

# Across the Spectrum

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

## President's Message

The conventional view is that economic recessions lead to an increase in alcohol and substance abuse. Our current economic cycle certainly tests that belief.



**Charles J. Faris**  
CEO, Spectrum Health Systems

Interestingly, a Harvard Medical School study found little evidence to support a correlation between the two. In reality, the relationship between the economy, drug and alcohol use and their harmful effects is so complex, that there is likely no one definitive answer.

What is known is that substance and alcohol abuse will continue to be an issue no matter what new highs or lows the financial markets might reach. Addictions don't get laid off. Studies

*"As our economy does recover, Spectrum continues supporting those who want to recover from substance abuse issues."*

and data can point to particular trends, but behind all of the numbers is an ever-present population of individuals, our clients, who need and seek help in beating addictions and succeeding in recovery.

Much like the recovery of our financial system, an individual's recovery from alcohol and drug addiction is fragile. Treatment cannot succeed without facing up to problems that exist. Recovery depends upon taking what has been learned and earnestly applying it to everyday life.

As our economy does recover, Spectrum continues supporting those who want to recover from substance abuse issues. The continuum of services we offer to people at all stages of recovery allows individuals who come to us every day, every week of every year to face their addiction, engage in treatment and recover their lives.

Economies continue to remain cyclical, but Spectrum's dedication to the people we help is consistently strong. For more than forty years, Spectrum has been on the forefront of substance abuse and mental health treatment, helping thousands of individuals overcome addiction to lead satisfying and productive lives. And we plan on remaining there as long as the need exists.

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

## Spectrum Wins Statewide Contract in Washington State

Spectrum Health Systems was recently awarded a contract to assist the Washington State Department of Corrections (DOC) in providing a statewide continuum of chemical dependency treatment services for offenders under DOC supervision.

"This new contract is exciting for many reasons," said Charles Faris, Spectrum president and CEO. "Mostly, it impacts more lives than any other of our operations across the country. In 1969, we began as one of the first therapeutic community (TC) treatment providers in the country. We now cooperatively operate the largest in-prison TC program in the country – 2,035 beds at the Airway Heights Corrections Center – and are the largest single employer of chemical dependency professionals in the State of Washington."

Programs are provided throughout the state, including 19 prisons/jails, 13 work release facilities, and more than 20 community-based offices. Services include therapeutic community treatment, intensive outpatient treatment and general outpatient treatment, serving more than 3,000 offenders at any given time.

*"We now cooperatively operate the largest in-prison TC program in the country – 2,035 beds at the Airway Heights Corrections Center – and are the largest single employer of chemical dependency professionals in the State of Washington."*

### IN THIS ISSUE...

#### HEADLINE News

◀ *New Board of Trustees Officers and Members*

*New Women & Children's Center Opening Early 2010* ▶



# HEADLINE News

## CARF ACCREDITATIONS RENEWED IN THREE STATES

Spectrum has earned three-year accreditation renewals from the Commission on Accreditation of Rehabilitation Facilities (CARF) for its inpatient and outpatient treatment programs in Massachusetts, in-prison treatment programs in Georgia and residential treatment program in Sykesville, Maryland. CARF accreditation is bestowed to providers who meet state-of-the-art national standards of performance. "The organization has a well-defined set of values, including compassion, service excellence, integrity, optimal care, creativity, positive workplace and fiscal responsibility that are reiterated throughout all levels of programming," wrote one survey team following its in-depth, onsite program review.

## NEW BOARD OF TRUSTEES OFFICERS AND MEMBERS

Spectrum's Board of Trustees recently announced its newly elected chairman, **Mark P. Bilotta**, and vice chairperson, **Verilyn (Mike) Mitchell**. Mr. Bilotta is CEO of the Colleges of Worcester

Consortium, Inc. and is chairman of the board for the United Way of Central Massachusetts and vice chairman for the Massachusetts Health and Educational Facilities Authority. Ms. Mitchell is the vice president for real estate planning and development at the MassDevelopment Finance Agency in Devens. Two new board members were also elected: **Cathy Chrost**, a realtor member of the Massachusetts Association of Realtors and National Association of Realtors and **David Grenier**, president of Cutler Capital Management, LLC, in Worcester.



