

A scenic landscape featuring a stone-lined stream or dry creek bed in the foreground. The stream is composed of numerous smooth, light-colored river stones. Large, flat, greyish-brown rocks are placed along the edges of the stream. The surrounding area is lush with greenery, including tall trees in the background and various shrubs and plants in the mid-ground. The lighting suggests a late afternoon or early morning setting, with warm sunlight filtering through the trees. The sky is a pale, clear blue.

**Rebuilding Lives. Changing Futures.**



2021 IN REVIEW

# PRESIDENT'S MESSAGE



Throughout the ongoing challenges of the past year, Spectrum's growth and commitment to our mission never faltered. The Spectrum Way guided us to continue our leadership in the industry and progress as an institution. We are excited to highlight our 2021 accomplishments within this issue.

Even during a period of global uncertainty, Spectrum Health Systems stands financially stable. Our 2021 performance is a testament to the steadfast quality of care we provide each client. There is an undeniable connection between our community impact, our client satisfaction, and our strong fiscal position.

Since its founding, Spectrum has spearheaded innovative initiatives that advanced addiction treatment programs and increased access to care. In that same spirit, we recently launched FDA-authorized digital therapeutics to enhance recovery journeys in partnership with Tufts Health Plan and Pear Therapeutics, Inc. We're also in the process of opening our second Rapid Access Treatment Program in Framingham, Mass., offering on-demand medication to those in need of immediate help.

Earlier this year, we deepened our collaboration with the Massachusetts Department of Youth Services, securing two contracts that will enable us to meet the needs of at-risk youths, providing treatment and recovery services as well as essential program staffing. Seeing an urgent need in our community, we donated \$180,000 to nineteen local food banks in April.

Our compassionate staff and their distinct approach to treatment continue to set Spectrum apart. In 2021, we welcomed several new leaders who will enhance our programs even further, including Sharif Nankoe, M.D., Medical Director of our new statewide program serving inmates with opioid use disorders. In a well-deserved recognition of her vision, the Association for Behavioral Healthcare awarded this year's Outstanding Leadership Award to Tracy Desruisseaux, Director of Spectrum's Medication for Opioid Use Disorder Program for the Massachusetts Department of Correction.

Spectrum's evidence-based care has been building better lives for over 50 years. We owe every bit of our success and longevity to our staff, clients and generous donors.

Thank you to everyone who joined us in the fight against addiction in 2021. Through your valued support, Spectrum has helped thousands of individuals overcome addiction. We're just getting started.

A handwritten signature in white ink on a dark blue background. The signature is cursive and reads "Kurt A. Isaacson".

**Kurt A. Isaacson**  
President & CEO  
Spectrum Health Systems

## FROM TRAUMA TO RECOVERY: JACLYN'S STORY

Jaclyn was in high school when her addiction began. Her friends were not positive influences in her life, so when she lost her young brother to illness and best friend to addiction, her occasional use of OxyContin intensified. She began relying on drugs in order to function and mask the grief she was feeling. A few years passed and Jaclyn's addiction took control of her life, so she and her husband began selling drugs out of their home to support it. Then, one day, her house was raided.

After that experience, Jaclyn became scared about where her life may be leading, and she decided to seek recovery. "In April 2014, I was in a grocery store parking lot, sitting in my car, and an overwhelming sense of despair came over me. In that moment, I was sick and tired of feeling sick and tired."

Jaclyn called Spectrum and decided to take control of her life. She connected with staff and began her road to recovery, enrolling in our Medication for Addiction Recovery Program which reduces cravings while allowing clients to focus on lifestyle changes and managing their recovery.

Trauma, like Jaclyn's grief, and substance use disorders often go hand in hand. According to research conducted by the Substance Abuse and Mental Health Services Administration, there is a greater possibility of an individual developing a substance use disorder if they have undergone a traumatic event.

*"I have to credit Spectrum  
for playing a huge part in my recovery.  
You have to work the program,  
attach to clinicians, and open up."*

It's been seven years since Jaclyn sought recovery with Spectrum, and she remains sober today. Her three children are her biggest motivators. She has also taken on a dual role as Peer Recovery Specialist and Parent Educator at 18 Degrees in Western Massachusetts. While serving in these positions, Jaclyn says: "I found my calling. Although this line of work can be triggering, it is more so empowering. I do wish I had done things differently in my past, but I'm so grateful it led me to where I am now."

# ADDICTION TREATMENT GOES DIGITAL

One thing the pandemic has taught us is that telehealth can dramatically extend the reach of addiction programs and help sustain the progress of people in recovery. Building on this important work, Spectrum Health Systems partnered with Tufts Health Plan and Pear Therapeutics, Inc. to pilot an FDA-authorized digital therapeutics program.

