since the first offenders completed the Coastal State Prison Residential Substance Abuse Treatment program.

Fourteen offenders received their completion certificates at the commencement ceremony which featured the Director of the Georgia State Board of Pardons and Paroles, Michael Nail, as guest speaker.

Spectrum Health Systems Presents at 2011 ACA Winter Conference

Spectrum Health Systems participated in the 2011 American Correctional Association's (ACA) Winter Conference in San Antonio, Texas; an event attended by approximately 2,000 correctional professionals.

Spectrum Vice President of Clinical Development Dr. Romas Buivydas was joined by State Director for Massachusetts Correctional Services Earl Warren and Assistant State Director Kyle Daley in presenting "Impact of Treatment on Administrative Segregation Outcomes" to an audience of 70 correctional professionals.

The presenters described Spectrum's High-Risk Offender Program in Massachusetts and the AVATAR program in Rhode Island. Both programs have shown decreases in aggressive and disruptive inmate behavior, and reduced operating costs as inmates are moved to lower security levels.

Spectrum Reentry Experts Attend National Conference

Reentry experts from Spectrum joined officials from the U.S. Department of Justice (DOJ), other federal agencies and other practitioners in Washington, DC, for the Second Chance Act (SCA) national conference.

The conference is designed to share best practices for assisting individuals releasing from adult and juvenile correctional facilities. Spectrum was invited to participate as part of its FY2010 Second Chance Act grant awards.

One of those, "Strengthening Families in Transition," is a \$200,000 grant awarded through the Massachusetts Department of Correction and the DOJ. It provides family case management services, transitional housing and direct child care services to

Spectrum Helps Veterans and Families Heal from Substance Abuse and Trauma

Spectrum sponsored a one-day conference, "After the Return Home: Helping Veterans and Families Heal from Substance Abuse and Trauma."

"After the Return Home" addressed concerns of post-traumatic stress disorder (PTSD) and other serious mental health issues facing soldiers returning from Iraq and Afghanistan, including anxiety, depression, substance abuse and traumatic brain injury, which often affect both military personnel and their families.

A panel discussion was moderated by Spectrum's vice president of clinical development, Romas Buivydas, PhD, LMHC, and included Kevin Lambert of the Department of Veterans' Services, Dr. Gretchen Hegeman, the director of psychological health for the Maine National Guard, Glenn Smith, LICSW, of Veterans, Inc., and U.S. Army Captain Joshua Mantz, an advocate for the Army's Comprehensive Soldier Fitness Program.



Captain Joshua Mantz, Glenn Smith of Veterans Inc., Dr. Gretchen Hegeman of the Maine National Guard and Kevin Lambert of the Department of Veteran's Services participate in a panel discussion.

Resource tables at the conference were provided by the VA Boston Health Care System, Strategic Outreach to Families of All Reservists (SOFAR), Worcester State University, Statewide Advocacy for Veterans' Empowerment (S.A.V.E.) and Wounded Warriors Family Support.

support successful transition from incarceration to the community for women being served at Spectrum's Women's Center in Westborough, Massachusetts.

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



NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 2
WORCESTER, MA

10 Mechanic Street, Suite 302
Worcester, Massachusetts 01608

Return Service Requested

Spectrum's Director of Outpatient Services Chosen as Worcester Business Journal "40 Under Forty" Honoree

Kristin Nolan, Spectrum's director of outpatient services, was recently selected as one of the Worcester Business Journal's "40 Under Forty" honorees. According to the Worcester Business Journal, this annual award is presented to "individuals who, though early in their professional careers, have nonetheless shown every sign that they have what it takes to be leaders within their fields."

Ms. Nolan began her career with Spectrum in 2000 as a substance abuse counselor. In 2005, she was promoted to program director of Spectrum's largest outpatient clinic in Worcester. In 2007, Ms. Nolan became the director of outpatient services and is now responsible for the operations at six outpatient clinics in Massachusetts.

"I consider myself very fortunate to have been afforded the opportunities for professional growth and development that Spectrum has provided me over the years," said Ms. Nolan.



Spectrum Vice President of Human Resources **Stacy Flanagan**, Director of Outpatient Services **Kristin Nolan** and Executive Vice President of Clinical Services **Peter Paolantino**.

Did You Know...

Nationally, substance abuse treatment admissions for primary abuse of prescription pain relievers in 2008 were more than 3 times as likely as those in 1998 to be aged 18 to 24.

— Substance Abuse and Mental Health Services Administration

Founded in 1969, Spectrum Health Systems, Inc. is a nonprofit substance abuse and mental health treatment provider serving more than 20,000 individuals annually. Spectrum currently operates 100+ programs in MA, RI, ME, MD, TN, GA, IA and WA, many of which are accredited by the Commission on Accreditation of Rehabilitation Facilities. Across the Spectrum is a publication of Spectrum Health Systems, Inc.

— Andrew Strecker, Editor

SPECTRUM ANNUAL MEETING HIGHLIGHTS NATIONAL EXPANSION

Spectrum's annual meeting at the Beechwood Hotel in Worcester, Massachusetts, featured guest speaker Worcester District Attorney Joseph Early Jr. and remarks from Governor Deval Patrick.

District Attorney Early praised the collaboration between his office and Spectrum, particularly in regards to domestic violence prevention and Spectrum's Prevention of Abuse and Violence through Education (P.A.V.E.) program—a 40-week psycho-educational program designed for men who batter their partners.

"When we come together and work as a unit, that's when it really works," said District Attorney Early. "I'd much rather prevent a crime, than have to solve one," he added.

Governor Deval Patrick appeared at the meeting via a taped video message. "Congratulations to Spectrum Health Systems on 41 years of service to those suffering from substance abuse and mental health issues, and for all you do to make us a stronger Commonwealth," said Governor Patrick. The meeting highlighted Spectrum's expansion into eight states. With that growth, Spectrum serves more than 20,000 substance abuse and mental health treatment clients per year, employs over 1,000 people and operates 110 programs in those eight states.

Newly elected to the Spectrum Board of Trustees at the meeting was Richard Clayman, an attorney and businessman residing in Revere, Massachusetts. Also at the meeting, Mark Bilotta, CEO of the Colleges of Worcester Consortium, was re-elected as chairperson of the Spectrum Board of Trustees.



Worcester DA **Joseph Early, Jr.**, State Senator **Jennifer Flanagan** and Spectrum President & CEO **Chuck Faris**.

How Can We Help You?

General Information: **(508) 792-5400**

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

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

Visit our website: www.spectrumsys.org

You can also:

Find us on Facebook,
Follow us on Twitter!

