



Recovery is possible.
Together we're reclaiming lives everyday.



 **Spectrum**
HEALTH SYSTEMS

2022 IN REVIEW

PRESIDENT'S MESSAGE



2022 was an interesting year in healthcare. With much of the world finding its footing in the 'new normal,' providers were hard at work continuing to keep clients and patients safe while deciding which pandemic-era policies and practices were here to stay, and which could be discontinued. This is no easy feat, and the entire staff across the Spectrum Health Systems' continuum of care went above and beyond to meet the challenge. It is

The Spectrum Way, and to say that I am proud is an understatement.

The role that our staff plays, day in and day out, in delivering quality services and continuing to grow our organization, is commendable. That has never been more apparent, with 2022 seeing many high-profile promotions and appointments across the company.

Amy George returned to Spectrum in January to serve as our Executive Director of Community Relations. In March, not one, not two, but eight senior leaders were promoted to higher level positions to represent the breadth of their responsibilities, including Kristin Nolan, Christopher Petrozzi, Stacy Flanagan, Lisa Blanchard, Cindy Buraczynski, David Nefussy, Earl Warren, and Theresa Amico. A few months later, we were thrilled to announce three more advancements: Jonathan Miller to Chief Information Officer, Mark Orris to Executive Director of Inpatient Services, and Rachel Sasseville to Director of Training. In addition, we were joined by Christina Cronin, Athena Haddon, and Alicia Hashey, three impressive individuals with unique and extensive backgrounds critical to maintaining and expanding our services.

Helping to address addiction for individuals in the correctional system is an important part of our mission, and we were able to expand and extend those efforts twice in 2022. We renewed our contract with the Department of Corrections (DOC) in our home state of Massachusetts where we've provided in-prison treatment

for nearly thirty years. Spectrum's contract with Virginia DOC was also re-awarded, expanding our services to eight facilities including two therapeutic community programs, four community corrections alternative programs, one work center program, and one work release program.

The good news does not stop there. The foundation has been laid for several exciting announcements soon to come. We are working hard as we gear up for the opening of a new peer recovery center in Lynn, Massachusetts – a critical service that will benefit the local community and build upon our peer recovery support services in Lawrence, Marlborough, and Worcester. We will also continue to make waves as an innovator on the forefront of accessible treatment options when our mobile addiction treatment van officially hits the road.

At Spectrum, we strongly believe that recovery is for all: every person, every family, every community. To ensure it is accessible for all, we must do everything in our power to increase access to treatment for those who need it. The expansions of our services already in place and those planned for the year ahead are making great strides towards this goal.

Those consistent innovations and improvements would not be possible without you, either. As a supporter of Spectrum Health Systems and the New England Recovery Center, we value your partnership and your contributions. If you would like to support our mission for 2023, please consider donating online at www.spectrumhealthsystems.org/support-us/ or by sending a check to Spectrum Health Systems, Inc., 10 Mechanic Street, Suite 302, Worcester, MA 01608



Kurt A. Isaacson
President & CEO
Spectrum Health Systems

MAGNOLIA FAST[®] VIRTUAL MEETING SERIES

If you are a loved one, a support, or a caregiver of someone with a substance use disorder, you do not have to struggle alone.

In collaboration with Magnolia Recovery Resources, Spectrum Health Systems offers free, virtual family support groups every Wednesday night, from 6:00 to 7:30 pm.

Our collaboration with Magnolia Recovery Resources offers families, caregivers, and friends a chance to gain knowledge, make connections and find inspiration to navigate this challenging journey.

Meetings cover a variety of topics such as healthy boundaries, self-care, family support networks, overdose prevention, dealing with stigma, holiday safety, and more. The meetings also highlight the importance of connecting with others in similar situations.

Anyone interested in joining the virtual meetings should email magnolia@spectrumhealthsystems.org.

