Rosecrance gets serious about play
Expanding therapeutic recreation program
Recreation is part of the recovery journey

Recently, I was walking past the chapel at our Griffin Williamson Campus, where adolescents and their families struggling with substance abuse get the vital treatment they need.

I saw notecards—maybe close to 100—taped to an inside wall. Written on the notecards were things these young people were grateful for, things they’re worried about and their regrets. The moving display offered a platform for these kids to be open and honest about their emotions, a critical part of the recovery journey and 12-step philosophy.

Visit any of Rosecrance’s campuses and you’ll see creative and artistic displays that reflect the difficult yet rewarding work our clients do on a daily basis to overcome their addictions and mental health.

Our adolescent and adult clients all participate in traditional, evidence-based methods of treatment, from group therapy to one-on-one counseling with psychiatrists and medication-assisted therapy. As important as these traditional treatment methods are, our clients crave more. Dr. Thomas Wright, Rosecrance’s chief medical officer, calls this concept the “5 or 10 percent rule.” There’s no magic cure for addiction; it’s the combination of therapies that works best for our clients to launch their recovery.

That’s why Rosecrance offers a robust therapeutic recreation program that prioritizes fitness, meditation, music and art as part of daily treatment. We’re taking steps to standardize this program across the organization by studying outcomes and documenting the therapies in clients’ medical records.

These therapies don’t just feel good; they do good for our clients. Art therapy won’t “heal” people simply by teaching them to draw. The therapeutic value is in the dialogue that happens during and after that activity.

There is value, for instance, in the beautifully serene Healing Garden at the Griffin Williamson Campus. The garden is used almost daily by our young clients and their families for group therapy, individual counseling, journaling, horticulture therapy and other activities. We know these therapies impact a positive treatment milieu. We’re grounded in group work, we’re grounded in the 12 Steps, but there are many more hours in the treatment day. Clients are with us for such a short time during inpatient treatment, so therapeutic recreation also helps them replace addictive behaviors with healthy skills they’ll need to live sober, productive lives in the real world.

Our dedicated staff constantly evaluates ways to offer the best opportunity for lasting recovery for our clients. We’ve gained great experience after nearly 100 years of evolving to meet the changing needs of the community.

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

Activities including music and art are key elements of early client recovery

Rosecrance is taking steps to standardize its therapeutic recreation program, recognizing the value of fitness, meditation, music and art, and the roles they play in the recovery process.

Sounds of rhythmic drumming emanate throughout the day from Rosecrance campuses. Clients work individually and together to paint canvases during art therapy. A portable labyrinth helps clients of all ages focus on mindfulness and reducing stress and anxiety.

For many years, Rosecrance has offered these types of experiential therapies as part of substance abuse treatment at its adolescent Griffin Williamson Campus and adult Harrison Campus. But expanded efforts will help integrate therapeutic recreation into both the substance abuse and mental health arenas, with special focus on the science of this type of care and measuring outcomes.

Art therapy is a way for clients to express their creativity but also dialogue about and process their feelings and thoughts. This piece was done by a female client in the young adult program who has stayed involved with art and Rosecrance through the alumni program.

“Treatment is not just about getting people to stop using drugs,” said Dr. Thomas Wright, Rosecrance’s chief medical officer. “Recovery is also about learning how to regularly make healthy choices. All of our experiential therapy programs help our clients explore new things or renew old things that may have been replaced by drug activities in their lives. These are good things to help manage what goes along with substance abuse like anxiety, depression and trauma.”

Keri Fager, a certified therapeutic recreation specialist, brings 15 years’ worth of experience rooted in inpatient psychiatry to her new role as therapeutic recreation coordinator. Fager has spent the past six years leading experiential therapy efforts for adults at the Harrison Campus and is eager to broaden the program’s reach.

“By having the standards and following the best practices, we know we’ll get the best outcomes,” Fager said. “So if we know a client is drawn to art and is very creative, an assessment will help gather that information, and then we can build a treatment plan that embraces that person’s strengths.”

A mosaic of interventions

As Wright alluded, addiction treatment is broader than traditional—but still crucial—methods such as medication, individual and group counseling, and 12-step programs.

The Substance Abuse and Mental Health Services Administration has identified four major dimensions that support recovery: health, home, purpose and community.

