Rosecrance Chicago services target young adults

Story on page 4.
Victory for fairness

It was after 10 p.m. on Oct. 16 when my cell phone rang and I saw that it was our zoning attorney calling from Chicago. We’d spent more than seven hours that day before the Chicago Zoning Board of Appeals presenting our case for a special-use permit that would allow us to open a recovery residence for young adults in the Lakeview neighborhood, just north of downtown.

The process had been contentious, and it was mostly driven by Not In My Back Yard (NIMBY) rhetoric, which characterizes these kinds of ventures all across the nation. Some neighborhood residents mounted a concerted effort in opposition to our request for a special-use permit. Two large public meetings were dominated by fear-filled speeches about how our clients might endanger the neighborhood. Others worried about their property values or whether a recovery home would change the character of the community.

I can’t tell you how excited we were to start receiving calls from other people who live close to the site saying, “We support Rosecrance.” Their letters and emails to the alderman were persuasive. Some supporters represented other groups that often feel marginalized—people who live with physical or mental disabilities, people who have their own battles to wage for fair and accessible housing, job opportunities and public accommodations. They stepped up to champion our cause, which is really the same as theirs—fairness.

Many of the friends we made over the course of four months leading up to the ZBA hearing showed up on Oct. 16 to support us. We had orange stickers for them to wear that read: “I SUPPORT RECOVERY.” When the ZBA chairman asked who in the gallery was there in support of the special-use permit for Rosecrance, I was overwhelmed by the scores of hands that shot up.

As the day went on, we presented our case and opponents presented theirs. A turning point came when our Sr. VP and Chief Administrative Officer Dave Gomel asked the opponents’ attorney to please stop referring to our clients as “those people.” The chairman echoed the request and, as the hearing continued, he several times reminded the opponents to please use “language of respect.” Amen.

We didn’t expect an immediate decision, so I was momentarily flabbergasted when I answered the call late that night and our attorney said, “We won!” We’ll open our new counseling center and recovery residence in the spring to bring more life-changing services to Chicago.

For us, regardless of the address, the mission of help, hope and recovery remains the same. This is our purpose, as we all go forward, by the grace of God, one day at a time.
Rosecrance Chicago services target young adults

Addiction makes the transition from teenager to young adult a more confusing and messy process.

That’s why Rosecrance has taken steps in recent years to launch specific programs to help this vulnerable population of men and women whose development has been stunted by drugs and alcohol. And the support for recovery services continues to grow.

Rosecrance recently received zoning approval for a new recovery residence for young adults in the Lakeview neighborhood of Chicago. It’s also adding intensive outpatient services at several sites, based on the demand from community leaders, families and our own clients.

Picture this common scenario: During inpatient treatment, young adult clients struggle with the most basic tasks, such as doing laundry and making appointments. That’s partly because mom and dad have sholdered most of those responsibilities at home, but also because the disease of addiction makes substance use the priority, above the humdrum responsibilities of daily life.

“With heroin on the scene, many families realize that reaching out for help is a life or death decision,” Rosecrance President/CEO Philip Eaton said. “The goal in all of our programs is, of course, to help these young people get back on track and achieve their life potential. The great news is that treatment works.”

Building hope

Rosecrance recognized a widening gap between traditional and young adult clients more than a decade ago. Programming transitioned about five years ago, in part because the Affordable Care Act allowed children to stay on their parents’ insurance until age 26.

The 94-bed Rosecrance Harrison Campus in Rockford has a 16-bed unit for young adult men. In addition, the campus has a 12-bed opiate-specific unit that is usually filled with clients between the ages of 18 and 30. The typical age cutoff for young adult programming is 26, though maturity plays a big role.

“A client could be 23, married and have kids and a job, or he or 25 and never lived outside of mom and dad’s house,” Jendusa noted.