EVERYDAY MIRACLES, OFFERING PEER RECOVERY SUPPORT



This year's National Recovery Month theme was *Recovery is for Everyone: Every Person, Every Family, Every Community*. Recovery for all requires meeting individuals where they are, without judgement, and providing a variety of resources and outlets for support. Addiction is a life-long disease, which means that for most people, successful long-term recovery relies on sustained engagement in treatment and the recovery community.

That's where peer support, which has been steadily gaining in popularity, comes in. It has been an important part of our service continuum for many years. In 2008, we opened the doors to our first peer recovery center, Everyday Miracles, to provide a safe and welcoming space for individuals in all stages of recovery to connect with others who are in the same shoes.

The center, located in Worcester, Mass., provides ongoing support through a wide variety of programming and events, in addition to access to critical resources, such as computers for housing and employment related research, a library, kitchen, dining area, even a TV and game room.

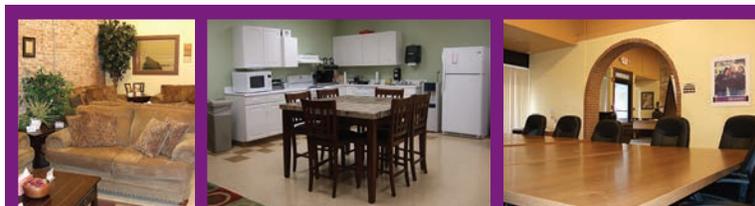
Each day, Everyday Miracles offers multiple group meetings – including 'All Recovery,' designed for anybody at any stage of their journey, men's spaces, women's spaces and even things like book club – as well as opportunities for one-to-one fellowship, camaraderie, and support. We also run regular workshops on topics like anger management, parenting, and issues specific to men and women.

Engaging with the local community is core to our values, and our members can often be found around Worcester cleaning up

parks, neighborhoods and helping others. Friendship and fun are also core pillars, and regular bonding experiences are planned for all members such as holiday happenings, trips to Six Flags or Hampton Beach, recovery walks and parades.

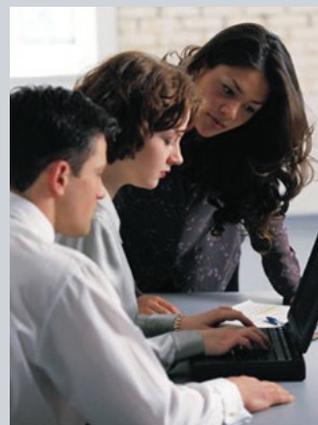
Led by Michael Earielo, a former Everyday Miracles member turned Spectrum employee, the center is run by members who are compensated for their time via stipends. These members, who interview and are selected as they would for any other job, run groups, manage the front desk and more. All members participate in keeping the center clean and caring for the center's fish tank and gecko.

"The value of peer support is the sharing of lived experiences," explains Earielo. "Everyday Miracles staff and members can relate where traditional clinicians can't, immediately establishing trust. It really fills that gap and rounds out a full continuum of care. We go beyond what traditional recovery services provide – helping folks secure jobs with mock interviewing, outfit support and even free haircuts. We get people back on their feet and support them so that they stay there."



The center is open to all and accepting of all treatment paths. If you or a loved one could benefit from Everyday Miracles, get in touch today at 1-508-799-6221. In addition to Worcester, Spectrum hosts peer recovery centers in Marlborough (1-508-485-0298) and Lawrence (1-978-655-3674) and will soon be opening a new center in Lynn.

LOCAL COLLEGE PARTNERSHIPS BENEFIT SPECTRUM STAFF



Spectrum provides its employees with a variety of options for growing their careers as well as achieving a satisfying work/life balance.

In addition to offering tuition reimbursement for any accredited and approved degree programs, Spectrum employees are eligible to receive extra assistance by enrolling in courses through our local partners. This popular program, offering discounts of 10 to 25% on tuition for select courses along with preferred application status, is currently available to Spectrum employees at Regis College in Weston, Fisher College in Boston and Anna Maria College in Paxton, Massachusetts.

By offering fulfilling careers and encouraging life-long learning, we continue to set ourselves apart as a top destination for employee growth and satisfaction.

For more information about working at Spectrum Health Systems, visit the careers page on our website.