Wright referred to these different pathways as the “5 or 10 percent rule.”

“There’s not one thing that contributes to abstinence or recovery,” Wright said. “The key is putting together a mosaic of interventions that are going to result in recovery for that person.

“The other thing that it clearly does for us is help with engagement. In offering these experiential therapies to adolescents, we’ve seen that it helps tremendously with engagement over traditional classroom or therapy room sorts of treatments. Even from day one when they walk in here and see this is what we have to offer, it improves engagement. And that’s arguably the most important step. People can’t recover until they get engaged.”

Finding that spark

Rosecrance employs several certified therapeutic recreation specialists, as well as art and experiential therapists who provide services at various locations, including the behavioral health unit at SwedishAmerican Hospital in Rockford.

Rosecrance employee Sarah Strebeltion (front) plants a flower at the Ipsen Conservatory as coworkers Chelsea Durham and Michelle Crenshaw look on. Staff participate in activities to understand the impact they have on clients.

(continued on page 6)

(continued on page 7)
The Griffin Williamson Campus started offering experiential activities for adolescent substance abuse clients more than a decade ago, and clients still explore recovery through fitness, recreation and hands-on work with nature using the scenic Healing Garden and Ipsen Conservatory. The Griffin Williamson and Harrison campuses employ full-time art therapists who provide structured counseling through the arts and creative expression. Rosecrance also has started incorporating art therapy through trained clinicians involved with outpatient and adolescent mental health programs.

Many clients, because of their disorders, isolate themselves and never learned proper leisure skills or how to socialize sober. So a big component of therapeutic recreation is education and making activities applicable in a community setting, from helping clients sign up for gym memberships to taking them to a concert or a ballet.

"We really work with them to help get over the barriers that their illnesses give them," Fager said. "It’s about empowering them. Part of our process is helping them to know what resources are available and help make that within their reach. It’s helping them be more independent and to see fun and happiness in everyday activities."

"In offering these experiential therapies to adolescents, we’ve seen that it helps tremendously with engagement over traditional classroom or therapy room sorts of treatments."

-Dr. Thomas Wright

The Outcomes
(continued from page 5)

Rosecrance’s successful foray into therapeutic recreation has been helped along by top-down, administrative support for the unique treatment approach.

"Therapeutic recreation is an important part of the early recovery process," said David Gomel, Rosecrance’s senior vice president and chief operating officer. "Some clients learn best by doing, and this program allows them to do that in a tactile, supportive environment."

Support through the discharge planning process and in outpatient settings is also crucial, Fager said. She has trained outpatient staff to help clients overcome barriers to practicing healthy activities within their own communities, after inpatient treatment.

"What we’re trying to do is help them find balance. It’s not about fixing them and making them healthy in 30 days," Fager said. "We start to plant the seed and educate them on how their health has been affected by their use. We have to challenge them by saying, ‘What’s your goal and how are you going to get there? Teach them why, teach them how, let them try it, let them process it and then continue on.’"

Rosecrance celebrates 100 years in 2016

A century of serving the community calls for a celebration. Rosecrance is preparing to do just that as it inches closer to its centennial in 2016.

Ann Bown, executive assistant to Rosecrance President/CEO Philip Eaton, is coordinating 100th anniversary planning efforts. Bown has worked for Rosecrance for nearly two decades.

Bown said an anniversary steering committee started meeting this summer to map out next year’s festivities. The steering committee is chaired by Jeff DiBenedetto, chairman of the Rosecrance Health Network Board of Directors. The plan is for Rosecrance’s annual events to carry the centennial theme but to also broaden community outreach.

The theme for the centennial is “100 Years of Changing Lives.” Rosecrance incorporated in 1916 as an orphanage for boys in New Milford, just south of Rockford. Our founders, Dr. James and Fanny Rosecrance, never had children of their own, but they frequently opened their home to lost and neglected children. In her will, Fanny left their home to be used as the Rosecrance Memorial Home for Children.

Anniversary subcommittees will help plan next year’s benefit, development and communications efforts, The Rosecrance Forum, the annual company picnic and a project to recognize current and former Rosecrance board chairmen.

"There’s lots of brainstorming going on," Bown said. "We’re starting to build excitement for next year, and we still need people to get involved."

