Spring in bloom at Ipsen Conservatory

See story on Page 4.
What does recovery look like? How much time do you have?

The 800 people who attended the annual Rosecrance Foundation Benefit in April at Giovanni’s Restaurant in Rockford saw what recovery can look like as they heard from five people who’ve benefited from our services. Every year, clients’ stories are the highlight of the event because they illustrate our mission, which is — and always will be — providing help, hope and recovery.

At the Benefit, 38-year-old Amanda told about her struggle with depression over 20-plus years, about repeated hospitalizations, about her time in a group home and, eventually, about being placed in a nursing home with people more than twice her age. Rosecrance helped Amanda transition to a supervised apartment and worked with her as she learned life skills. Now, Amanda has a job and lives happily on her own.

Four teenagers who reside in Rosecrance’s sober living homes told how their dreams for themselves were in shreds due to substance abuse. Then, they reached out for help and embraced recovery. Now, one girl is graduating from high school a semester early and another is making plans for college. One boy landed the lead in his school play and the other has become a baseball standout.

These clients demonstrated the grateful face of recovery as they thanked the audience for supporting treatment services. Yes, recovery looks like that. And so much more!

A just-released report from the Center for the Study of Addictions and Recovery at the National Development and Research Institutes, Inc. detailed the many and varied manifestations of recovery. It’s more than just not drinking or not using drugs, and it’s more than just the absence of a psychiatric crisis.


What’s more, the report concluded, the longer individuals stay in recovery, the more their lives improve. “Life keeps getting better as recovery progresses,” the report stated.

We know this to be true. At Rosecrance, we are blessed with a skilled and compassionate team that puts recovery within the reach of every client. We’re also blessed with generous friends who help to make the work possible in a time of declining public funding. We do face challenges in Illinois in trying to provide the right care at the right time, but we will keep trying because we know what recovery looks like when we see it. We know that it is miraculous for our clients, and we know that it’s good for families and society as a whole.

This is our purpose, as we all go forward, by the grace of God, one day at a time.
Seeds of recovery

Ipsen Conservatory puts Rosecrance clients in touch with nature

Ipsen Conservatory is brand-new and state-of-the-art. Overlooking the Healing Garden on Rosecrance’s Griffin Williamson Campus, it offers a year-round setting for growth. All kinds of growth.

Christine Nicholson, Supervisor of Experiential Therapies on the adolescent campus, says the most important lessons taught in the conservatory are not about plants. Instead, plants are part of a larger picture. Clients aren’t learning how to grow flowers; they’re learning how to grow, period.

The Ipsen Conservatory is the latest component in Rosecrance’s Experiential Therapies program, which utilizes art, music, fitness, recreation and horticultural therapy to enhance the clients’ recovery process.

“We’re teaching them how to reflect and process what they’re feeling and how they view themselves,” Nicholson says. Conferences and journal entries about watering plants lead to discussions of the clients’ lives and how they view themselves.

For example, Nicholson says when she asked one group what kind of water they thought they were, most said “oceans” or “rivers” or “lakes,” but one teen replied, “I’m pond scum.” Then, without any prompting, another client pointed out that pond scum is full of life.

This led to the class looking at pond scum through a microscope and realizing just how fascinating – and how alive – it really is. Those self-taught lessons make the Ipsen Conservatory more than just a glass-and-steel room full of plants.


“Process” is the key. While the seven-acre Healing Garden offers beautiful surroundings and the perfect location for quiet reflection, the 735-square-foot conservatory offers clients the chance to get their hands dirty.

As part of the program, adolescent clients will spend plenty of time in the conservatory. First, they’ll bring some dirt up to its second-floor location, plop it down on the stainless-steel tables and learn exactly what’s in that soil. Then they’ll sow seeds, water sprouts and tend to plants, making sure they grow strong, healthy and ready to move outside, into the larger world. They’ll also divide the plants, taking some pieces with them when they complete treatment and leaving some behind for the next class to tend to – and learn from. Along the way, clients will focus on cooperation, personal responsibility and caring about someone – or something – besides themselves.

