



SPECTRUM LAUNCHES MOBILE UNIT, IMPROVING ACCESS TO LIFESAVING TREATMENT

Spectrum Health Systems' pioneering mobile treatment unit has made promising strides since it began service last February. Seven days a week, this specially equipped vehicle delivers addiction treatment medication and other clinical resources to individuals that might not otherwise seek treatment at brick-and-mortar facilities.

Years ago, the concept of using a vehicle to meet addiction treatment needs and dispense medication for opioid use disorder may have seemed out of the ordinary. But today, with opioid overdose deaths continuing to surge, and substances like fentanyl and xylazine becoming increasingly common, providers have sought more innovative measures to facilitate access to lifesaving treatment.

Introducing the Mobile Treatment Unit

Spectrum's retrofitted R.V. is one of only three mobile opioid treatment programs in the state, and the only one that offers all three drugs approved by the FDA for the treatment of opioid use disorder. In addition, Spectrum's clinical team provides Narcan and fentanyl test strips, which can be lifesaving tools in the fight to prevent deadly overdoses. The treatment team is also available to

evaluate common ailments like abscesses and xylazine wounds, as well as help arrange admission to detox or other local treatment services when needed.

Halting the Devastation of Addiction

The impact of these services can be seen in the lives of those receiving care. Many people who have attempted treatment in the past but were unable to maintain their recovery are finding success with the help of the mobile unit and its services. Unhoused individuals who don't have reliable access to transportation are able to receive treatment safely and consistently in locations they regularly frequent.

Striving to Bring Addiction Treatment to the Communities that Need It

As word continues to spread and more individuals get on the road to recovery, we continue to look for ways to expand our services. Currently, our mobile treatment unit makes three daily stops at locations throughout Worcester. By making these essential services more accessible, our goal is to meet people where they are and help them find a healthy path forward.

Spectrum celebrates the long-awaited opening of its fourth peer recovery center, The Recovery Exchange, in downtown Lynn, Massachusetts.



Spectrum
HEALTH SYSTEMS

2023 IN REVIEW

PRESIDENT'S MESSAGE

2023 was a year of remarkable progress and achievements at Spectrum Health Systems. We took numerous strides toward our goal of making treatment more accessible for the most vulnerable populations while continuing to look for ways to retain and recruit staff that make it all possible.

One of Spectrum's proudest achievements came in February when we launched our innovative mobile treatment unit. Utilizing a specially equipped RV, we're now able to bring medication for opioid use disorder and other recovery supports to individuals who face homelessness or are living in a shelter in the City of Worcester, MA. The program has served hundreds of people since its launch. Even more promising is the fact that more than 70% of these individuals have continued their treatment. Many people who may not have been able to access treatment previously are now maintaining their recovery.



Our newly launched community impact committee has donated \$300,000 to thirty-six agencies that support people in recovery throughout Massachusetts. The grants were awarded to organizations that work first-hand with those in recovery, allowing the funds to contribute

directly to the health and wellness of our local communities. I'm proud that we can offer this financial support to aid in supporting our mutual clients and the achievement of our collective missions. More importantly, I am proud that we gave our employees the ability to have first-hand involvement in this process.

We are passionate about investing in our own staff! This year, we awarded ten full scholarships to employees interested in pursuing nursing degrees. These scholarships signify our support to assist our employees to reach their professional goals while addressing the barriers of a national nursing shortage. We also provided a scholarship to one of our employees to allow them to pursue their goal of achieving a master's degree in Clinical Counseling Psychology from Assumption University. By helping our staff advance their careers and attain greater clinical knowledge, we also enhance the treatment experience that Spectrum is able to offer.

In June, we celebrated Pride Month, honoring our LGBTQ+ clients and staff. In acknowledgement of the discrimination and adversity faced by the LGBTQ+ community, we provide ongoing staff training and continually refine our programming to ensure a more compassionate and welcoming treatment experience for all.

During the summer, we opened our fourth peer recovery center in Lynn, offering members of Lynn's recovery community the

opportunity to give and receive support and resources. Peer recovery centers like the one in Lynn serve an important role in the recovery process by connecting individuals not only with recovery support, but assistance with other critical areas of life as well, including giving back. Members of these centers are having a positive influence on the community, getting out and offering words of hope and encouragement to some of the most vulnerable people. With hundreds of people regularly attending meetings and groups at our peer recovery centers, we are excited to announce our fifth location in Southbridge, coming in 2024!

Spectrum's new alumni association also made its debut this year. This group allows alumni to meet both online and in-person, keeping them connected to their peers in recovery. Through this association, alumni have support and resources available as they continue their recovery journey. Through the association, graduations were held in both Westborough and Weymouth to celebrate the clients that completed our residential programs in the past year.

