

# 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 Spectrum, we always like to highlight our Women's Center located in Westborough, Massachusetts. It is a state-of-the-art facility housing a dignified, safe and secure environment where women learn

to care for their children and function effectively as parents. It demonstrates Spectrum's strong commitment to breaking the intergenerational cycle of abuse, victimization, repeat trauma experiences and criminal behavior which leads to child neglect and abuse, loss of custody, the disruption of family relationships and continued involvement with law enforcement agencies.

In addition to that commitment, we at Spectrum also understand that addiction does not discriminate. It affects people of all ages, genders, cultures, and socioeconomic backgrounds. This seems to be more true today than ever with the country's prescription drug abuse epidemic. According to a recent study by The Partnership at Drugfree.org, one-in-four teens said they had misused or abused a prescription drug at least once. That's up sharply—a 33 percent increase in the last five years.

More teens are seeking treatment for heroin abuse, too—the figure jumped from

4,414 to more than 21,000 (about an 80 percent increase) between 1999 and 2009. Ninety percent of teen heroin addicts are white, according to the data. Heroin, once considered an "urban" drug has found its way to the suburbs, and young adults from what one would consider a good family are being affected more and more.

Just as Spectrum recognized the need for specific programming for pregnant and parenting women, Spectrum is now responding to the current epidemic of prescription drug and heroin abuse.

This summer Spectrum will open a brand-new Outpatient Treatment Clinic (OTP) in Sanford, Maine, and just recently opened a new OTP in Pittsfield, Massachusetts. Through a holistic approach, Spectrum's medication-assisted treatment program addresses the varied aspects of each client's personal well-being. Treatment planning and support services are designed to help ensure sustained recovery. Our best practices and evidence-based approach offers this new population, and many others with substance abuse issues, an opportunity at recovery. Because at Spectrum, our job is to make sure everyone has the best chance possible at regaining their lives from addiction.

**Charles J. Faris**, President & CEO

## Spectrum Hosts Full-Day Treatment Conference Featuring Dr. Stephanie Covington

Spectrum hosted its Fourth Women's Treatment Conference at the DoubleTree Hotel in Westborough, Massachusetts, on April 12, 2013. Almost 150 government officials, treatment providers, advocates and individuals in recovery from across the region joined national experts in women's treatment for the event, which was made possible in part by sponsorship from the Women's Initiative of the United Way of Central Massachusetts.

Keynote speaker Dr. Stephanie Covington, nationally recognized for



Keynote speaker and presenter **Stephanie Covington** signs books for attendees.

her pioneering work in the area of women's issues, focused on the process of trauma across the female lifespan and the need for gender-responsive and trauma-informed

services. Workshop sessions at the conference included topics such as bullying, sexual violence awareness, eating disorders and the commercial sexual exploitation of girls.

The biennial conference is presented by Spectrum's Women's Services Committee. "The Women's Services



Conference attendees.

## IN THIS ISSUE...

[www.spectrumsys.org](http://www.spectrumsys.org)

### CORPORATE News

◀ Spectrum Opens  
New Ambulatory Clinic  
in Pittsfield, MA.

Spectrum Awarded ▶  
\$75,000 Housing Grant



Committee's vision of ensuring access to and awareness of innovations and promising practices was realized. We believe providers will use the connections and knowledge gathered here to better serve their female clients of all ages," said Spectrum Vice President for Clinical Services Susan Moitozo.

## Spectrum Health Systems Hosts Third Annual Excellence in Treatment Awards

Spectrum recently hosted its Third Annual Excellence in Correctional Treatment Awards to celebrate the achievements of Spectrum's successful 20-year partnership with the Massachusetts Department of Correction (MADOC). The event was held at the Boston Marlborough Courtyard by Marriott Hotel.

Guests included leaders from the MADOC, including Commissioner Luis Spencer and Director of Reentry and Program Services Chris Mitchell.

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

Spectrum Senior Research Advisor Dr. Harry Wexler gave the event's keynote address, focusing on the effectiveness and return on investment of providing publicly funded drug treatment programs in jails, prisons and community corrections settings.

Five Spectrum employees received awards for excellence, including Jamie Goodgion, Rachel Boland, Mary Geisler-Allain, Alyssa Gerrish and Emily Woodward.