Bringing Ipsen Conservatory to life was no small amount of work itself. It was funded in part by donations from friends of Rosecrance, including an initial gift from Susan J. Ipsen. The finished project cost about $500,000, a far cry from the $8,000 greenhouse Nicholson proposed years ago.

Construction began in November, and now, just a few months later, the conservatory sits on the second floor of the adolescent treatment center, overlooking the Healing Garden. Its expansive windows, clean lines and sleek functionality are a result of the planning that went into its construction, according to Rosecrance Project Manager Gary Larson.

Buildings in the Healing Garden and a landscaped courtyard – along with therapeutic programs – couldn’t be disrupted. To prevent damage to the Healing Garden and courtyard, materials were lifted by crane from the other side of the building.

But all that work was worth it. When you see the clients huddled over their plants, you know growth is taking place. Nicholson says though the conservatory has only been open for a few weeks, it’s become very popular. At first, when she asked for clients to volunteer, six showed up. Then eight. And now?


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Because of the confidential nature of the work on campus, workers couldn’t access the conservatory site through the building. An outdoor stairway had to be built.

The construction took place directly above the kitchen, and work crews often had to shut off water to that part of the building. To minimize disruption, much of the construction work was done after 9 p.m. and before 4 a.m. But, because the work was being done next to residential areas, the noisiest work could not be done at night.

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“They love taking care of things.”

“The biggest challenge was trying to work in an environment that people were living in,” Larson says. Among the issues:

The Healing Garden and a landscaped courtyard – along with therapeutic programs – couldn’t be disrupted. To prevent damage to the Healing Garden and courtyard, materials were lifted by crane from the other side of the building.
Desendants of the founders of Rosecrance accepted the organization’s highest award at the Rosecrance Foundation Benefit on April 15, honoring the legacy of a country doctor and his wife in whose name the original Rosecrance Memorial Home for Children was established in 1916.

The Castle Award was given to the family of Robert and Beverly Rosecrance of Rockford. The award honors the legacy and vision of Dr. James and Fanny Rosecrance, whose wills specified their New Milford home would become a refuge for orphaned and neglected children.

The benefit, which was held at Giovanni’s in Rockford, drew 800 guests and raised a record amount for the Kinley Charity Care Fund, which assists families who don’t have insurance or personal resources to pay for substance abuse or mental health treatment. Last year, the fund provided assistance to 325 families.

Entertainment at the benefit was provided by Broadway veterans J. Mark McVey and Christy Tarr-McVey.
Thanks to our 2013 Benefactors

$15,000 and above
ExxonMobil Fuels Marketing
Kelley Williamson Company

$10,000 to $14,999
Aqua-Aerobic Systems and Robert and Ingrid Wimmer
Dave and Cherry Bets
Ms. Wally Beville
BMO Harris Bank
Joseph and Sharyn Castrogiovanni
Coyle-Valendrick Insurance
John and Kim Griffin
SwedishAmerican Health System

$5,000 to $9,999
Alpine Bank
Bates Financial Group, Inc.
Lon and Richard Behr and William and Debra Bremner
Jean A. Castle
William and Debra Bremner
Bates Financial Group, Inc.
BMO Harris Bank
Ms. Wally Beville
Robert and Ingrid Wimmer
Aqua-Aerobic Systems and
Castrogiovanni

GIVING | 2013 ROSECRANCE FOUNDATION BENEFIT
LEADING THE FIELD

Earlier this year, Rosecrance expanded its services north with two new sources for lasting recovery in Wisconsin:

- In January, Rosecrance began offering services for teens at Rosecrance Waukesha County. The office is at N27 W23957 Paul Road, Suite 101, Pewaukee. Rosecrance has long served residents of Waukesha County through residential services at adolescent and adult treatment campuses in Rockford, but the office in Pewaukee provides a full continuum of outpatient services, from prevention and early intervention to treatment, to address the needs of families with adolescents.

- Rosecrance President/CEO Philip W. Eaton said the organization had received an increasing number of calls for service from Wisconsin families in recent years. The new office allows families to access services for their children close to home.