Young adult clients attend group sessions focused on life skills, setting boundaries and learning how to be independent and make their own decisions. About a year ago, a larger focus was placed on evidence-based experiential therapies such as art, music and wellness to help teach or re-teach good habits to replace addictive behaviors. Parents and family members are taught many of the same skills, and younger clients are encouraged to move into sober-living housing after inpatient treatment because it offers

(continued on page 6)
More options for young adults

Rosecrance has expanded its services in Northbrook and Frankfort to include an intensive outpatient program for young adults ages 18 to 29. This program meets three days a week for three hours each day. Curriculum focuses on co-occurring mental health and substance abuse issues, experiential therapies, and career counseling, in addition to traditional therapies.

Free substance abuse assessments are available at Rosecrance’s Chicagoland offices in Lincoln Park (Lakeview), Oak Park, Northbrook, Frankfort and Naperville. Call 815.387.5615 to schedule a free assessment with a substance abuse counselor.

Lakeview’s top three floors will offer structured recovery living: up to 30 beds for young adults ages 18 to 29 in six three-bedroom apartments. Residents will enjoy an expansive, landscaped rooftop and other healing spaces. There are options for short-term and long-term housing, and services will include peer group meetings, 12-step support and participation, academic and career counseling and community service opportunities.

Community response to Rosecrance Lakeview was mixed from the start, which didn’t surprise Rosecrance leaders, who have faced opposition to new projects in the past. A vocal minority campaigned loudly against the facility, turning public meetings about the project contentious and gathering signatures from opponents to protest the project.

But then the tide started to turn, and neighbors and friends started flooding social media with messages and letters of support. They packed an Oct. 16 zoning hearing in Chicago and raised their hands enthusiastically when asked who in the audience supported Lakeview. After about seven hours of testimony, the Chicago Zoning Board of Appeals unanimously approved a special-use permit for the housing portion of the project (the outpatient center was already a permitted use). Board members voted the same night, even though their decision wasn’t expected until the following week.

“It was clear to us throughout the hearing that members of the ZBA understand the importance of having quality programs like ours in Chicago to help young people maintain recovery,” Eaton said. “Illinois, and particularly Chicago, is facing an epidemic of substance abuse that is claiming too many lives. We have the experience and the expertise to help fight this problem.”

“Many of our young adults are raised in families where they don’t know any different, and they don’t know what healthy relationships look like,” explained Carlene Cardosi, assistant administrator of adult residential services.

“They have the mentality that ‘this is all my life is going to be.’ They’re stuck in that mind frame,” Jendusa said. “We work a lot with them on having hope and areas in their life where they can do good things.”

A culture of recovery

Structure and accountability are two big components of Rosecrance Lakeview, which is slated to open in spring 2016 at 3701 N. Ashland Ave. in Chicago.

The first floor will house an outpatient center offering multiple behavioral health services with a primary focus on substance abuse treatment for young adults and residents of the surrounding neighborhood. Services will include individual and family counseling with licensed providers, psychiatric support and services, and intensive outpatient and day treatment substance abuse services.
New group integrates mental health, substance abuse treatment

As the Friday morning group session began, a man discussed his anxiety about a disability hearing scheduled for the following Monday. But he had stayed sober since the last meeting, and any cravings and urges he experienced came and went within a few seconds.

Talking about their daily activities and being mindful of how they spend their time is part of what clients do in a new, fully integrated co-occurring disorder group at the Rosecrance Ware Center. Maureen Shukis, a behavioral health case manager at Ware, leads the group. Shukis has about 17 years of experience in the field and is also a certified alcohol and drug counselor.

The 10-week program meets for three hours on Monday, Wednesdays and Fridays. Sessions are split into thirds; after clients arrive, Shukis checks in with them, reinforcing effective coping skills. Participants also share three blessings for that day. Check-in provides a good opportunity for peer support and building relationships.

The second part of the session typically involves a therapeutic or experiential activity. The third section homes in on one of the 12 steps and builds activities around better understanding the steps. Clients receive folders and packets of information, as well as journals that they’re encouraged to use on a daily basis outside of the group.

Many clients who qualify for the group have received treatment on and off for many years. Shukis said one of her goals is to help clients move out of a stage of ambivalence.

“‘They all know what to do and how to do it—they’re quite capable. But doing it is the biggest barrier,’” Shukis said.