(L-R) **Mark Bilotta**, chair of the Spectrum Board of Trustees, **Verilyn (Mike) Mitchell**, vice chair, and new members **Cathy Chrost** and **David Grenier**.

## WOMEN & CHILDREN'S CENTER OPENING

The construction of Spectrum's new Women & Children's Center on the 16-acre treatment campus in Westborough, Massachusetts, is in its final phases, and the Center will open in early 2010. The Center is designed to serve pregnant and post-partum women experiencing problems with alcohol and other drugs. Children up to the age of



Construction nears completion at Spectrum's new Women & Children's Center in Westborough, Massachusetts.

five may live with their mothers at the facility. The program is based on the principle that women have the ability, given appropriate resources, to make positive changes in their lives. By remaining with their children, women develop healthy bonding and learn essential parenting skills, while receiving the treatment they need, enabling them to care for their children and lead healthier, more productive lives. The new facility essentially doubles the capacity of the current program, giving more women the opportunity to turn their lives around with proper treatment and compassionate care, and more children the chance to grow up in an environment that encourages their full potential.

# Personal Story

Alisa grew up in Central Massachusetts and at the age of 16 started smoking pot and drinking with friends. She became pregnant, gave up the marijuana and alcohol, and gave birth to a son. She



graduated from high school and became a student at a community college in Worcester.

In her early 20s Alisa dropped out of college, began hanging out with a younger crowd of people and started using cocaine. One night a friend went out to purchase cocaine and came back with a brownish powder she had never seen before. She snorted it anyway – her friend never telling her exactly what it was. For three months Alisa continued with the substance until one day someone told her, "I can't believe someone like you would do heroin."

Alisa tried to stop and became ill. Her friend told her if she did more she would feel better. She followed that advice and began a 13-year descent into heroin addiction. Alisa says all of the things she thought would never happen to her did – going to jail, becoming homeless and almost losing her infant daughter to adoption. "I was so involved in heroin, I didn't care about anybody else," says Alisa. "And the guilt kept me out there a long time."

Alisa tried several treatment programs, but always ended up leaving them and falling back to her addiction. While at a desperate low point – her daughter taken by the Department of Social Services and multiple warrants out for her arrest – a counselor at one of Spectrum's outpatient treatment centers convinced her to enter a Spectrum residential rehabilitation treatment program. She became engaged in the treatment process and learned the skills she now uses every day to maintain a sober lifestyle and continue her recovery.

Today Alisa has full legal custody of her two-year-old daughter and has cleared up all of her court cases. She has a good relationship with her 19-year-old son and her parents, and she is returning to college. "Some of the friends I started with died, some are in prison and some, I just don't know," Alisa says. "But I'm grateful for the opportunity to be here and make amends to the people I hurt."

# AWARDS & Achievements

## Managers Win Behavioral Healthcare Awards

Spectrum Health Systems COO **Laura Ames** and Director of Corporate Compliance **Michael Stuart** were each honored with an award at the Association for Behavioral Healthcare's (ABH) Annual Provider Celebration. The event recognizes the accomplishments of individuals who have made outstanding contributions to community-based behavioral health over the past year.

"Having two Spectrum employees recognized by the ABH for management and leadership skills shows how dedicated this organization is from the top level down to improving the lives of individuals impacted by addiction and mental illness," said Spectrum President and CEO Charles Faris. Ms. Ames received the Provider Recognition Award for Administration and Finance for her personal commitment to quality and innovation in the management of program finances and operations. Mr. Stuart received the Innovative Practice Award for his involvement in the Massachusetts Standardized Documentation Project Leadership Team.