“We are excited to be able to offer an array of programs to help families deal with a critical issue – the health and safety of their children,” Eaton said.

- An open house was held March 4 to mark the opening of the TMS Center of Madison, a joint effort between Rosecrance Health Network and Connections Counseling of Madison. The center is Madison’s only provider of transcranial magnetic stimulation (TMS), a non-invasive, non-systemic medical treatment for individuals suffering from depression who have not benefited from anti-depressants or who cannot take medication.

For more than three years, Rosecrance has successfully treated clients in Rockford using TMS. For more information about the TMS Center of Madison, visit connectionscounseling.com or call 608-231-2200.

New faces and new roles on Rosecrance team

- The Rev. Meredith T. Graham, who holds master’s degrees in divinity and social work, is now chaplain for the Rosecrance Health Network. Graham comes to Rosecrance from the Chicago area, where she worked with a human services organization helping children and families.

- Fundraising professional Jane Armitage has joined The Rosecrance Foundation team as Director of Development. Armitage will help with the Foundation’s signature local events, the Annual Benefit and Flower Day, as well as other projects to raise money for charity care. Armitage, a Rockford native, has worked at the United Way of Rock River Valley and Beloit College.

- Dr. Uma Srivastava has accepted the position of Medical Director of Rosecrance Waukesha. Dr. Srivastava began working at the former Janet Warrles Center 19 years ago, and her dedication to the severely mentally ill is shown in her work with the Assertive Community Treatment (ACT) team and the Crisis Residential program. She is certified in Adult Psychiatry.

- Amy M. Kirsch has been hired as the Director of Psychiatric Services for Rosecrance at SwedishAmerican Hospital. She holds degrees in nursing administration, nursing and social work; and will coordinate staff and services involved in the mental health partnership between Rosecrance Health Network and SwedishAmerican Health System.
Rosecrance partners with SwedishAmerican

On January 30, Rosecrance Health Network and SwedishAmerican Health System announced a new partnership to improve the continuum of mental health care services in northern Illinois. The partnership involves improvements in the delivery of both inpatient psychiatric care and outpatient behavioral health services.

Under an agreement approved by both organizations’ boards of directors, Rosecrance will manage SwedishAmerican Hospital’s mental health unit. In this new model, SwedishAmerican continues its long-standing focus on inpatient psychiatric services. Nurses providing patient care will continue to be employed by the hospital, while the unit’s psychiatrists and therapists will become Rosecrance employees. Management of the unit will be provided by a director employed by Rosecrance who reports to SwedishAmerican’s vice president of nursing.

In addition, Rosecrance has purchased SwedishAmerican’s outpatient behavioral health clinic. In March, the Camelot Tower clinic closed, and its services were integrated with existing Rosecrance operations through its affiliate, Aspen Counseling & Consulting.

Patients benefit from the partnership through an expanded and more specialized base of providers, more comprehensive coverage for SwedishAmerican Hospital’s Emergency Department, additional case management alternatives and a tiered system that provides stronger alignment between mental health service options and clients’ specific needs.

“Our partnership with Rosecrance will help us to more effectively bridge gaps in the current mental health care system and ensure that clients receive the best possible care in the most appropriate setting, and in a timely fashion,” said SwedishAmerican President and CEO Dr. William Gorski. “This is an excellent example of how two respected organizations are coming together to advance the continuity of mental health care in northern Illinois with creative solutions.”

Award-winning Chicago journalist Andrea Darlas is helping to spread Rosecrance’s mission of lasting recovery through a series of print and radio messages in the Chicago market.

In special advertising features that run on a regular basis in the Chicago Tribune and radio spots on WGN, Darlas discusses her reporting of substance abuse issues and how Rosecrance can help adolescents, adults and their families find quality, evidence-based addiction counseling in a safe environment.

“The Chicago area is fortunate to have a facility like Rosecrance, which has a long track record of providing quality care for individuals seeking treatment for substance abuse,” Darlas said in one of the spots.