Looking to the future, we're busy preparing our new outpatient treatment center at 1023 Main Street in Worcester for opening next summer. This new location will bring together the services we currently offer at our Pleasant St. and Merrick St. outpatient sites. With this transition, we hope to bring more comprehensive services to an area that has recently experienced a substantial rise in opioid overdoses. In the interim, our mobile treatment unit added this location as its third stop in September.



We're also excited for the opening of two new buildings at our inpatient treatment campus in Westborough, Mass. Construction is nearly complete on our new central admissions facility and new corporate office, each set to open early next year.

As we look ahead to 2024, we are committed to continuing our work to increase access to treatment, drawing upon the immense experience and dedication of our staff to provide support for our clients throughout their recovery journey. We remain steadfast in our belief that recovery should be available for all, and we're grateful for all the people that help bring us closer to that goal.



Kurt A. Isaacson

President & CEO
Spectrum Health Systems

RECOGNIZING MEMBERS OF SPECTRUM'S 2023 PRESIDENT'S CLUB



Since our founding in 1969, Spectrum Health Systems has dedicated itself to providing the highest quality services to individuals seeking treatment for substance use and mental health disorders. Spectrum's goal is to assist clients in establishing and sustaining recovery, giving them the tools needed to lead healthy, productive, and personally fulfilling lives.

Every Spectrum employee has a unique role to play in accomplishing this goal. Providing a full continuum of care for those struggling with substance use disorders and mental health issues requires a team of dedicated and compassionate individuals.

Introducing the President's Club

In 2003, Spectrum introduced the President's Club, an annual list of employees acknowledged for embodying Spectrum's mission in their daily work. Since its inception, 255 honorees have been recognized by the President's Club for their extraordinary contributions to Spectrum and the clients we serve. We are proud to announce this year's honorees, a group of individuals that continue to inspire us with their dedication and commitment.

The 2023 President's Club Honorees are:

Joseph Deleo
Isaiah Roman
Maureen Casey
Ann Marie Chimera
Ashley Oliveri

Dahiana Rodriguez De Calderon
Abigail Gregoire
Rachel Kennedy
Jessica Melendez
Heidi Dube

A Commitment to Helping People and Improving Lives

Each of these employees has touched the lives of clients and coworkers, offering support and inspiration to help people find recovery.

Rachel Kennedy has a habit of staying with clients through their admission process even if her shift has already ended, committed to making sure clients feel comfortable and personally supported. Abigail Gregoire recently spent hours advocating for a client in hospital care, ensuring that they didn't encounter a lapse in treatment upon their discharge. Joseph Deleo used his CPR skills to help a client in duress in our detox program, working with the nursing team and others to save the client's life.

These are just a few examples of the passion and drive of this year's honorees. We offer our most sincere appreciation for these exceptional team members and the contributions they have made toward achieving Spectrum's mission.

At Spectrum, there's a saying: "What we do is important—HOW we do it is what sets us apart." That distinction is defined as "The Spectrum Way," and we're grateful to be represented by the committed, talented, and compassionate people who embody it.

LOOKING AHEAD TO SPECTRUM'S NEW CORPORATE OFFICE

Spectrum staff celebrated the raising of the beam that will be part of its new home office in Westborough, Mass. Employees, including President and CEO Kurt Isaacson, took turns signing the beam, then watched as crews hoisted the beam and put it into place.



CELEBRATING RECOVERY AND SPECTRUM'S NEW ALUMNI ASSOCIATION



Alumni Staff (left to right): Alumni chair Mathieu Miller, alumni co-chair Dylan McGovern, and program director Ramon Medina.

At Spectrum Health Systems, nothing is more important to us than the success of our clients. The people that pass through our programs and go on to find health and happiness are living proof that recovery is possible. The example they set is crucial to the recovery community, supporting and inspiring others along their own path to recovery.

In keeping with Spectrum's core mission to provide a full continuum of care, we aim to provide resources and support to these individuals along their continuing recovery journey. We want them to feel supported long after they leave our facilities. It's for this reason that we host annual graduation ceremonies and encourage our clients to stay connected with our alumni association.

Honoring the Accomplishments of Our Clients

Establishing recovery can be a difficult and challenging process, requiring a seemingly endless supply of effort and commitment. Because of this, we feel it is important to commemorate the individuals who built the foundation for their recovery in our programs. Celebrating the accomplishments of our graduates gives them the opportunity to honor and remember the progress that they've made.