## Spectrum Earns National Community Service Award

Spectrum Health Systems was awarded the 2009 Association of Paroling Authorities International (APAI) Community Service Award at the APAI 25th Annual Training Conference held in Newport, Rhode Island. Lynne Corry, probation and parole supervisor for the Rhode Island Department of Corrections, presented the award to **Susan Moitozo**, Spectrum's associate vice president of clinical and women's services. The award recognizes Spectrum's significant contribution to furthering

the rehabilitative efforts of parole. Ms. Corry cited Spectrum's extensive efforts at the Rhode Island Department of Corrections to connect inmates to community resources as the basis for the nomination.



**Susan Moitozo** (left), Spectrum's associate vice president of clinical and women's services, accepts the 2009 Association of Paroling Authorities International (APAI) Community Service Award on behalf of Spectrum Health Systems from **Lynne Corry**, probation and parole supervisor for the Rhode Island Department of Corrections.

## Spectrum CEO designated "Health Care Hero"

The Worcester Business Journal awarded **Charles Faris**, president and CEO of Spectrum Health Systems, the honor of "Health Care Hero" for Corporate Achievement in Health Care. "As Spectrum celebrates 40 years as a nonprofit, this award prompts all of us at Spectrum to reflect on the importance of our work," said Mr. Faris. "I am very proud that Spectrum is being recognized. Spectrum's growth and effective treatment services would not be possible without our dedicated staff."

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

## Spectrum's 2009 Golf Classic Raises \$30,000



(L-R) **Dan Bortolussi**, Herb Chambers Toyota of Auburn, Boston Bruins legend **Johnny Bucyk**, and **John Piccolo**, Piccolo's restaurant.

Over 140 golfers teed off at Framingham Country Club to benefit Spectrum Health Systems' fundraising efforts on Tuesday, October 6, 2009. The charity tournament raised \$30,000 to help Spectrum's important substance abuse treatment programs.

**Kevin Giblin** of **Brendon Properties**, Southborough, MA, chaired the 8th annual event. **Mike Nikitas**, **NECN** news anchor, was the event's special guest. Primary sponsors were **East Coast Benefit Plans**, **Sullivan & Worcester LLP**, **Bowditch & Dewey Attorneys**, **Commonwealth National Bank**, **Blue Cross Blue Shield of Massachusetts** and **Worcester County Sheriff Guy Glodis**. **Herb Chambers Toyota of Auburn** sponsored the hole-in-one package, featuring a new 2009 Toyota Venza and Toyota Camry.

In its eighth year, the Spectrum Golf Classic featured a BBQ lunch, 18 holes of golf on a spectacular private course and a recognition dinner. Festivities included awards to the best scoring teams, longest-drive and closest-to-the-pin contest winners and distribution of raffle prizes donated by area businesses - featuring a **BOSE** Sound Dock as the grand prize. Valued auction items included donations from the **Boston Red Sox**, the **New England Patriots Charitable Foundation**, the **Boston Celtics**, **The International**, **Mount Pleasant Country Club**, **Kevin Giblin** and **William Depietri**.

To obtain information about the 2010 tournament please call 508-792-5400 x7113.

# GRANT Awards

❖ The **Massachusetts Housing Finance Agency** recently awarded a grant of \$75,000 to Spectrum Health Systems to help create 14 new units of affordable sober housing for men and women in Worcester, Massachusetts.

❖ The **Massachusetts Workforce Training Fund** has awarded Spectrum Health Systems with a workforce training grant in the amount of \$46,850 to provide addiction counselor education. The grant provides for an 18-month-long program that gives 20 Spectrum staff the opportunity to acquire credentials as a Licensed Alcohol Drug Counselor (LADC) or a Certified Alcohol and Drug Abuse Counselor (CADAC). Spectrum is working with Westfield State College to provide the educational program.



Clinicians (L-R front), **Jeanette Ortiz** and **Tyler Washington** in the classroom with instructor **Dr. Romas Buivydas**, Spectrum's director of clinical development.