"These awards represent a great appreciation of the leadership, innovation, integrity, and commitment to excellence found in Spectrum's Correctional Treatment Division," said Spectrum Massachusetts State Director of Correctional Services Earl Warren.

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.



Spectrum Massachusetts State Director of Correctional Services **Earl Warren** (left) presents Massachusetts Department of Correction Commissioner **Luis Spencer** with a plaque celebrating 20 years of partnership in providing excellence in correction treatment.



Spectrum directors and employees receiving awards.

## Prescription Drug Misuse and Abuse Facts and Prevention Series



**Dr. Romas Buivydas**

Dr. Romas Buivydas, Spectrum's vice president of clinical development, gave a free presentation on prescription drug abuse facts and prevention to the public on Thursday, March 21, 2013, at the Spectrum Professional Building located in Worcester, Massachusetts.

The presentation was the first of an ongoing public awareness and education series that Spectrum is hosting across Massachusetts. The idea for the presentation series came from a winning entry in Spectrum's Pacesetter Award program, a new company-wide employee suggestion incentive program designed to solicit ideas for improving services, saving money, generating revenue, and/or increasing efficiency.

## Personal Story

My name is Rosetta and I have been living in a residential home in Worcester, Massachusetts, for eight months. I am so grateful to God for second chances. I am 48 and the mother of three gorgeous children, and grandmother to three more. Since being here in Worcester, I was introduced to *Everyday*



*Miracles* (Spectrum's peer recovery support center). I go to the Center on a daily basis and I am also a peer leader at the center.

Since I have been coming to *Everyday Miracles*, I have had the opportunity to learn a new way to live. The sisterhood that we experience at Women's Space (a weekly, women's only support group at the center) has helped me tremendously. I cannot express how happy, joyous and free I have become by sitting with a group of women, being able to talk about my childhood, being battered, being a woman who has abandonment issues, and most of all...self-esteem issues.

Today, I can honestly say I have grown in more ways than one. I have learned how important it is to have women in my life, and I remember a time in my life when it was always about the men. As I continue to attend these groups I sometimes find out that pain can be a motivator. I have learned that: 1.) I never have to give up on me ever again, and 2.) I am just as beautiful on the inside as I am on the outside. Just recently, I had a chance to give a part of myself to all the women in my group by performing a spiritual praise dance. This was my way of giving back to all my sisters the gift of who I am and how I have changed, and I am so glad I did!

# Meeting CLIENT NEEDS

## IOWA EMPLOYEE NOMINATED TO CHAIR ADVISORY BOARD

According to Iowa State Director of Correction Services Monique Clark, Spectrum employee Gillian Fox has been nominated to chair the Johnson County Mental Health and Disabilities Targeted Case Management Advisory Board. Ms. Gillian volunteers as a member of the Johnson County Mental Health/Disability Services Planning Council and also as secretary for the University of Iowa Graduate Programs in Rehabilitation and Mental Health Advisory Board.

## TENNESSEE DIRECTOR RECEIVES AWARD

Spectrum Tennessee State Director of Correctional Services Ryan McMahon recently received a Community Service



Award from H.U.G.G.S, Inc., an organization assisting ex-offenders in becoming productive citizens within the community.

The Community Service Award recognizes work on an ex-offender re-entry services and job fair event held last year. Mr. McMahon received the award as part of the Second Annual Harold M. Love, Jr. Humanitarian Awards Celebration.

## IOWA CORRECTION PROGRAM GRADUATION

The Iowa Co-occurring Adult Recovery Solution (CARS) program held its first graduation ceremony earlier this year. CARS is a federally funded re-entry initiative for state incarcerated male offenders with co-occurring substance abuse and mental health concerns returning to Black Hawk County upon release. The program provides a continuum of pre- and post-release "bridge services" for 20 hard-to-reach individuals. Spectrum provides

in-prison residential treatment and coordinated reentry services in collaboration with Black Hawk Grundy Mental Health Center.

## EMPLOYEE APPRECIATION IN GEORGIA

Spectrum's Correctional Services in Georgia recently held its annual employee appreciation event. A special keynote address, "Integrated TC Treatment for Offenders with Co-Occurring Substance Abuse and Psychiatric Histories" was given by Spectrum Senior Research Advisor Dr. Harry Wexler. In addition to Spectrum employees, representatives from the Georgia Department of Corrections and the Georgia State Board of Pardons and Paroles were in attendance.