The committees are still looking for volunteers. Contact Ann Bown at 815-387-5609 or abown@rosecrance.org for more information.

Reach
Nearly 400 people heard from local officials and families about the devastating heroin epidemic in our community during the first "Stairway to Heroin" event held May 14 at Heartland Community Church.

Rosecrance organized the presentation to shine a light on the heroin crisis and to help residents better understand addiction, treatment and the recovery process. Rosecrance has participated in several similar events in Wisconsin. Other sponsors of the event were: the Rockford Fire Department, Your Choice, Alkermes, the Winnebago County Coroner’s Office and WTVO-17.

WTVO news anchor Mimi Murphy emceed the event, which featured: Rockford Fire Chief Derek Bergsten; Winnebago County Deputy Coroner Bill Hinz; Melanie C., whose daughter died of a heroin overdose; 17th Judicial Circuit Court Judge Janet Holmgren; Chris Gleason, Rosecrance McHenry County director; and Your Choice, a nonprofit and Rosecrance partner.

Bergsten, Hinz and Holmgren shared statistics and facts about working with addicts, overdose victims and their families. On average, the Rockford Fire Department responds to a heroin overdose call about every two days. Winnebago County Sheriff’s police carry Narcan, a drug that reverses the effects of opiate overdose. So far, the department has saved 33 lives using it.

Holmgren oversees the adult drug court, which is a highly structured, closely supervised program to help rehabilitate drug offenders. Drug court reduces recidivism and provides better outcomes for individuals, families and the community, Holmgren said.

Gleason spoke about Rosecrance’s work with families to set boundaries and limitations as part of the addiction recovery process. He said healthy communication is essential.

Melanie C. told the heartrending story of losing her 17-year-old daughter, Alexis, to a heroin overdose in 2012. She journaled while Alexis was in the hospital, and she shared some of those stories, such as deciding whether to donate her daughter’s organs.

“Throughout history, triumphs have always come out of major tragedies. I never thought I would be able to say that I have triumphed from the tragedy of losing Alexis,” Melanie said. “But standing here today in front of all of you is my triumph. Sharing my daughter with you is my triumph. Saving just one life or one family from the pain that I have had to go through is my triumph.”

Your Choice closed the event with their journey to recovery. Your Choice is the Lybert family—parents, Rick and Sandi Lybert; son, Tyler Lybert; and daughter, Ashleigh Nowakowski. Tyler abused drugs—including heroin—for more than a decade. His addiction nearly tore his family apart, and each family member discussed how his substance abuse personally affected them.

The next Wisconsin Stairway to Heroin event—the fourth in the series—takes place Sept. 29 in Oconomowoc.
Gratitude, emotion highlight SAFE graduation

Mary Ann Kelly warned Project SAFE participants that graduation day is usually tear-filled. The good news is that they are tears of joy.

“And there’s something to be said for shedding those tears and why they matter,” said Kelly, the program’s senior primary counselor.

Twenty-four women graduated from the SAFE program June 12 during a ceremony at the Rosecrance Ware Center. Kelly’s prediction was correct, as participants and audience members used tissues to wipe away tears during emotional testimonials.

The 25-year-old SAFE program serves women who have lost custody of their children or who are at risk losing them because of their substance abuse. It uses intensive outpatient addiction treatment to help the women recover, regain custody of their children and remove common barriers to sobriety such as finding housing and work.

Ten of the 24 graduates attended the ceremony. Some couldn’t attend because they were working at their new jobs or attending college classes.

A traditional graduation march played as the women entered and took their seats at the front of the room. Their significant others, parents, children and friends filled the audience.

Each woman talked about three things that made her grateful. Tears flowed as the women thanked their families and Rosecrance staff for supporting them through their struggles.

“Without you all, I don’t know if I’d even be here today,” a SAFE graduate said. “You’ve given me hope, strength and showed me unconditional love and support and inspired me to be my best self, and I’m grateful for that every day. Thank you for believing in me and helping me find myself again.”

The women also participated in a candle-lighting ceremony that began at the first SAFE graduation. Kelly said the candle represents the “light of recovery,” the gift of why the women started their journeys and a reminder to pass their knowledge along to family, friends and acquaintances.