Read more on this topic from some of the same presenters in USA Today stories. Find the link on rosecrance.org

New Wisconsin office opening soon

Rosecrance is expanding its Wisconsin footprint by opening a new outpatient clinic in Hales Corners, just southwest of Milwaukee.

The office, located at 10940 W. Forest Home Ave., will offer intensive outpatient services for adolescents and young adults ranging in age from 13 to 26. Programs for parents and families involved with intensive outpatient will also be a strong component.

Staff members will work with clients Monday through Friday during daytime and evening hours. The clinic will be the third Wisconsin location for Rosecrance. In 2013, Rosecrance opened a clinic in Pewaukee and affiliated with Connections Counseling to open the TMS Center of Madison.

Rosecrance aims to address the growing need for adolescent substance use treatment services in this region, particularly given the rise in opioid use among teens and young adults, said Melanie Lindblade, director of outpatient services. At Hales Corners, clients will participate in nine hours of group work each week, and families will participate in family education.

The office is slated to open in early 2016. Call 414-367-2248 for an assessment, and visit rosecrance.org for updated information about the new clinic.

LEADING THE FIELD

Mike Stine leads by example as head football coach at Naperville Central High School; Janis Waddell, Rosecrance senior vice president of marketing; Chris Herren, former NBA player; Claudia Evenson, Rosecrance community relations coordinator; and Marc Anderson with Mental Performance Sports.

New ‘Game On’ event speaks to student athletes and behavioral health

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Brown jumped around within the text, reading different passages aloud and explaining the meaning. Not surprisingly, newcomers to treatment can be overwhelmed by the recovery journey. Carver Brown tried to demystify the 12 steps as the featured speaker Nov. 7 at the first Rosecrance Alumni Reunion. About 85 alumni, friends, family and staff attended the event at the Ware Center in Rockford.

Brown, who works as the alumni relations coordinator at Pine Grove Behavioral Health & Addiction Services in Mississippi, took the audience through the 12 steps during the morning and early afternoon, and then participants attended breakout sessions about sponsorship, youth in recovery, family relationships and spirituality in recovery. Rosecrance alumni Robert K. shared his personal struggles with heroin and crack-cocaine addiction that started when he was a teenager. He spoke passionately about the importance of the 12 steps and understanding “what works for you” in recovery.

“I only stayed sober because I trusted God, and put somebody before myself,” he said. “It wasn’t easy; I’m not perfect. But I made it work. I have been given a golden opportunity and I don’t want to throw it away.”

Brown himself an AA member, said there are more than 300 anonymous fellowships that practice the 12 steps.

“We’re not a religion, those of us who go to these 12-step meetings. We don’t get involved in science, politics or medicine. We’re just a bunch of people trying to be helpful to those who got what we’ve got,” Brown emphasized.

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The format is inspired by Wally Paton, archivist for AA co-founder Dr. Bob Smith. Paton found documentation from the beginning AA meetings in the 1940s that allowed for participants to take the steps quickly and often, and he wrote a book about his findings called “Back to Basics.” Meeting formats changed in the 1950s to spread the steps out over a longer period of time.

“It’s easy and it’s simple, and we’re way overcomplicating it,” Brown said of the 12-step process. “The way they did it in the 1940s, they would read the passages of the big book together (and) take the steps together. We’re gonna get better together.”

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The program kicked off in July and is already welcoming dozens of new clients each month, mainly thanks to word of mouth. Jennifer Buhl and Cristina DiVentti, who are both bilingual crisis interventionists at Berry, are spearheading the efforts.

“Berry sees many Spanish-speaking clients, but some families experienced delays waiting for translators or felt frustrated because some of their issues were difficult to communicate,” DiVentti said. “Dedicating specific staff and programming for Spanish-speaking families has helped lessen the mistrust and misunderstanding about mental health that exists in the Hispanic culture.”

Although Berry programs are centered on children, this new initiative is encouraging parents to disclose more, which Buhl and DiVentti said is helping with their children’s treatment. Some of the families are dealing with the trauma of domestic violence and sexual abuse, which causes anxiety and depression for children and parents alike.