## TRANSITIONAL RECOVERY ACADEMY RELOCATING IN MAINE

Spectrum's Transitional Recovery Academy (TRA) program located at the Hallowell Pre-Release Center in Central Maine has successfully relocated to the Bolduc Correctional Facility (BCF) in Mid-Coast Maine. According to Maine State Director Tom Kelly, "We are excited about this venture and the opportunities that the new location will provide in assisting the TRA to continue to be a successful transition program for our clients as they move back into the community."

## SPECTRUM HEALTH SYSTEMS OPENS NEW CLINIC IN PITTSFIELD, MASSACHUSETTS

Spectrum recently opened a new outpatient clinic located at 42 Summer Street in Pittsfield, Massachusetts. The new location provides medication-assisted treatment and counseling.

"We are pleased to offer our



New Outpatient Clinic located at 42 Summer Street, Pittsfield, Massachusetts.

services to address the growing need for treatment in Pittsfield and its surrounding communities," said Kristin Nolan, Spectrum's director of outpatient services. "Local residents will no longer have to travel round trip as far away as Springfield and Holyoke on a daily basis to get treatment. That travel time is certainly a hindrance to an individual trying to integrate back into being a productive member of the community."

Spectrum's outpatient counseling program serves adults with chronic substance abuse and/or mental health issues, targeting the risk factors commonly associated with addiction and mental illness. Counselors begin by engaging the individual in order to build trust, acceptance and mutual respect. Treatment is used to build the skills needed for recovery. Relapse prevention training, comprehensive after-care planning and linkages to community resources help facilitate sustained recovery following discharge.

Through its holistic approach, Spectrum's medication-assisted treatment program addresses the varied aspects of each client's personal well-being. Methadone is available

## GOLF TOURNAMENT

The 11th Annual Spectrum Charity Golf Classic raised over \$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 a world-class golf trip to Ireland donated by the Carr Golf Group.

Primary sponsors included event Chairman Kevin Giblin of Brendon Properties, East Coast Benefit Plans, the 15-40 Connection sponsored by Coghlin Companies, Bowditch & Dewey, United Bank, and the Bernardi Auto Group.

Spectrum's 2013 Golf Classic will be held Monday, October 7th. For more information, please call Spectrum Development Associate Andrew Strecker at (508) 792-5400 x7113.

for longer-term maintenance. Active treatment planning and support services are designed to help ensure sustained recovery. The core of Spectrum's treatment approach is a cognitive-behavioral group therapy curriculum that fully supports client involvement in community self-help recovery groups.

*"Local residents will no longer have to travel round trip as far away as Springfield and Holyoke on a daily basis to get treatment. That travel time is certainly a hindrance to an individual trying to integrate back into being a productive member of the community."  
~ Kristen Nolan*

Spectrum's Behavioral Health Division offers a full array of CARF-accredited substance abuse and mental health treatment services. The Westborough Treatment Campus, based in Massachusetts, serves as the flagship of Spectrum Health Systems. It is the largest substance abuse treatment facility in New England, providing inpatient detoxification, transitional support services and residential rehabilitation. Spectrum also provides a comprehensive array of ambulatory services to clients at various stages of recovery at clinics located across the state.

Spectrum's full range of services offers individuals with mental health and substance abuse disorders the opportunity to transition to less intensive treatment modalities as their recovery progresses. In total, Spectrum's Behavioral Health Division serves nearly 3,000 individuals each day.



## Spectrum Nears Opening of Opiate Treatment Program in Sanford, Maine

Spectrum Health Systems will soon be completing construction of its new Opiate Treatment Program (OTP) in Sanford, Maine, and is on-schedule to begin serving clients this summer. The Maine location, at 61 Eagle Drive, is Spectrum's first OTP location outside of Massachusetts. Most recently, Spectrum opened an OTP in Pittsfield, Massachusetts, in the Fall of 2012.