“This is one of those marvelous days where we see that recovery is not a destination, it is a journey,” Kelly said. “We’re not saying this is over, but this is a stop along the way where we’re celebrating how far we’ve come.”

Rosecrance runs Project SAFE in collaboration with the Illinois Department of Children and Family Services and the Illinois Department of Human Services/Division of Alcoholism and Substance Abuse. SAFE stands for Substance Abuse-Free Environment.

Harrison Campus, recovery homes slated for improvements

Construction season is in full swing at Rosecrance this summer, with two substance abuse recovery homes and the Harrison Campus in Rockford scheduled for exterior and interior upgrades.

Work is wrapping up at Greendale House, a 10-unit apartment complex for adults and women with children. The building will have all new carpet and flooring, as well as new windows and patio doors.

Hillman House, a historic Rockford home built in the 1920s, is being evaluated for necessary exterior work—everything from gutters and siding to windows and insulation. Hillman is a recovery home for teenage male clients, but it previously housed all girls. Some of the décor trends more toward that female population, so a few indoor changes are also planned.

Rosecrance Facilities Director Bradley Carlson said bids for the Hillman work will be solicited once the needs evaluation is complete, and the work should be done by spring. Carlson said all of Hillman’s kitchen appliances were recently replaced, and the upcoming project also will involve some new carpet and paint.

The Harrison Campus, which provides substance abuse treatment services for adults, will see a major first-floor renovation this year. About 3,000 square feet of space will be added to expand the dining area and create more space for food preparation work.

Both the dining area and the front lobby will have a more open, modern feel. Glass windows that surround the receptionist area will be removed.

The Harrison project is complex because the work will need to be done in phases, as the residential campus operates around the clock for clients, staff and visitors.

“It’s going to involve night work and day work, and we have to keep running the facility 24/7,” Carlson said. “It’s probably one of our more-challenging projects that we’ve done in a while. It’s small compared to what we just did with the Ware Center, but it’s complex.”
The latest

Grant supports child and family counseling program

Rosecrance received a $45,000 grant from the Community Foundation of Northern Illinois to fund its Open Access Child and Family Counseling program. The program integrates preventive, short-term counseling services for children of all ages and a parents skills training program into services offered at the school-based health center at Auburn High School in Rockford. The health center is a partnership between the Rockford Public Schools and Crusader Community Health, as well as organizations including Rosecrance. The counseling program will be available to Rockford school students and families regardless of their ability to pay for services. The goal is to serve about 400 people in the first year, helping them manage their behavioral health in a proactive way and prevent mental health crises. The dollars are administered by the community foundation through funds established by Dr. Louis and Violet Rubin.

New ‘zine helps teens understand substance abuse

Rosecrance has published a new prevention education booklet aimed at teens that includes real-life feedback from young people in recovery from drug and alcohol abuse. The publication is called “Been There: Teens in Recovery Tell It Like It Is.” It’s designed in the style of a “zine,” a popular format for original artwork and text, and was illustrated by Christine Nicholson, experiential therapies supervisor at the Rosecrance Griffin Williamson Campus. “Been There” was compiled from interviews with teens living at Rosecrance’s Rockford recovery homes, Madison House and Millman House. The teens discussed common statements they made while they were using—such as “Weed isn’t even addictive” and “I only drink or use on the weekends”—and offered answers that they hope would resonate with teens today and prevent them from ever knowing the pain of addiction. “Been There” will be offered as an educational tool in schools and other venues across the region. It’s also available for download at rosecrance.org.

NAMI honors Rosecrance psychiatrist

The National Alliance on Mental Illness (NAMI) recently honored Dr. Michael A. Kuna, a psychiatrist at the Rosecrance Ware Center, with the 2015 National NAMI Exemplary Psychiatrist Award. The award honors doctors who work tirelessly to reduce the stigma associated with mental illness. These doctors also work closely with community NAMI affiliates to raise awareness of and advocate for improvements in mental health care. Dr. Kuna is board-certified in psychiatry and addictionology. He also has his own practice in the Chicago suburbs. In its monthly newsletter, NAMI wrote, “Dr. Kuna is the one stop, as he integrates mental health and substance abuse and also ensures clients are linked with services to support their physical health.”

