From ‘seeds’ to services

Seeds of change. The phrase appears on the cover of this publication, it’s the title for the feature story, and the theme continues within these pages.

For over a century Rosecrance has planted seeds of change in our clients. We nurture them, care for them, and help them grow into a life of recovery.

On a larger scale the organization itself has done that a few times, as well … growing and evolving to serve individuals and families who desperately need that change. That type of care can be attributed to how we care for our clients, and how we manage our organization. As needs have emerged, we have adapted to meet them.

Last fall we announced the intent to merge Prairie Center—a substance abuse agency with locations in Champaign-Urbana and elsewhere in Central Illinois—into Rosecrance. That merger was effective January 1, 2018, and will allow us to create a stronger overall presence in that region, providing both outpatient and residential services. This expansion has been very well received in the community.

Recent changes in our adolescent residential programming at the Rosecrance Griffin Williamson campus are an exciting evolution and expansion in our services. Recovery has many faces, and we are privileged to offer a greater continuum of behavioral health programming, to serve adolescents with a primary mental health disorder. I am confident you will share our excitement for this opportunity as we serve a population that has often faced a shortage of solutions. Of course, we remain as committed as ever to our roots as a premiere national provider of substance abuse treatment.

Other seeds have been planted or have been flourishing throughout our organization during the past year as we continue to evolve, expand, and embrace what we do best.

We recently expanded our presence in the Chicago area with outpatient substance abuse treatment and mental health counseling in Des Plaines, Illinois. This expansion of services will allow Rosecrance to provide services to even more people in that region.

The Rosecrance Lakeview recovery residence and counseling center that opened in July 2016 has become an anchor for recovery in Chicago and has served hundreds of residents for treatment of substance use disorders. The recovery home residents are thriving in the nurturing, structured environment where they put into practice their stronger life skills in work, school, and community service. Clients are actively engaged and appreciate the passion, dedication, and commitment of our staff and feeling of community.

These are exciting times for Rosecrance, indeed. I believe that Dr. James and Fanny Rosecrance would be honored to witness the growth of the seed they planted over a century ago. From those humble beginnings Rosecrance has evolved to serve over 30,000 individuals last year at over 45 locations.

We are immensely proud of the good work we do each year, and so grateful for the blessings of our friends. Generous donors enable us to do God’s work, especially when faced with the challenge of providing life-changing and life-saving care to those in need, regardless of an individual’s ability to pay. We are truly thankful.

At Rosecrance, we know that the seeds of change are planted, and it is a privilege to nurture and care for the individuals we serve across all our programs.

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

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FEATURE STORY

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On the cover: A client displays her seeding project planted in the conservatory during an experiential therapies session at Rosecrance Griffin Williamson Campus.
Imagine an adolescent girl who has been hospitalized seven times for mental health reasons in less than six months. She keeps bouncing uncomfortably back and forth between home and hospitals. One week she is surrounded by white walls, florescent lights, nurses, and doctors and a week later she is trying to regain her footing and find peace in her everyday life. She suffers from extreme anxiety and depression and her disjointed, constantly interrupted lifestyle has continued in a vicious cycle because she isn’t getting the help she needs to achieve lasting recovery.

This is the real story of a teenage girl before she was admitted to Rosecrance’s new mental health residential services program.

Rosecrance recently launched its mental health residential services program—a unit for adolescent clients with a primary mental health diagnosis at the Griffin Williamson Campus. The 30-45 day program includes treatment for primary mental health diagnoses, including mood disorders, bi-polar disorder, depression, anxiety, PTSD, suicidal behaviors, co-occurring disorders and more.
The new program opened at the end of July and provided more than 50 adolescents with residential treatment in less than three months.

Staff members describe building this program as challenging, exciting, and fulfilling. Rosecrance Medical Director Dr. Carol Craig is extremely passionate about the new program and what it means for clients. Dr. Craig is board certified by the American board of Psychiatry and Neurology in Child and Adolescent Psychiatry. Her specialty areas include mood disorders such as depression and bipolar disorder, anxiety disorders such as generalized anxiety disorder, panic disorder and posttraumatic stress disorder as well as disorders of early childhood such as attention deficit hyperactivity disorder and developmental delay disorders.

The new program offers a robust continuum of behavioral health services. With a multidisciplinary team led by Dr. Craig, the program builds upon Rosecrance’s decades of expertise in the treatment of adolescents with addiction and dual diagnosis (a combination of substance use and mental health diagnoses).

“There was a need in the community and we expanded to meet that need,” said Meghan Cook, Access Coordinator at Rosecrance Griffin Williamson. Prior to the launch of this program, Rosecrance encountered 12–15 clients per month with a primary mental health diagnosis seeking care in a residential setting.