“Well are big taboos in our culture; you don’t tell anybody what’s going on at home,” DiVentti said. “Our clients feel more comfortable talking to someone who speaks their language and understands the culture. If we’re able to educate the parents and take out some of the stigma, the kids will make better progress.”

Accordingly, some parents also have been referred for follow-up services at the Rosecrance Ware Center, which provides outpatient adult mental health treatment. Buhl said staff hopes to launch a parenting group at Berry soon.

“A lot of them struggle with understanding mental health and treatment,” Buhl said. “We have some parents having panic attacks, and that anxiety transfers over to the kids. They think it’s normal because they’ve lived with it for so long. But if you get help, it can get better.”

Many referrals to the Hispanic Youth Services Program come from local schools and Crusader Community Health, a clinic that serves Latino and immigrant families. Some of the families are dealing with the trauma of domestic violence and sexual abuse, which causes anxiety and depression for children and parents alike.

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The Rosecrance Berry Campus launched a new Hispanic Youth Services Program that aims to eliminate language and cultural barriers that often can prevent families from receiving much-needed mental health services.

The program kicked off in July and is already welcoming dozens of new clients each month. Jennifer Buhl and Cristina DiVentti, who are both bilingual crisis interventionists at Berry, are spearheading the efforts.

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Former NBA player Chris Herren delivered a powerful message about recovery on Oct. 7 as part of Rosecrance’s Chicago benefit fundraiser. 

Rosecrance’s inaugural downtown Chicago event at the Westin Michigan Avenue Hotel raised more than $250,000 for Rosecrance Lakeview, an outpatient clinic and recovery residence for young adults under construction in Chicago. Herren captivated the audience with his personal story, a heartbreaking tale of realizing his dream of playing basketball for the Boston Celtics only to see his success overshadowed by his struggles with substance abuse. “I stand on this stage seven years sober, the greatest accomplishment of my life. But none of it would be possible if it wasn’t for the people who work in this community,” Herren told the crowd.

Herren’s message underscored the importance of Rosecrance’s efforts to create a culture of recovery in Lakeview. Rosecrance President/CEO Philip Eaton highlighted that need: Sixty percent of Rosecrance’s clients at its residential treatment facilities in Rockford come from the Chicago area, and a majority of those clients are younger than age 30. “Too often, the path to a successful future is blocked by substance abuse, which will derail life goals at lightning speed. Most of us have seen it happen,” Eaton said. “I’m in the fortunate position, however, of seeing how treatment can change and save these young lives.”

The John & Roberta Mink Pavilion was named for John and his wife, whose involvement with Rosecrance started more than four decades ago. John was a longtime Rosecrance board member and former board president who passed away in 2013. The couple became involved with Rosecrance in 1972. Rosecrance Memorial Homes for Children at that time served boys with behavioral issues who often came from broken homes.

Friends invited the Minks on Feb. 25, 1972, to join the Rosecrance Corps, a group of eight couples who did service projects for Rosecrance and spent quality time with the boys. They went camping, played games and were known for making birthday cakes for the children. Robbie easily recalled those early days at Rosecrance at a dedication ceremony on Aug. 4 with many of the Mink family members by her side. “On that night (in 1972), I never dreamed on Aug. 4, 2015, that here we would be in a pavilion with our names on it,” Robbie said. “That’s quite an honor.”

The 26-by-40-foot heavy timber pavilion provides a roof over picnic tables that can seat 48 people. The perimeter stone wall offers additional seating for clients, staff and visitors. The pavilion’s design and masonry match the overall design of the main Rosecrance Griffin Williamson facility to provide a cohesive look. Campus Administrator Jason Gorham said clients and staff use the pavilion almost daily. “John had his hand in every building, every site we built. He left such an indelible mark on this organization,” Rosecrance President/CEO Philip Eaton said. “His passion was the work that we did with youth, and we want this addition to the campus to be a standing, lasting tribute and reflect the dedication that John had to Rosecrance.”