Rosecrance welcomes new Chicago development director

Margaret Wenzel joined the Rosecrance team as the director of development in Chicago. Wenzel is a native of Lake Bluff and has worked in fundraising for more than 20 years and as a professional grant writer for a variety of performing arts, educational and human services organizations. She was the resource development director for The Boys and Girls Club of Lake County and is involved with the Illinois Club for Catholics, Women and Sacred Heart Schools. Wenzel worked most recently as the director of development at Howard Area Community Center and as development officer for The Lake Forest Symphony. She earned her bachelor’s degree in English nondisclosure creative writing from Loyola University New Orleans, where she also studied sculpture and painting. She’s an artist and a board member for The New Colony, a performing arts group in Chicago.

Rosecrance participating in fire chaplains conference

Dan DeGryse and the Rev. Jim Swarthout will attend and present at the Federation of Fire Chaplains 2015 Conference this October in Florida. DeGryse, an active-duty battalion chief with the Chicago Fire Department, will speak about the Rosecrance Florian Program, a substance abuse and mental health treatment program for firefighters and paramedics that he directs. Swarthout, Rosecrance’s clergy community relations coordinator, will speak about spirituality in recovery and the ARISE Intervention method.

Newspaper publication highlights Rosecrance programs

Several Rosecrance programs were featured prominently in a special Transform Rockford mental health section published by the Rockford Register Star. The newspaper featured a column by Rosecrance President/CEO Philip Eaton and highlighted Rosecrance’s partnership with Crusader Community Health, TMS therapy for depression delivered at the Rosecrance Berry Campus, the innovative crisis intervention programs at the Rosecrance Mulberry Center, Rosecrance’s use of telepsychiatry and counseling services for children and families delivered at the Rockford school-based health center. Transform Rockford is a local movement to improve the social and economic well-being of the community and its residents. Several articles are linked at rosecrance.org, or you can find the entire section at rrstar.com.

Rosecrance hosts ARISE training

The Rosecrance Griffin Williamson Campus hosted a successful ARISE Intervention training April 29-May 1. ARISE has been extensively researched in studies funded by the National Institute of Drug Abuse and is considered an evidence-based, best practice method for treating addicted individuals and their families. ARISE Director Judith Landau and Associate Director Sarah Hills led the training. With an ARISE Intervention, the addicted person is invited to join the process from the beginning with no surprises, secrets or coercion.
Rosecrance Foundation Benefit raises record funds to help clients

For the third straight year, The Rosecrance Foundation set an attendance record at the annual Benefit, which raises funds to help families that need financial assistance for behavioral health treatment services.

Multi-platinum country quartet Lonestar headlined the event, held April 27 at Giovanni’s Restaurant & Convention Center. The group performed to a sold-out house of almost 840 guests.

The benefit included presentation of The Castle Award, Rosecrance’s pinnacle honor, to businessman and philanthropist John J. McDonough, a longtime supporter of the organization. Rosecrance President/CEO Philip W. Eaton recognized McDonough for his long commitment to the organization, particularly for chairing two capital campaigns to expand services. A decade ago, McDonough co-chaired the $5 million campaign to build the new adolescent treatment center on University Drive in Rockford. Recently, he agreed to lead a campaign to raise funds for a treatment office and recovery residence for young adults that will open in Chicago in 2016.

Eaton spoke of how McDonough’s personal health challenges impacted his success.

“He has turned his struggle of living with Type 1 diabetes into a personal challenge to overcome obstacles that get in the way of helping people lead healthier lives,” Eaton said. “To that end, his amazing ingenuity and entrepreneurship in health care have—in a very real way—improved life for countless individuals.”

The event also featured success stories of Rosecrance alumni in a video titled, “Discovering Dreams in Recovery.”

Proceeds from the annual event go to the Kinley Charity Care Fund, which has raised some $7 million to help families since the fund was established in 1984. Last year, the Kinley Fund provided treatment services to more than 500 families.

Lisa Lindman, chairman of the Rosecrance Foundation Board, expressed gratitude for the generosity of benefactors in the community who support the Benefit.

“Part of our success is due to a growing understanding in the community that treatment works,” Lindman said. "These days, it is a rare person who doesn’t know of someone who needs help for a substance use or mental health disorder. This generous community is willing to donate funds to improve access to care that will change and save lives."
Thanks to our 2015 Benefit Benefactors

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Contact Margaret Wenzel, Rosecrance’s
director of development in Chicago,
at mwenzel@rosecrance.org
or 312-550-8270. Visit rosecrance.org/
launchtolife/ to buy tickets or to find more
information about the event.