## Expanding Access

We know from our years of experience that one of the biggest barriers to addiction treatment is access to care. During the pandemic, Spectrum tackled the challenge to keep our facilities open to clients while transitioning whatever programs we could to virtual options. We were somewhat surprised to find that, in many ways, these digital options opened doors and provided easier access for new and current clients. While remote options are not ideal for every person and can never fully replace in-person treatment, having it as an option has been an incredible boon for the healthcare industry.



Center of Innovation

## Tufts, Pear and Spectrum

Digital therapeutics, which falls under the umbrella of digital health or telehealth, refers to evidence-based treatments or therapies that are delivered by high-quality technology or software. From our experience as addiction treatment providers, we saw an urgent need to find more ways of delivering treatment to clients with substance use disorders, many of whom were struggling because of additional pressures stemming from the pandemic.

Collaborating with Tufts and Pear Therapeutics to expand our offerings was a natural step for us. As a Tufts' Center of Innovation, Tufts and Spectrum are dedicated to the study of substance use disorders and the efficacy of different forms of treatment. Specializing in digital therapeutics, Pear is known for pushing the boundaries of technology in medicine with their products. All of us are committed to an evidence-based approach to addiction treatment that is accessible to anybody who needs it.



## SPECTRUM CONTINUES SERVING AT-RISK YOUTHS IN MASSACHUSETTS

Spectrum was recently re-awarded two contracts by the Massachusetts Department of Youth Services (DYS). Under the first contract, Spectrum will continue to provide residential treatment services through its *Bright Futures* program in Methuen, Mass. This twelve-bed program serves adolescent males with substance use disorders referred by DHS from across the state. Programming teaches participants the skills and behaviors needed to achieve recovery and lead a law-abiding lifestyle.

In the second contract, Spectrum will provide staffing for DHS-operated programs in the Metro Region. This includes on-site monitoring, staff supervision, scheduling, training and performance evaluation.

"I am very proud of our staff and the work that we do," said Mark Brown, Spectrum's Executive Director of Adolescent and Peer Recovery Services. "We are true partners with DHS, and it shows in



the longevity and success of our working relationship." Mr. Brown has worked in collaboration with the Department for more than 20 years to ensure quality service delivery throughout Spectrum's DHS-funded programs and will continue to provide executive level oversight of the newly contracted services.

Over the past thirty-two years, Spectrum has provided a range of programming for the Department, including day reporting programs, assessment services, shelter care, residential treatment, and secure detention.

## MEET JESSE CHAISON, NEW CO-HOST OF AIRING ADDICTION



*"I've gone from homelessness to homeownership. I did a masonry job to the foundation on my house. I needed some extra brick to replace the old ones and I had some bricks left from the old Spectrum residential building that was torn down last year. I replaced the bricks in my house's foundation with the bricks from the building that helped save and build my life back. Spectrum is a part of my foundation both literally and figuratively now."*

Our popular podcast series, Airing Addiction, recently welcomed a new co-host – Jesse Chaison, Family Engagement Specialist at Spectrum's New England Recovery Center. Jesse knows how hard the journey to recovery can be for so many and is looking forward to bringing his experience and knowledge to all listeners.

### Jesse's Story

Jesse started his career with Spectrum about four years ago. He is no stranger to the toll that addiction can have on individuals and their families. "My journey to recovery led me to Spectrum over a decade ago," said Jesse. "As a client at the old Spectrum Residential Program, I spent many months living on campus, and it was an experience that rocked my world. I owe my life today to my time in treatment, so I decided to come back to work here."

Jesse now works with clients and their loved ones to communicate, educate, and inform them about addiction and recovery.

### Airing Addiction

As the new co-host of the Airing Addiction podcast, Jesse is very excited to undertake yet another empowering role. "I have always been a proponent of getting a message of hope and freedom out

to those who need to hear it. I'm currently pursuing my master's in clinical counseling, and this is another lens that I am excited to bring to our discussions."

Jesse will be co-hosting alongside Lisa Blanchard, Spectrum's Vice President of Clinical Services. He explains, "Lisa is an excellent source of knowledge within the field of addiction and recovery. I think the blend of her knowledge and my lived experience will provide compelling vantage points to help those listening."



[NewEnglandRecoveryCenter.org/airing-addiction](https://NewEnglandRecoveryCenter.org/airing-addiction)

## SPECTRUM APPOINTS NEW MEDICAL DIRECTOR



In January 2021, Sharif Nankoe, M.D. joined Spectrum as Medical Director of the Medication for Opioid Use Disorder Treatment Program for the Massachusetts Department of Correction.