John Mink influenced the design of many Rosecrance facilities, and now his name graces a special project that honors his dedication to the organization.
The Try-Beta Club made a generous donation to Rosecrance to fund new furnishings at Rosecrance Hillman House, a recovery home for adolescents and related fundraising efforts largely through the years. Try-Beta’s groups in Winnebago County have donated about $450,000 to nearly 80 different nonprofit organizations with educational, mental health, and other life-saving needs. Joining The 1916 Society allows us to thank and honor our friends for their philanthropic commitment of future support to Rosecrance.

Try-Beta donates funds for new furnishings at Hillman House

The Try-Beta Club made a generous donation to Rosecrance to fund new furnishings at Rosecrance Hillman House, a recovery home for adolescent males.

Rosecrance recognizes the generosity of Try-Beta and the contributions of its members over the years. As a result, Rosecrance has named Try-Beta’s Hillman House for adolescent males. The club also awarded funds to other Rockford charities to support good works throughout the community.

The Try-Beta Club is a service organization that has donated money, time, and volunteer work for more than four decades. The club has donated about $450,000 to nearly 80 different groups in Winnebago County through the years. Try-Beta’s fundraising efforts largely support adolescents and related programs in the Rockford region.

Rosecrance has been a beneficiary of Try-Beta civic commitment since the club’s founding.

Freeport Community Foundation supports Rosecrance School

Dick and Marianne Drogoz, as well as Daniel Schmitt, executive director of the Freeport Community Foundation, enjoyed a visit Aug. 27 to the Rosecrance Griffin Williamson Campus to see The Rosecrance School, which will benefit from a generous donation from the John M. Drogoz Furniture Memorial Fund.

The donation will help update and add to the technology resources of the school, and the improvements made will allow Rosecrance clients to make progress in their educational goals. The John M. Drogoz Youth Substance Abuse Prevention/Treatment Memorial Fund was established in December 2010 by Dick and Marianne to honor the memory of their son. The fund, which is administered through the Freeport Community Foundation, aims to help nonprofit organizations with educational, prevention and/or treatment of substance abuse programs focused on helping youth ages 21 and younger.

Students at the Griffin Williamson Campus follow the Rockford School District calendar, and the district assigns six certified teachers to the school. Two to three hours daily are spent on core academics, the rest on art, gym and life skills. Books come from the students’ home districts; Rosecrance provides the space, furniture and equipment. Each class has a maximum of 14 students, and each student brings unique challenges.

Plan to join The 1916 Society and leave a lasting gift

A century ago, James and Fanny Rosecrance left a legacy that, long after they were gone, would be an asset for children and families.

The seed they planted grew from the small Rosecrance Memorial Home for Children in New Milford to an organization that provided help, hope and recovery for more than 22,000 people across two states and 39 locations in the past year.

The Rosecrances were so passionate about helping children that they made our organization’s first “planned gift” in the form of instructions in their wills for their homestead to become a haven for neglected and dependent boys. Since that first bequest was made, the lasting impact of planned gifts—both large and small—has positioned Rosecrance to become a leading national provider of substance abuse and mental health treatment services.

In a nod to the foresight of James’ and Fanny’s original bequest, Rosecrance established The 1916 Society in 2000 to honor and thank the thoughtful people who have remembered Rosecrance in their wills and trusts. Many people became charter members of The 1916 Society that year, and we’re looking to grow that society membership as Rosecrance celebrates its 100th anniversary in 2016.

Our 1916 Society charter members recognized that planned estate gifts build bridges to take us where we want to go. Planned giving costs nothing now, yet it allows you to honor a loved one or have the satisfaction of knowing your giving will live on to meet important needs in the future, just as it does today.

And those life-saving needs show no signs of slowing. Addiction and other mental illnesses fracture families and prevent children, adolescents, young adults and adults from achieving their full potential. Stigma still casts a shadow over people struggling with these issues, often preventing them from seeking treatment. Your gifts assure that Rosecrance can deliver the right help at the right time for another 100 years.

There are many ways to become a 1916 Society member: Gifts may be designated through a bequest in your will or estate plan, or through other financial instruments. Joining The 1916 Society solidifies a commitment to changing and saving lives, just like James and Fanny Rosecrance did a century ago.