A new event headlined
by former NBA player
Chris Herren will support
Rosecrance’s outpatient
clinic and recovery residence
proposed for Chicago’s north side.

Herren is the keynote speaker for
“Launch to Life: A Rosecrance Benefit
Supporting Young Adults in Recovery.”
The event takes place from 11:30 a.m. to
1:30 p.m. Oct. 7 at The Westin Michigan
Avenue Chicago.

Attendees will enjoy lunch while learning
more about Rosecrance Lakeview and
hearing stories of hope from some of our
alumni. Herren will share his story of
recovery and detail his work with young
people.

Herren grew up on the East Coast and
dreamed of playing basketball for the
Boston Celtics. He eventually joined
the Celtics in 2000.

Herren’s presentation will
be followed by a Q&A session
with Rosecrance Lakeview staff.

Tickets for the event are $250 or $2,500
tickets for a 10-person table. Sponsorships,
which include the opportunity for a meet
and greet with Herren, are still available.
Rosecrance received a generous donation June 2 from the Illinois Ladies Auxiliary VFW to help support services for area veterans.

Fundraising was spearheaded by Diana Rudeen, an addiction counselor at the Rosecrance Harrison Campus. Rudeen has served as president of the Illinois organization for the past year.

As president, she designated where fundraising dollars would go. She said Rosecrance was a natural choice, and she presented Rosecrance President/CEO Philip Eaton with a check for nearly $22,733.71. The final donation once the fundraising efforts were completed was $22,733.71.

“We do great work here,” Rudeen said. “Everywhere I traveled this year, Rosecrance was near and dear to my heart.”

Rudeen’s special project during her presidential tenure was a “create-a-thon” for veterans, which included various activities across the state such as bowl-a-thons, marathons and read-a-thons. Seventeen Auxiliary districts statewide participated in the events.

“The funds will support Rosecrance’s programs for veterans. Those include Harrison’s third-floor residential unit, which gives priority admission status to veterans, and Rosecrance’s Homeless Veterans Program, which is a maximum two-year program for veterans with mental health issues who also may be recovering from substance abuse.”

Rosecrance President/CEO Philip Eaton accepts a check from Diana Rudeen, an addiction counselor at the Rosecrance Harrison Campus who is the president of the Illinois Ladies Auxiliary VFW.

New scholarship goes to three Rosecrance alumni

Relatives and friends of longtime Rosecrance employee Donna Gillette spoke fondly of her dedication to nursing and helping teens find recovery on June 12 as a new scholarship created in her honor was awarded to three young alumni.

Donna worked at Rosecrance for more than 20 years as a psychiatric and addiction nurse. She was director of nursing for adolescent services when she retired in 2010.

Cliff Gillette, Donna’s husband, talked about his wife’s passion for her work and how she wanted to do something special to help current and former clients further their education after treatment. Bonnie Kretsos, Donna’s sister, and her husband, Nick, also attended the scholarship presentation.

Donna passed away in November 2014. Cliff said she was instrumental in the development of the scholarship during the final months of her life.

“Cliff told the scholarship recipients, “We just hope you have a lot of success in whatever you do.”

Recipients each will receive a $1,000 scholarship. All three alumni, as well as others who attended the scholarship ceremony, were overcome with emotion when they talked about Donna.

“Dr. Thomas Wright, Rosecrance’s chief medical officer, told the alumni they have a guardian angel with them in Donna. Chief Operating Officer Dave Gomel described Donna as “straightforward, honest, sarcastic and genuine.”

“This is a lasting legacy of Donna that lives continuously on,” he said. “My challenge to you three young adults is to take a little piece of a remarkable woman who you’ll never know and do something really cool.”
Rockford resident Conrad Johnson graciously designated money in his trust for Rosecrance. He’s seen here on his 110th birthday in 2014.

**Gift from Conrad Johnson estate benefits Rosecrance endowment**

Rosecrance recently received a generous donation from the trust of Rockford resident C. Conrad Johnson, who was recognized as the oldest living man in the U.S. at 110 years of age.