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

## Spectrum Health Systems Elects David Grenier to Board Chair

At Spectrum Health Systems' 2012 annual meeting, David Grenier, president of Cutler Capital Management, was elected as Spectrum's Board chair, and Verilyn "Mike" Mitchell, vice president for real estate planning and development at the MassDevelopment Finance Agency, was elected vice chair.

Mr. Grenier succeeds Mark Bilotta, CEO of the Colleges of Worcester Consortium. Mr. Bilotta stepped down after serving on the Board for more than five years. Mr. Bilotta was recognized for his steady, collaborative service and the countless contributions made during his term.

Hilary Jacobs, Massachusetts Department of Public Health, director of the Massachusetts Bureau of Substance Abuse



**Mark Bilotta** is recognized for five years of service as Spectrum board chair.

work in the past year integrating primary and behavioral health care services, focusing on improving employment options for those in recovery, and expanding into underserved regions of the Commonwealth.

Spectrum President and CEO Charles Faris spoke on the expansion and growth that the company has seen in the past year, including a new outpatient clinic in Pittsfield, Massachusetts, expansion into Florida to provide programs in correctional facilities, new correctional treatment contracts in Georgia, and the construction on a new outpatient clinic in Sanford, Maine.



(L-R) Former Board Chair **Mark Bilotta**, Board Vice Chair **Verilyn "Mike" Mitchell**, former Board Member **Cathy Chrost** and new Board Chair **David Grenier**.

Services, was the featured speaker.

"Spectrum is well positioned in this new health care environment," said Director Jacobs, recognizing Spectrum's

## Spectrum Mourns Passing of Long-Time Board Member Richard Clayman



Long-time Spectrum board member Richard "Richie" Clayman passed away on May 1, 2013. Early in his career, Mr. Clayman worked as a lawyer for the Suffolk District Attorney's Office, and later started his own practice, Clayman and Dodge in Chelsea, Massachusetts.

Mr. Clayman also served as a member of the Chelsea School Committee and two terms on the Board of Alderman, including one as president. He became a member of Spectrum's Board of Trustees in 1993.

"He was a brilliant attorney and a great friend—especially to those who needed someone to look out after and believe in them," said Spectrum President & CEO Charles Faris on Mr. Clayman's passing.

## Spectrum Awarded \$75,000 MassHousing Grant for Drug-Free Housing Renovations

Spectrum Health Systems has been awarded a \$75,000 grant from the Massachusetts Housing Finance Agency (MassHousing). The grant will fund renovations for apartment units in Worcester at a property recently acquired by Spectrum specifically to provide affordable drug-free housing for individuals in recovery living in the community.

"This housing provides a safe, stable and dignified environment for people in recovery from addiction," said Spectrum President and CEO Charles Faris. "In addition, the location is easily accessible to public transportation, employment centers and treatment facilities, including Spectrum's peer recovery support center and outpatient clinics—all of which are important elements to sustained long-term recovery."



"There is a great need for affordable drug-free housing throughout the Commonwealth, and this grant will help men and women in Worcester who are overcoming addiction and working to reclaim their lives as productive members of society," said MassHousing Executive Director Thomas R. Gleason.

The MassHousing grant will come from the Center for Community Recovery Innovations, Inc., a nonprofit subsidiary corporation of MassHousing that creates and preserves affordable housing in Massachusetts for recovering substance abusers.



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## Did You Know...

**Teens whose parents talk to them regularly about the dangers of drugs are 42 percent less likely to use drugs than those whose parent's don't. However, only a quarter of teens report having these conversations.**

– National Institute on Drug Abuse

*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 125+ programs in MA, RI, ME, TN, GA, IA, FL 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

## Wexler Blogs

Further establishing Spectrum Health Systems as a leading authority in the field of addictions, Dr. Harry K. Wexler has begun blogging on Spectrum's website, [www.SpectrumHealthSystems.org](http://www.SpectrumHealthSystems.org). As Spectrum's senior research advisor, Dr. Wexler's first blogs have discussed criminal justice reform and innovative rehabilitation efforts especially related to "what works" in prison and community-based substance abuse treatment. It's a page you will definitely want to bookmark.

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.



**Dr. Harry Wexler,**  
Senior Research  
Advisor

## 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**

Visit our website: [www.spectrumsys.org](http://www.spectrumsys.org)

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