If you’re interested in The 1916 Society and want to talk about making a gift that will support Rosecrance’s mission far into the future, I’d be delighted to help. Please call me at The Rosecrance Foundation at 815.387.5636 for more information.

The 1916 Society

The 1916 Society allows us to thank and honor our friends for their philanthropic commitment of future support to Rosecrance.

You may enroll in The 1916 Society by designating any of these gifts:

- Bequest in your will or trust agreement (as a percentage of your estate or a specific donation amount)
- Charitable remainder trust
- Charitable lead trust
- Designating The Rosecrance Foundation as the beneficiary of life insurance or a retirement asset (IRAs)
- Gift of real estate or other property

If you have made a planned or estate gift to benefit The Rosecrance Foundation, please let us know. You are a valued friend and we want to thank you.

For questions or to notify us, contact Anne Boccignone at The Rosecrance Foundation, 1021 N. Mulford Road, Rockford, IL 61107-3877, 815.387.5636, aboccignone@rosecrance.org.
Honorariums & Memorials
August 1, 2015 - December 18, 2015

Honorariums
Hannah Thomas and Cynthia Janzak
Jake Knab Johnson
Hilary and Bruce Armstrong
Heather Allison
Jordan Fouts Jackie and Dacia Fouts
Ashley Herbt Robert and Crystal Vogel
Sterling Jiran Teresa L. Jiran
Monica Gregori Long Robert and Sandra
Rev. Bill Lanters Esther Circle Mt. Morris UMC
Dove and Kathy Massa Art and Fien Kroeter
John McDonough Dana and Laura Connell
Allison and Ron Lescelle
Thomas V. Severson Carolyn M. Plummer
Mary Lou and Bob Wills Mabel L. Rice

Memorials
Stephen Amundsen Jr. Kendall Butler
Josephine Katherine Baloun Betty Koch
Tammy Nobbe Paul and Virginia Shriver
Sherry Steeper Gregory and Carol Waggoner
Brandy Barnes Justin and Meghan Gamhardt
Rev. Maynard Beal Jean T. Beal
Jeremy Bialka Anonymous
Troy Allen Brown Danny and Desidra Cantwell
Curt Lamsbury Jeffrey Lee
Margaret M. Kennedy George and Kay Kennedy
Sean Michael Kenny Patrick J. and Eileen Kenny
John and Verna Kinley Sara and David Wenske
Lynn Klinger Sandy S. Klinger
Joseph Krecker Joseph and Cindy Tidel
Jacob Leithauser Suzanne and Rick Dorris
R. Randall Manzer and S. Tyler Russo
Douglass Kip McFarland Wayne and Karen Copeland

Thank you! Inadvertently omitted or listed your name incorrectly, please call Anne Boccignone at 815.397.5646, ext. 102. We are committed to getting it right.

In Recognition of Our Leadership Team

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John Cook, III
David Cyrs
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Jerry Paris
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Bill LaFever
Jerry Paris
Laura Rosecrance
Robert Rhea, Jr., Honorary

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
Kelly Epperson, General Counsel
David Gomez, 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

LEADERSHIP

LEADERSHIP
Upcoming events

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

**Reading Smoke: Taking care of our own ... behavioral health in the fire service**

**Friday, February 19, 2016, 8:15 a.m.**
Crystal Tree Country Club
10700 W. 153rd Street
Orland Park, IL

**Thursday, February 25, 2016, 8:15 a.m.**
Mission Hills Country Club
1677 W. Mission Hills Road
Northbrook, IL

**Cost:** $35 which includes continental breakfast and lunch and CEUs. Visit rosecrance.org to register.

**Save the Date! 2016 Rosecrance Foundation Benefit**

Rosecrance’s 100th year anniversary with Redux Jazz Orchestra

**Monday, April 25, 2016**
Giovanni’s Restaurant
610 N. Bell School Road, Rockford, IL

More information to come.
Visit rosecrance.org.

**Save the Date! 2016 Rosecrance Foundation Benefit**

Chicago Benefit Luncheon
October 19, 2016
JW Marriott
Chicago, IL

More information to come.
Visit rosecrance.org.

*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.