The $25,000 gift was placed into Rosecrance’s endowment, which helps secure the organization’s foundation into the future.

Johnson, one of 10 children, was born in Sweden in 1904. At age 19, he came to the U.S. and moved to Rockford after about a year of living in Chicago. He was a self-made man who started and ran a successful remodeling business. Johnson made conservative, smart investments throughout his life and wanted the money he made to benefit organizations that work with children.

“He was a good-hearted soul,” Larson said. “I tried many times to convince him to give his funds away while he was still alive, but he would always say, ‘no, no, no.’”

Johnson left money to several other area organizations, including the Swedish Historical Society of Rockford, Barbara Olson Center of Hope and The Salvation Army.

“Rosecrance is so honored to be included in the gifts that Mr. Johnson left to his community. I only wish we’d had the opportunity to thank him in person,” said Anne Boccignone, Rosecrance’s vice president of development. “We are so grateful to Mr. Johnson and others like him who remember us in their wills. The legacy of support that he shared with us will help ensure our ability to serve families.”

**Special focus turned to growing Rosecrance endowment**

Rosecrance is truly blessed to receive strong support from the community year after year so it can continue providing necessary substance abuse and mental health treatment services to people who need them the most.

As we approach our 100th anniversary in 2016, Rosecrance wants to make sure those services are provided for many years to come. That’s why we’re making a concerted effort to grow our endowment, and directing gifts for that purpose can help.

Rosecrance’s internal bond policy directs that all bequests put into the endowment. Our board members are committed to growing that fund to help secure Rosecrance’s financial future.

“An endowment provides an organization with security to weather any financial ups and downs,” said Anne Boccignone, Rosecrance’s vice president of development. “Instead of using that money in the short term, we’re putting it away for a rainy day.”

Any gift—not just bequests from wills and trusts—can be designated for the endowment. For instance, Rosecrance received four substantial gifts during the last fiscal year that all went into the endowment. Two gifts were from existing donors, and two gifts came to us from new donors.

Call Anne Boccignone at 815-387-5636 for more information about the endowment or details on how to help Rosecrance in its mission of providing help, hope and recovery to children, youth, adults and families.

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Call Anne Boccignone at 815-387-5636 for more information about the endowment or details on how to help Rosecrance in its mission of providing help, hope and recovery to children, youth, adults and families.
Adolescent substance abuse division

Rosecrance provides evidence-based teen substance use disorder programs that incorporate clinical, medical, educational and experiential therapies into a comprehensive individualized treatment plan. All programs serve youth 12-19 years old who exhibit signs or symptoms of alcohol or other drug involvement.

2,053 teens served in substance abuse programs

Programs & facilities

GRiffin williAmson Campus: The 67,000-square-foot, 84-bed inpatient adolescent treatment center offers an accredited school, chapel, gymnasium, fitness center, Healing Garden and year-round conservatory.

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

Satanllite offices: Franklin, Lincoln Park/Lakeview, Naperville, Northbrook and Oak Park satellite offices provide free consultations, referrals, outreach services and recovery support groups in Chicagoland.

Average length of stay

<table>
<thead>
<tr>
<th>Program</th>
<th>Inpatient</th>
<th>Outpatient</th>
<th>Recovery homes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient</td>
<td>33 days</td>
<td>67 days</td>
<td>151 days</td>
</tr>
</tbody>
</table>

Mchenry County: Rosecrance McHenry County provides evidence-based outpatient substance abuse treatment for teens and adults at two locations in McHenry County.

Waukesha County: Rosecrance Waukesha County provides outpatient services, including prevention, early intervention and treatment for families with teens and young adults.

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.

6,203 adults served in substance abuse programs

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.

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

Mchenry County: Rosecrance McHenry County provides evidence-based outpatient substance abuse and mental health treatment for teens and adults at two locations in McHenry County. McHenry County also has two recovery homes for adults in Woodstock.

Average length of stay

<table>
<thead>
<tr>
<th>Program</th>
<th>Inpatient</th>
<th>Outpatient</th>
<th>Recovery homes</th>
<th>Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatient</td>
<td>27 days</td>
<td>87 days</td>
<td>99 days</td>
<td>5 days</td>
</tr>
</tbody>
</table>

These charts use data to count the number of teens receiving substance abuse services at Rosecrance. Clients may be admitted to more than one program during the same visit or be served at a site intended for a younger or older demographic. Age is not recorded in all instances.
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.