❖ **The TJX Companies, Inc.** has awarded a grant of \$5,000 to support GED programming at the Residential Program in Westborough, Massachusetts. Spectrum partners with the Worcester Adult Learning Center to provide the instructor, curriculum and testing.

❖ **The Greater Worcester Community Foundation** has funded a grant of \$10,481 to Spectrum's Lincoln Street Outpatient Clinic. The funds will provide the continuation of child care support services at the clinic for parents who are at risk of not attending individual and group substance abuse treatment sessions due to lack of child care.

❖ **The Gardiner Howland Shaw Foundation** awarded a grant of \$5,000 to fund a specialized parenting program at the Women and Children's Center in Westborough, Massachusetts. Spectrum has contracted with Children's Friend to provide the classes.

❖ **The 200 Foundation** awarded Spectrum's Residential Program in Westborough, Massachusetts, with a grant of \$4,000 to continue its funding of GED preparation classes.

❖ **The TD Charitable Foundation** has awarded Spectrum's R.E.A.C.H. (Recovery through Education, Adventure, Commitment and Health) Program in Grafton, Massachusetts, \$13,090 through a grant that will allow expansion of its Project



Adventure ropes course by providing staff training, additional safety equipment and educational materials. The R.E.A.C.H. program's main goal is to prepare at-risk youth for successful transitions back into the community by providing the opportunity for recovery through positive change in behavior, self-esteem and self-worth.

Project Adventure training at the Grafton R.E.A.C.H youth program.

## NEW CLINIC OPENS IN SOUTHBRIDGE, MASSACHUSETTS

Spectrum Health Systems recently opened a new outpatient clinic located at 176 Main Street, Southbridge, Massachusetts, offering comprehensive treatment services to opiate-dependent individuals.

### The goals of the program include:

- helping clients understand and identify the negative effects of illicit drug use
- influencing the clients' motivation to change
- engaging clients in the treatment process
- teaching clients pro-social cognitive/behavioral skills
- developing an individualized continuing recovery plan

For more information, please contact the intake department at 1-800-464-9555 extension 1161.

## SPECTRUM IS ON twitter™

If you already have a Twitter account make sure you follow us for Spectrum updates and information. If you don't have an account, you can find us at [www.twitter.com/SHSInc](http://www.twitter.com/SHSInc).



Click on "Join today" to set up an account and then click "Follow" on our page. Make sure you tell your family, friends and coworkers so they can also get updates and information about Spectrum.

## MORE Highlights!



(L-R), Tennessee State Director of Spectrum Health Systems **Bill Warr**, Director of Substance Abuse Treatment and Rehabilitation Services for Tennessee Department of Corrections **Ken Osborne** and Spectrum Director of Correctional Compliance **Bernie Sigh**.

### SPECTRUM EXHIBITS AT CORRECTIONS CONFERENCE

Spectrum Health Systems was in Nashville, Tennessee, for the American Correctional Association's 2009 "Congress of Correction" conference. The theme of the national conference was "Effective Re-entry is Good Public Safety." Spectrum was represented by Director of Correctional Compliance **Bernie Sigh** and Tennessee State Director **William Warr**.

### WOMEN'S TREATMENT CONFERENCE

Spectrum recently hosted a very successful women's treatment conference entitled, "The Evolution of Addiction, Treatment and Recovery for Women." Held at the Doubletree Hotel in Westborough, Massachusetts, the all-day conference featured a number of interactive workshops and keynote speakers **Barbara Gordon**, a national lecturer and author, and **Dr. Heidi Shah**, Spectrum Health Systems' medical director.

### SPECTRUM'S EVIDENCE-BASED TREATMENT IMPROVES RECIDIVISM IN GEORGIA

A recent study conducted by the Georgia Governor's Office of Planning and Budget reported that Spectrum's residential substance abuse treatment (RSAT) programs have demonstrated positive results in lowering the recidivism rate of participants.

In FY 2005, 19% of RSAT participants returned to prison within three years of release compared to 28% for non-participants. With 9% fewer program graduates returning to prison, the state's investment in Spectrum's treatment programs provides taxpayers more than \$2 million in net savings each year, and more importantly, benefits countless lives and society as a whole.