Darlas is a news anchor/reporter and co-host of “WGN Sports Night,” which airs on Radio 720 WGN. She is also a freelance reporter for WGN-TV and a contributor to the nationally-syndicated show “House Smarts.” During her 15-year tenure at WGN, Darlas has won two prestigious Peter Lisagor Awards for her anchoring, reporting, breaking news coverage and investigative reports. She has also won the Illinois Broadcasters’ Association Silver Dome Award for “Best Newscast” five of the last six years.

Lenters moves to new role in development dept.

In January, William “Bill” Lenters, who served as chaplain at Rosecrance since 1998, retired from that position to take up a new, part-time role as Church Relations Coordinator. Lenters discussed the change in his first “A View from the Pew” email column: “I no longer regale congregations with my peculiar renditions of the gospel message. It’s quite a change for this newly retired preacher in relative command of his faculties, but the decision to work for Rosecrance on a part-time basis was an easy one. They commissioned me to carry the Rosecrance message to the churches of the Northern Illinois Conference, and I’m grateful for the opportunity.”
Employees honored at 18th Annual Star Dinner

The 18th Annual Rosecrance Star Dinner was held Friday, March 8, at Giovanni’s in Rockford, with employees being recognized for their dedicated work after being nominated by their peers. This year’s honorees were Angela Clayton, Jennifer Cellitti, Vanessa Sole, Jeff Dorris and Kim Zielke.

Breakfast discussion focuses on community issues

Rosecrance led a conversation on substance abuse and mental health issues facing the Rockford community at a breakfast held in late January at the Rosecrance Griffin Williamson Campus.

In the breakfast discussion led by Rosecrance President/CEO Philip W. Eaton, topics included local needs in the recovery community, state funding, the development of the Triage Center located at the Rosecrance Ware Center in downtown Rockford and plans for expanded crisis services. Attendees included State Senators Dave Syverson and Steve Stadelman, Illinois State Representatives Jim Sacia and Joe Sosnowski, Rockford Police Lt. Patrick Hoey, Rockford

Rosecrance FY2012 Highlights

Rosecrance ‘wow factor’ is strategic for better care

Rosecrance has very high standards for its operating facilities. Many of those do have a “wow factor,” including the new Ipsen Conservatory and the Healing Garden at the Griffin Williamson campus, our recovery homes for teen boys and girls, and the new unit at the adult campus that specializes in treating veterans with co-occurring disorders.

The Rosecrance staff and Board of Directors work closely together to develop and approve these “wow factor” places, as they provide additional tools to deliver increasingly effective treatment services. Rosecrance does its best to make the physical properties of every facility the best they can be because our clients deserve quality care in the best environments we can provide.

For example, the Healing Garden has been hugely successful in providing a positive place for adolescents in treatment to meet, meditate and talk. The recovery homes – Marklowe House and Hillman House – provide the extra step after treatment to help young people establish new life experiences that will help them sustain recovery. The new unit we created at the adult campus allowed us to create special therapeutic programming to serve veterans of the U.S. armed forces as they deal with the emotional impact of combat.

Likewise, the new Ipsen Conservatory will open up wonderful learning opportunities for kids in the adolescent program, giving them more opportunities to experience how nature can nurture, heal and support their recovery.

Each of these “wow” places has been carefully researched and structured to strategically affect treatment in a positive way. The Board, in responding to staff recommendations, wholeheartedly endorses “wow” when the bottom-line goal is improving treatment services.
Adolescent substance abuse division

Rosecrance provides evidence-based adolescent substance use disorder programs that incorporate clinical, medical, educational and experiential therapies into a comprehensive individualized treatment plan. All programs serve youth 12-18 years old who exhibit signs or symptoms of alcohol or other drug involvement.

Programs & facilities

GRiffin williamson campus: The 67,000-square-foot, 78-bed inpatient adolescent treatment center offers a school, chapel, gymnasium, fitness center, Healing Garden and year-round conservatory.

Recovery homes: Hillman House and Marlowe House are recovery homes for adolescents who have successfully completed an inpatient treatment program.

Satellite offices: Frankfort, Geneva, Lincoln Park, Naperville, Northbrook and Oak Park satellite offices provide free consultations, referrals, outreach services and support groups in Chicagoland.