This year, we held graduation ceremonies in Westborough and Weymouth, honoring the strides made by more than 50 program graduates. Graduates, family members, and friends were joined by members of the alumni association for food and fellowship. Alumni spoke and loved ones provided impact statements, detailing their experiences with the process of finding recovery.

Maintaining Recovery Connections with the Alumni Association

Upon discharge from our programs, clients are encouraged to join our alumni association. This can help them maintain contact with others who completed treatment at Spectrum. It also offers an outlet for graduates to give and receive support in a safe, welcoming environment. Similar to our peer recovery centers, the alumni association is a member-driven program where people on all recovery pathways are welcome.

Currently, the alumni association meets on a monthly basis. During these meetings, which can be attended in-person or via Zoom, members share support and discuss their experiences. Alumni association members are also encouraged to connect on the alumni association's Facebook page.

Joining the Alumni Association

If you are a graduate of Spectrum or the New England Recovery Center and wish to join the alumni association, sign up here.



You can also visit facebook.com/SpectrumAlumniAssociation to keep in touch and receive updates about alumni meetings and other events or email us at alumni@spectrumhealthsystems.com for more information.



WHY HOPE MATTERS



At Spectrum, we believe that there is no one recovery journey—everyone experiences different roadblocks and successes on different timelines, and most will require a unique combination of support services along the way.

For National Recovery Month, we spoke with several of our clients and staff members in recovery themselves to learn more about their recovery journeys. While most preferred to remain anonymous, Jesse Chaison, was comfortable reflecting on his path from Spectrum client to outpatient clinician, co-host of Spectrum's popular Airing Addiction podcast and recent master's graduate.

How has your perspective changed since you began your recovery journey?

"Rome wasn't built in a day, and neither is recovery," said Jesse. "Patience is difficult, especially at the beginning, but delayed

gratification is extremely helpful to those of us in recovery. Everyday do at least one thing to better yourself: attend a meeting, talk to someone in recovery, listen to a podcast, go to the gym."

Other clients echoed a similar sentiment, noting the importance of recognizing one has another chance, setting and accomplishing goals, and focusing on today rather than yesterday or tomorrow. Others noted that they truly feel the individual attention they've received here and how that has helped them feel better supported.

Jesse added, "Focusing on the present is important...small steps equal big changes. If you're in the past or future, you're in fear and anxiety. Appreciate present activities and not living life in anticipation of 'the next thing' or 'when I get there, I'll be happy.'"

What does hope mean to you, and how does hope factor into your recovery?

Hope helps people persevere through difficult times, giving them confidence in the idea that things will get better, thus making it a significant concept for those in recovery from substance use disorder.

"Hope is found by identifying something to live for, a goal to work toward, a compass in both good and bad times," said Jesse.

Other clients noted that hope helps them believe that there is a light at the end of the tunnel, that anything is possible. It also helps them maintain their recovery and pay attention to themselves.



Rachel Sasseville, Spectrum's Director of Corporate Training has been making the rounds to local public schools to provide education and spread awareness regarding addiction and recovery to high school students. Pictured here at Marlborough High School: Darryl Buchanan, Peer Recovery Center member; Rachel Sasseville; and Rachel Beland, Recovery Support Navigator.



Congratulations to our Executive Director of Peer Services and Recovery Support Athena Haddon for receiving the Moe Armstrong Award for Peer Leadership at the Behavioral Healthcare Salute to Excellence award ceremony.

STEPPING UP TO THE PLATE

This year's Annual Meeting, Stepping Up to the Plate, was held at Polar Park in Worcester. Staff, board members, and friends of Spectrum gathered to celebrate the organization's achievements and continuing efforts in making recovery possible for everyone.



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SPECTRUM WINS NEW CONTRACT WITH MIDDLESEX SHERIFF'S OFFICE



Spectrum staff (left to right): John Brown, Sydney Carter, Alexa Cahill, Alexis Simpson, Cailin Edgar, and Tayla Legrand.

"At the Middlesex Sheriff's Office, we are committed to ensuring each person in our care will have access to the programming and treatment necessary to prepare them to make a successful return home," said Assistant Superintendent for Program Services Shawn MacMaster. "We are proud to work with the Spectrum team to enhance and expand these critical services to help reduce recidivism and produce better outcomes for individuals and our communities."

Founded in 1969, Spectrum Health Systems, Inc. is a private, non-profit substance use and mental health treatment provider offering the largest and most complete continuum of addiction services in New England — including medical detoxification, residential treatment, outpatient counseling, medication for addiction recovery, and peer recovery support. Spectrum also provides inpatient detox and clinical stabilization services for commercially insured and private pay clients through its subsidiary, The New England Recovery Center.