CLIENTS AT NERC BENEFIT FROM ANIMAL THERAPY

Clients at Spectrum's New England Recovery Center benefit from regular visits from Tufts Paws for People – a non-profit organization associated with the Cummings School of Veterinary Medicine at Tufts University. The program began in 1998, and has grown to include more than 100 volunteers and their animals who visit local schools, nursing homes and other facilities.

According to Paws for People, spending time with a therapy animal can lessen depression and anxiety, decrease feelings of isolation, lift spirits, encourage communication, and provide a sense of community.

Staff members say the program has had a positive effect on clients, who seem happier and more engaged in social interactions, both during and after their visits.

MEET AMY GEORGE, EXECUTIVE DIRECTOR OF COMMUNITY RELATIONS



Amy George previously worked at Spectrum Health Systems for several years and returned in 2022 as our new Executive Director of Community Relations. Amy now oversees the admissions department and business development team at the New England Recovery Center (NERC).

Learn more about her role and what brought her back to Spectrum.

What brought you back to Spectrum/NERC?

To me, Spectrum feels like "home." I know this is a place where everyone is working so hard every day to help others on their journey. The timing for my return aligns with my goals and professional development. I've been working on my master's

degree in clinical psychology and know this is the perfect agency for me. It is so nice to come back to a place with so many familiar faces. I believe it says a lot about Spectrum as a whole. This is an agency where so many employees take pride in their work and stay on for many years.

What do you like most about your role?

I love being able to build real relationships with our partners in the community. These relationships are so critical to the people that we support and allows them to have access to quality aftercare options. I am committed to assisting families, communities, and service providers in their quest to build support networks in connection to quality care.

What do you think differentiates us from other recovery centers?

Spectrum is no doubt the best in the business. They have been doing this since 1969 and have the experience and the know-how to treat clients the way that they need to be treated, with dignity and respect.

What do you like most about working at NERC?

I like that it feels like family. Working in the addiction field is very serious hard work, but at the end of the day, you can work together and make connections with your coworkers who feel like family – people that you can rely on, and that make you smile.

What is one quote/saying you live by?

If there's anything that I've learned working in this field is that there is hope and people do recover. I have seen it first-hand. It's an amazing thing – don't give up hope!

A JOURNEY TO ACCEPTANCE

Theia came out as a member of the LGBTQ+ community on Christmas Day 2020. The lifelong struggle to accept and reveal her true gender identity went hand-in-hand with a dependency on drugs and alcohol that resulted in her first stint in rehab by the age of 16. Having battled substance addiction for over two decades, including being in and out of treatment programs around the country, Theia finally discovered our residential treatment program and undertook a life changing step on her recovery journey.

Spectrum's comprehensive program offers support not only for Theia's longstanding battle with substance use, but also treatment for the co-occurring mental health conditions which exacerbated them.

"Growing up, I never felt comfortable in my own skin," Theia says. "I always knew there was something different about me, and it gave me an inferiority complex."

Struggling with Identity and Substances

Theia had her first taste of alcohol at age 8, and by 12 was drinking enough to get drunk regularly. "It felt good," she remembers. "It let me forget how I felt about myself." At age 13, she discovered marijuana; at 15, she added Vicodin to the mix, followed the next year by cocaine—and her first attempt at inpatient rehab over Christmas break as a high school sophomore.

"I was able to go home and see my family, but not stay for the holiday," she recalls. "I stayed clean for about a month, then relapsed."

She was expelled from multiple schools for drug possession, and by age 18 had become addicted to heroin. What followed was a veritable lost decade—moving from state to state, stints of homelessness, even eight-and-a-half months in jail. All the while, with her identity in turmoil, her addictions raged, eventually growing to include crack and pills. There were multiple attempts at rehab, all derailed, she says, by "my own noncompliance. I just didn't want to improve badly enough."

That finally changed after Theia hit what she acknowledges as "rock bottom" in 2019. She had achieved short-term sobriety and found herself in a satisfying relationship—but still felt broken inside, which ultimately led her to begin using again. As a result, her partner left her, leading to another serious tailspin.