Average length of stay

| Inpatient | 35 days |
| Outpatient | 56 days |
| Recovery homes | 181 days |
| Partial hospitalization | 16 days |

McHenry county: Rosecrance McHenry County provides evidence-based outpatient substance abuse treatment for adolescents and adults. The office has served more than 1,000 clients since it opened in July 2012.

Waukesha county: Rosecrance Waukesha County, which opened in January, provides outpatient services, including prevention, early intervention and treatment, for families with adolescents.

Average length of stay

| Inpatient | 23 days |
| Outpatient | 79 days |
| Recovery homes | 119 days |
| Partial hospitalization | 18 days |
| Health Center | 3 days |

River district: River District is an adult outpatient clinic that serves clients who have been involved with the criminal justice system.

Successful discharge rate: 80%

Residential inpatient program

1,119 adolescents served in substance abuse programs

Adult substance abuse division

Rosecrance adult substance abuse treatment programs include evidence-based group, individual and family counseling. Group activities include educational/didactic lectures, team building/recreational activities, spirituality, education, experiential therapies and 12 Step education.

Programs & facilities

Harrison campus: This 97-bed adult detoxification, inpatient and outpatient treatment center is located on 10 acres of park-like grounds. It houses a health center, serenity walking path, fitness center and chapel.

Recovery homes: Greendale House is a 10-unit apartment complex that serves recovering single adults and mothers with children who have completed an inpatient program.

River district: River District is an adult outpatient clinic that serves clients who have been involved with the criminal justice system.

Average length of stay

| Inpatient | 23 days |
| Outpatient | 79 days |
| Recovery homes | 119 days |
| Partial hospitalization | 18 days |
| Health Center | 3 days |

Successful discharge rate: 76%

Residential inpatient program

4,823 adults served in substance abuse programs
Adult mental health division

Rosecrance is dedicated to providing caring, personalized, evidence-based solutions for individuals and families living with emotional disorders and mental illness. Rosecrance provides quality mental health assessments, outpatient treatment and rehabilitation in a friendly environment, as well as housing for adults.

5,352 adults served in mental health programs

Programs & facilities

ACCESS CENTER/EMERGENCY SERVICES
The Access Center serves as the entry point for adults seeking mental health services, including include residential housing, a 24/7 lifeline, forensic services and more.

COMMUNITY RECOVERY, INTEGRATION AND SUPPORT (CRISIS) SERVICES
These programs help adults with serious, persistent mental illness integrate into the community. Services include integrated living arrangements, dialectical behavior therapy, supported employment and more.

MCHENRY COUNTY: Rosecrance McHenry County provides outpatient treatment for adults, including veterans with co-occurring mental health and substance abuse issues

Children and youth mental health division

Rosecrance provides the most advanced and comprehensive diagnosis and treatment for childhood emotional disorders, using evidence-based models for care delivered in a child-friendly environment. Our board-certified counselors, psychologists and social workers provide the highest quality care for young people.

3,497 children and youth served in mental health programs

Programs & facilities

BERRY CAMPUS
This 22,000-square-foot facility offers a comfortable, family-friendly environment conducive to therapy, with a focus on outpatient programming for children and adolescents with mental health needs.

COMMUNITY SUPPORT PROGRAM (CSP)
This therapeutic mentoring program teaches life skills to children, including social skills, self-esteem, boundaries and coping. The program is five hours per week and lasts up to six months.

SCREENING, ASSESSMENT AND SUPPORT SERVICES (SASS)
The Berry Campus provides 24/7 emergency screening and assessment services for immediate treatment that often include referral for hospitalization.

SCHOOL-LINKED SERVICES
This program provides therapy in a school setting or at home in conjunction with Rockford Public Schools and the Winnebago County Health Department.

MCHENRY COUNTY: Rosecrance McHenry County provides outpatient treatment for youth with mental health issues.