Dr. Nankoe has extensive experience with evidence-based addiction treatment in corrections, having

previously served as Medical Director for opioid use disorder treatment programs for the Vermont Department of Corrections.

He also brings skills as a consultant and educator from his time as an Assistant Professor at the University of Vermont College of Medicine.

"This is an exciting opportunity and a crucial new program for the state," Nankoe said. "Offenders often face so many unnecessary barriers to treatment, both in and out of prison. This new initiative not only dramatically expands access to treatment within state prisons but will also help offenders continue to receive the care they need once they're released, at a time when they're at highest risk of relapse. I'm so pleased to be a part of programming that will have a significant impact in reducing relapse and recidivism for offenders diagnosed with opioid use disorders."

## SPECTRUM DONATES \$180,000 TO LOCAL FOOD BANKS



*Spectrum Health Systems team members –Program Directors Emily Hescoock and Marybeth Adams, and Senior Vice President Kristin Nolan – presenting Phil and Donna Kittredge, co-presidents of the Westborough Food Pantry with a donation of \$10,000*

Coinciding with the communities where Spectrum's treatment centers are located, Spectrum was pleased to donate \$180,000 to nineteen local food banks throughout the Commonwealth earlier this year.

"Being a great neighbor is a big part of the Spectrum Way," said Kurt Isaacson, President and CEO of Spectrum Health Systems. "We're grateful that each community where Spectrum resides has welcomed and supported us in our mission. After a tough year, we're happy to help out our area food banks as they continue to feed local families and guide them through this challenging time."

Each of the following food banks received donations ranging between \$5,000 and \$10,000.

- Berkshire Food Project, North Adams
- Berkshire Dream Center, Pittsfield
- Christian Center, Pittsfield
- People's Pantry, Great Barrington
- Catholic Charities, Southbridge
- Ginny's Helping Hands Inc., Leominster
- Our Father's Table, Fitchburg
- Worcester County Food Bank, Worcester
- St. John's Food for the Poor Program, Worcester
- The Mustard Seed Catholic Worker, Worcester
- The Daily Bread Food Pantry, Milford
- St. Vincent de Paul & St. Brigid Conference Food Pantry, Millbury
- Community Action Inc., Haverhill
- Salvation Army, Haverhill
- Saugus United Parish Food Pantry, Saugus
- Daniel's Table, Framingham
- Braintree Community Food Pantry, Weymouth
- MHSA Development, Waltham
- Westborough Food Pantry, Westborough

## LONGTIME SPECTRUM EMPLOYEE RECEIVES STATEWIDE RECOGNITION



Spectrum is pleased to announce that the Association for Behavioral Healthcare (ABH) awarded this year's *Outstanding Leadership Award* to Tracy Desruisseaux, Director of Spectrum's Medication for Opioid Use Disorder (MOUD) Program for the Massachusetts Department of Correction.

The honor was given to Desruisseaux at ABH's 2021 Virtual Salute to Excellence event for her work in the planning, implementation, and ongoing integration of best practices. This award recognizes

individuals who have made outstanding contributions to behavioral healthcare in Massachusetts.

Ms. Desruisseaux has been with Spectrum Health Systems since 2000. She began her career in the Corrections Division serving as a Regional Director, then transitioned to Outpatient Services where she steadily climbed the ranks to where she is today. In her most recent role, Desruisseaux was instrumental in growing the company's network of outpatient centers and expanding access to treatment throughout the Commonwealth. She has led the MOUD program for inmates within the MADOC system since the program's inception in 2020.

## Know or care for someone living with a substance use disorder?

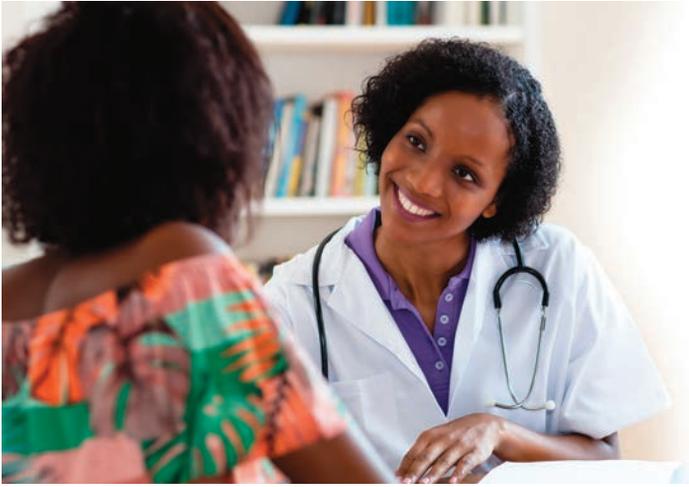
Join us each week on Wednesday evenings at 6pm ET for our virtual support group series in collaboration with Magnolia Recovery Resources.