For sixteen years, Spectrum has provided RSAT to inmates throughout the State of Georgia in partnership with the Department of Corrections and the Georgia State Board of Pardons and Paroles. Spectrum currently serves nearly 1,800 inmates in eight prisons across the state on a daily basis.

## Donate Now!

Help Spectrum improve the lives of individuals impacted by addiction and/or mental illness. Donations may be made securely online at [www.spectrumhealthsystems.org](http://www.spectrumhealthsystems.org), or mail your contribution to: **Spectrum Health Systems, Inc., 10 Mechanic Street, Suite 302, Worcester, Massachusetts 01608.**

*Spectrum Health Systems, Inc. is a 501(c)(3) private nonprofit charitable organization. Contributions are tax-exempt to the fullest extent of the law.*

## MAKING A DIFFERENCE:

## Andy's Stocking

More than 50 residents living at Spectrum Health Systems' Residential Rehabilitation Program in Westborough, Massachusetts, were present to meet and thank a North Carolina family with local ties that provided nearly \$5,000 in unsolicited monetary donations to the program this past holiday season.

Rosemary and Brian Monahan of Raleigh, North Carolina, lost their 29-year-old son Andy to a substance abuse addiction in 2008. The Monahans traveled with their son Michael to Massachusetts this Christmas to visit not only family and friends that live there, but also the people who would benefit from the generosity spurred by Andy's memory.

Earlier in the holiday season, the Monahan family sent a letter to family and friends titled "Andy's Stocking." It recalled the family's tradition of filling a stocking for each child with small yet meaningful gifts, and suggested that a gift of \$29 might be appropriate, as that was Andy Monahan's age at his last Christmas. The response was wonderful, and "Andy's Stocking" has collected \$4,997 to date.

"The tragedy of our son Andy's death spawned this outpouring of giving and is a tribute to his warm and generous spirit as a friend to the friendless," said Mr. Monahan.

"Our clients greatly appreciate the generosity of all those who gave," said Spectrum Residential Rehabilitation Program Director Peg Pierce. "But what they found most meaningful was that such a large group of people showed this kindness, and that Mr. and Mrs. Monahan and their son Michael came in person to visit them," she added.



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## Did You Know ...

**Between 2002 and 2007,  
3,265 Massachusetts  
men and women died of  
opiate-related overdoses.**

– Massachusetts OxyContin  
and Heroin Commission

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*Founded in 1969, Spectrum Health Systems, Inc. is a nonprofit substance abuse and mental health treatment provider caring for over 20,000 individuals annually. Spectrum currently operates 90+ programs in MA, RI, ME, MD, 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.*

## MARLBOROUGH RECOVERY CENTER OPEN HOUSE

Spectrum Health Systems' Recovery Connection Open House marked the official opening of Spectrum's relocated peer recovery support center in Marlborough, Massachusetts. The new location at 31 Main Street offers more meeting space and better access to a network of peer-to-peer recovery support services. Spectrum's Recovery Connection is one of five peer recovery support centers in Massachusetts funded by the Massachusetts Bureau of Substance Abuse Services (BSAS).

Local leaders in substance abuse treatment including **James Hiatt**, program coordinator for the Massachusetts BSAS, and **Maryanne Frangules**, executive director of the Massachusetts Organization for Addiction Recovery, attended, along with staff, volunteers and family members. Spectrum's Worcester, Massachusetts, peer recovery support center, Everyday Miracles, has also moved to a new space. The new storefront location is at 25 Pleasant Street in Worcester.



(L-R) **James Hiatt**, Massachusetts Bureau of Substance Abuse Services, **Maryanne Frangules**, executive director of the Massachusetts Organization for Addiction Recovery, and **Charles Faris**, president and CEO of Spectrum Health Systems.

## 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 at: [www.spectrumhealthsystems.org](http://www.spectrumhealthsystems.org)