BY THE NUMBERS

Clients by age

3-5 years 8%
6-10 years 32%
11-13 years 22%
14-17 years 38%

Clients by gender

Male 59%
Female 41%

Clients by county

Winnebago 84%
Boone 13%
Other 3%

Most frequent mental health diagnoses

ADHD 1,384
Anxiety disorder 69
Bipolar 840
Depression 387
PTSD 79
Schizophrenia 11

3-5 years 8%
6-10 years 32%
11-13 years 22%
14-17 years 38%

These charts use data to count the number of people receiving mental health services at Rosecrance Berry Campus. Clients may be admitted to more than one program during the same visit and occasionally are served at a site intended for a younger or older demographic. Age data is not recorded in all instances.
Thank you to the people, businesses and organizations that gave to Rosecrance in 2012.

2012 Donors

2012 looking back at 2012

Rosecrance President/CEO Philip W. Eaton gave United Methodist Rockford District Superintendent Rev. Oum Kim Jueng and Bishop Sally Dyck a tour of the Rosecrance Griffin Williamson Campus in December.
Mr. and Mrs. Todd B. Fulmer

2012 DONORS

2012 DONORS
Office Support Supervisor Heather Shull Swanson and Resource Center Coordinator Bonnie Gilmore serve up pumpkin pie during a lunch hosted by Rosecrance employees for Ware Center clients in December at Rockford’s Emmanuel Episcopal Church.

Senior Vice President of Development Lynne Vass at a reception for charities held in December. Try Beta Club members Rich Johannson (from left), Bill Hoelting and Jude Schmidt pose with Rosecrance Senior Vice President of Development Lynne Vass at a reception for charities held in December. Try Beta donated funds to convert a screened porch at Marlowe House to a three-season porch. 

Mr. and Mrs. Robert Mazurek

Lee and Char Mayer

Mr. and Mrs. Gerhard Perschke

Mr. and Mrs. Robert Mendenhall

Mr. and Mrs. Susan Prettyman

Mr. and Mrs. Scott Savino

Mr. and Mrs. John T. Noonan

Mr. and Mrs. Jack T. Noonan

Mr. and Mrs. Martin Porretta

Mr. and Mrs. Mary Rodriguez

Mr. and Mrs. Mike Roberts

Mr. and Mrs. Fred W. Pash

Mr. and Mrs. Charles J. Prorock

Mr. and Mrs. Jack M. Noorman

Mr. and Mrs. John M. Noe

Mr. and Mrs. Michael P. Metroka

Mr. and Mrs. Gerald Rollison

Mr. and Mrs. Martin Porretta

Mr. and Mrs. Jeff Nielson

Mr. and Mrs. Karen Beers

Mr. and Mrs. Roger E. Schmeling

Mr. and Mrs. Neal Schinske

Mr. and Mrs. John T. Noonan

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Upcoming events

To register or learn more about these and other events, visit: Rosecrance.org/events

Understanding Adolescent Addiction
For teachers, parents, administrators and anyone interested in learning more about substance abuse and prevention skills.
Thursday, Aug. 8, 8:30 a.m. to 4:30 p.m.
Rosecrance Griffin Williamson Campus
1601 University Drive
Rockford, IL 61107
Cost: Free. Please visit Rosecrance.org/events to register
For more information, call 815.387.5607 or email jlyttle@rosecrance.org.

Mark your calendar: Cooking Up Hope
On Sunday, Oct. 6, the Rosecrance Foundation Chicago Board will hold its fourth annual Cooking Up Hope Fundraiser at the Naperville Country Club. Last year, more than 200 attendees enjoyed cuisine prepared by area chefs and bidding on silent auction packages. Proceeds from the 2013 Cooking Up Hope will help establish a sober-living dorm for Chicago-area college students. For more information, call 815.387.5602.

If you no longer wish to receive this newsletter, call 815.387.5608 or email dyoungberg@rosecrance.org.

Reach is published by Rosecrance Health Network to inform friends about events, programs and services. Rosecrance, a not-for-profit organization, has been serving families since 1916.

Rosecrance is licensed and partially funded by the Illinois Department of Human Services. Accredited by The Joint Commission, Rosecrance is a certified Medicaid provider and is approved by most insurance companies.

For more information about Rosecrance services, call 888.928.5278 or email info@rosecrance.org