Participation is free-of-charge. Each weekly session includes:

- a 15-20-minute educational component focused on addiction
- 60 minutes of sharing, open discussion, and support
- 10-15 minutes of a guided self-care activity

Please email [magnolia@spectrumhealthsystems.org](mailto:magnolia@spectrumhealthsystems.org) for the Zoom link to join the online meetings.

# SPECTRUM NOW OFFERS RAPID ACCESS TREATMENT IN FRAMINGHAM, MASS.



Spectrum was recently awarded a new contract with the Massachusetts Department of Public Health to provide "rapid access treatment" at its outpatient treatment center located at 68 Franklin Street in Framingham, Mass.

The new program offers medication for addiction recovery on demand for individuals seeking treatment for opioid use and/or stimulant use disorders utilizing a "Hub and Spoke" model of care. Spectrum's outpatient treatment center serves as the intake hub, providing immediate access to buprenorphine and naltrexone treatment, along with mental health and recovery support navigator services. Once stabilized, clients are transitioned to another provider ("spokes"), including any of Spectrum's outpatient treatment centers, for ongoing services closer to home.

"Spectrum is committed to implementing rapid access, low-barrier treatment programs such as this, believing it is the most effective way to engage patients in treatment without delays when they are ready, willing and able to do so," explained Chief Medical Officer Jeffrey Baxter, M.D. "This program will also provide critical 'bridging' treatment services to ensure that patients who start treatment in other places—such as emergency rooms, hospitals, and correctional programs—can continue life-saving treatment without interruption."



Shop [Smile.Amazon.com](https://www.amazon.com) and choose **Spectrum Health Systems, Inc.** to help enhance and expand Spectrum's services for people in need.

## CONTACT US

Admissions  
**1-877-MyRehab**

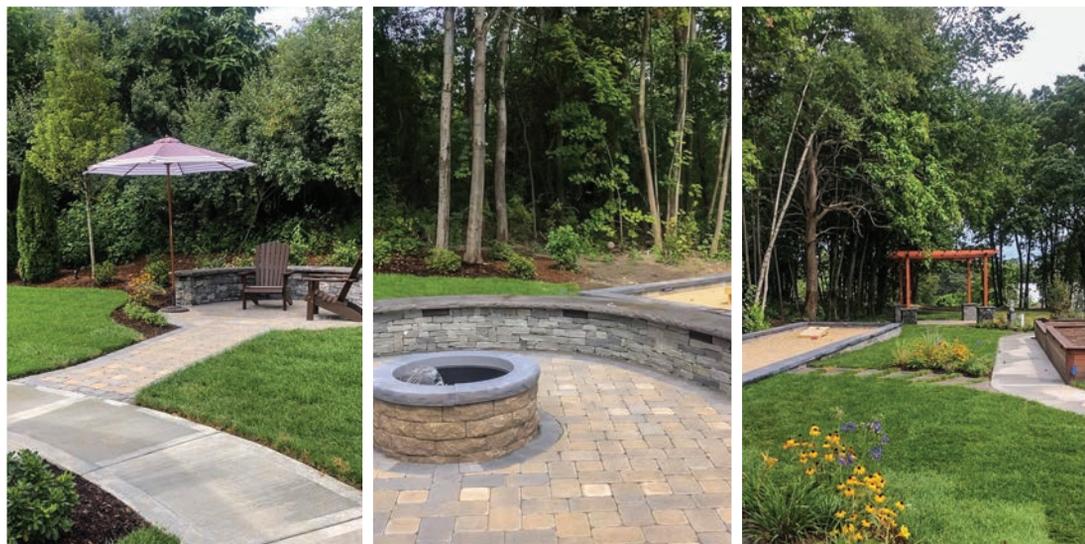
General Information  
508-792-5400

Visit Our Website  
[SpectrumHealthSystems.org](https://SpectrumHealthSystems.org)

## CONNECT WITH US



This summer, Spectrum's New England Recovery Center created inviting new outdoor spaces for our clients to enjoy.



*Founded in 1969, Spectrum Health Systems, Inc. is a private, non-profit substance use and mental health treatment provider serving more than 80,000 individuals each year. Spectrum's comprehensive continuum of addiction treatment includes inpatient detoxification, residential treatment, outpatient services, medication for addiction recovery and peer recovery support.*