"I knew I had been hurting people, and doing bad things," Theia says. "But I had never lost a significant other. That was devastating."

Finding a Safe Space for Recovery

Ready to fully commit to recovery, Theia entered Spectrum's residential program in February, which, she notes, came with "no judgement." Finding comfort and acceptance within this supportive atmosphere, she has worked diligently in the program, both on an inpatient basis and even via telehealth for a period of

time when COVID disrupted in-person access.

For me, this program works because it offers such a safe space, and because it addresses both substance use and co-occurring disorders," she says. "I dove right in. I felt like a huge burden was lifted, and I became who I was destined to be. I've learned to find joy, without using substances."

Theia cites January 1, 2022, as her "sober date," and says she is now happy, content, and proud of who she is. "I'm grateful to be here, and be alive," she says. "I used to hate being alive. I've finally learned to love myself. I realize now that staying healthy and balanced is worth it."

In addition to offering an opportunity at a new life for herself, Theia hopes her story will provide inspiration for others in the LGBTQ+ community who may be facing similar struggles.

"You have to be willing to take that first step and open the door," she says. "No matter how hard it gets, just remember to be yourself, no matter what."

If you or a loved one is struggling with alcohol addiction or a substance or co-occurring use disorder, call Spectrum Health Systems today at 1-877-MyRehab.

DR. JEFFREY BAXTER RECEIVES NATIONAL RECOGNITION



Congratulations to our Chief Medical Officer Dr. Jeffrey Baxter, who was recently awarded the Nyswander / Dole Marie Award by the American Association for the Treatment of Opioid Dependence at AATOD's annual conference held in Baltimore. This prestigious award recognizes individuals who have made outstanding contributions to opioid treatment. Staff from Spectrum Health Systems and New England Recovery Center were on hand to support and celebrate Dr. Baxter's well-deserved recognition.

BRIGHT FUTURES PROGRAM DIRECTOR RECOGNIZED BY DYS



Rebecca Caterino, program director of Spectrum's Bright Futures adolescent program in Methuen, Mass. was recently presented with the Commissioner's Award by the Massachusetts Department of Youth Services (DYS).

The award is given to a limited group of individuals each year. Recipients are chosen because of their "exemplary work ethic, commitment to the Department's mission and vision, and demonstrated flexibility and perseverance in challenging times, often at great personal sacrifice."

Rebecca was nominated by a program participant at the Bright Futures program. "Becca has been super supportive since I stepped foot in her program. She comes to work every day with a smile on her face. She's a smart, hardworking woman and she breaks her back for us. She's so inspirational – she brightens up the mood and makes everyone laugh. When I first got here and I didn't feel like talking, she took time to talk to me. She's like a mom to me. If she gets this award, it will be in very good hands."

A banner for the 'Airing Addiction' podcast. On the left, a photo of Lisa Blanchard and Jesse Chaison smiling. The text reads 'Airing ADDICTION with Lisa Blanchard & Jesse Chaison'. Below the photo, it says 'Check out our popular podcast series, Airing Addiction, at NewEnglandRecoveryCenter.org/airing-addiction'. The background is purple with a white grid pattern on the right.

Airing
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CONTACT US

Admissions
1-877-MyRehab

General Information
508-792-5400

Visit Our Website
SpectrumHealthSystems.org

CONNECT WITH US



THANKS TO ALL WHO TURNED OUT FOR OUR ANNUAL PRIDE FEST ON JUNE 29TH!

Thanks to all who turned out for our Annual Pride Fest on June 29th! It was a perfect day for staff, clients, and guests to celebrate diversity and enjoy each other's company. Special thanks to the Worcester Aids Project, Everyday Miracles Peer Recovery Center, LGBT Asylum Task Force, and the Edward M. Kennedy Community Health Center for donating their time, talent, and resources.



Shop Smile.Amazon.com and choose **Spectrum Health Systems, Inc.** to help enhance and expand Spectrum's services for people in need.

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.