5,129 children and teens 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 teens 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 includes 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 evidence-based outpatient mental health treatment for teens and adults at two locations in McHenry County.

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.

9,380 adults served in mental health programs

Programs & facilities

Rosecrance WARE CENTER
The Ware Center offers full-service outpatient services for adult mental health clients and adolescent and adult substance abuse clients. Services include access and emergency services, residential housing, community recovery, integration and support (crisis) services, court services and specialized substance abuse outpatient programs.

Rosecrance Belvidere Clinic
Rosecrance Belvidere Clinic is a full-service outpatient mental health and substance abuse clinic serving adults in Boone County.

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

Rosecrance Mulberry Center
This facility combines two closely linked programs—triage and short-term residential under one roof. This location also offers substance abuse detoxification services for individuals in a mental health crisis.

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Rosecrance Belvidere Clinic is a full-service outpatient mental health and substance abuse clinic serving adults in Boone County.

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Rosecrance Mulberry Center
This facility combines two closely linked programs—triage and short-term residential under one roof. This location also offers substance abuse detoxification services for individuals in a mental health crisis.
Rosecrance at a glance

Fiscal Year 2015 numbers

22,765
Clients served in FY 2015

288
Number of clients who sleep on a Rosecrance pillow every night

592
Meals served daily

763
Total staff

19
Physicians on staff

Boards of Directors and leadership team

ROSECRANCE HEALTH NETWORK
BOARD OF DIRECTORS
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John Cook, III
David Cyrs
Gregory Franchini
Thomas Furst
Rev. Lisa Kruse-Safford
Curt Lansbery
Jeffrey Lee
Lisa Lindman
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Paul Logli, Honorary Director
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Niraj N. Shah
Susan T. Smith

Mission
Rosecrance provides help, hope and recovery to children, youth, adults and families.

Vision
Rosecrance will offer the best opportunity for lasting recovery.

Leadership team

Philip W. Eaton, President/CEO
Mary Ann Abate, Vice President of Public Policy
Anne Boccignone, Vice President of Development
Ann Bown, Executive Assistant
David Gomel, Senior Vice President and Chief Operating Officer
Judith Jobe, Senior Vice President and Chief Administrative Officer
John Schuster, Vice President and Chief Financial Officer
Janis Waddell, Senior Vice President for Medical Affairs and Chief Medical Officer

Thomas Wright, M.D., Senior Vice President for Medical Affairs and Chief Medical Officer
Upcoming events

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

**Ethics for Clinicians**
This training will define ethics, address the five ethical principles and apply ethics to common situations in behavioral health.
Facilitator: Betty Bartos, MS, NCC, LCPC
**Tuesday, September 15, 2015**
**Wednesday, September 30, 2015**
2:00 p.m. - 5:00 p.m.
Rosecrance Griffin Williamson Campus
1601 North University Drive
Rockford, IL
**Cost:** $45 which includes materials, refreshments, and three CEUs. Visit rosecrance.org/events to register.

**Launch to Life**
A Rosecrance benefit supporting young people in recovery featuring Chris Herren
Proceeds will support a new project in Chicago, which will allow young adults to become grounded in recovery.
**Wednesday, October 7, 2015**
11:30 a.m. - 1:30 p.m.
The Westin Michigan Avenue Chicago
909 North Michigan Avenue, Chicago
Rockford, IL
**Cost:** $250 per person, $2,500 per table of 10. Visit rosecrance.org/launchtolife/ to register.

**Game On with Chris Herren, Marc Anderson and Dr. Tom Wright:**
How pressure to perform in sports can foster behavioral health problems in athletes
This workshop will address substance abuse and behavioral health issues facing athletes and athletic organizations.
**Thursday, October 8, 2015**
8:30 a.m. - 12:30 p.m.
Maggiano’s Little Italy
1901 E. Woodfield Road
Schaumburg, IL
**Cost:** $25 which includes breakfast and CEUs. Visit rosecrance.org/events to register.

**Reach** is published by Rosecrance Health Network to inform friends about events, programs and services. Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. More than 22,000 children, teens, adults and families receive help each year.

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 visit rosecrance.org.

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