“I can’t tell you how invigorating it’s been to be able to accommodate kids in need of intensive treatment and provide them with quality care,” added Meghan. “Our staff has been very diligent and intentional about rising to meet the needs of each and every individual client.”

Carlene Cardosi, Clinical Director of Residential Services, shared a client story to explain the staff’s dedication to creating individualized treatment.

“We encountered a client with a long history of sexual abuse and trauma. She was unable to wash her hair or practice proper hygiene because she didn’t want to touch her own body,” said Carlene.

Staff, doctors, clinicians, and nurses met to develop an individualized care plan for this client. The process involved a doctor speaking to the client through the shower wall, encouraging her, and not giving up on her. From this small start, she began to slowly recover and experience fewer trauma induced symptoms, explained Carlene.

Karly Bergstrom, Unit Specialist at Rosecrance Griffin Williamson Campus, sees first-hand how illnesses can affect the mind and body. Karly is one of the many staff members who work to create individualized plans for clients who need extra accommodations that may differ from the standard schedule for the day.

Whether it’s an extra walk through the healing garden or five minutes alone in their room listening to music, Karly ensures that each client’s unique needs are taken into consideration. If a client is struggling due to a rough phone call or family session, she takes time to talk with them and teach them a new way to cope. She tries to get them to open up, figure out the root of the problem and decide how to move forward.

Wes Colton, also a Unit Specialist, works with teen boys on the mental health residential services unit at the Rosecrance Griffin Williamson Campus. Wes facilitates both group and individual therapy sessions with clients.

“I was working recently with a client who came into treatment actively suicidal, and looking to self-harm,” said Wes. “It was a struggle. Recently, he had 20 days of no self-harm, and 7–8 days of no suicidal ideations. When we talked about it, he said...
that he knows the coping skills he needs to use now.”

This is the hope that Rosecrance is able to provide: equipping our clients with the knowledge and strength to face their mental health and substance use disorders head on.

The mental health residential services program consists of two units, one for adolescent boys and one for adolescent girls. Each unit has 12 beds, all of which have remained nearly full since the program opened in July.

Much like Rosecrance’s long-time substance use treatment program, a client’s schedule varies depending on the day. But, typically it includes reflections and medical evaluations, school, leisure education, journaling, group, individual and experiential therapy, and mindfulness training.

Clients are engaged in evidence-based treatment including cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT) and experiential therapies such as mindfulness, art therapy, horticulture therapy, drumming, and yoga.

Clients who have primary or co-occurring mental health diagnoses still participate in 12-Step facilitation, a foundational addiction treatment tool, as it teaches concepts which are applicable to anyone, such as honesty, courage, self-love, acceptance, forgiveness, humility, and a belief in a higher power. Staff is working to implement Emotions Anonymous (EA) too, which mirrors alcoholics and narcotics anonymous.

“So many of our clients have been suffering for years,” said Dr. Craig. “This program uses evidence-based practices to stabilize patients and impact change. It allows us to peel back the layers and get to the core by treating co-occurring disorders, mental health disorders, and substance use disorders.”

The mental health residential services program provides another opportunity for people to receive treatment and enjoy life, engage in school or activities, and develop healthy relationships. And, Rosecrance is proud to provide that opportunity to clients. With every program and treatment expansion, Rosecrance aims to open a door to clients that was previously closed—a door to hope, health, and happiness.

**Planting seeds of change (continued from page 5)**

Meghan Cook, Access Coordinator is also available to answer questions and schedule appointments. She can be reached through our main number at 815.391.1000 or by the following methods:

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**12-Step facilitation: Our foundation**

Rosecrance is constantly evolving, expanding, and planting seeds of change. It has grown to provide treatment for mental health disorders in addition to substance use disorders, but 12-Step facilitation remains a foundational tool. The 12 Steps equip an individual with important values and virtues, which then function as a guide to walk them towards fulfilling relationships with the self, others, a higher power, and the world around them.

“The 12 Steps are a roadmap for living the recovery lifestyle,” says Rosecrance, Inc. President David Gomel. “Each step moves a person along in the process—from a state of hopelessness, to surrender, to self-healing and restoring relationships, and finally maintaining a life in recovery, being a productive member of society, and living as a spiritual being.”

From teens to adults, Rosecrance introduces clients to 12-Step facilitation, often focusing on the first three steps which deal with surrender, courage, and honesty.


She added, “Everything we do in the treatment setting is about trying to engage clients, create awareness, culminate a belief in something larger than self, and provide a moral compass for those who have endured the pains of a disease which has led them away from their true and inherent good spirit.”

12-Step facilitation is far from new, but a study was recently published in Alcoholism & Drug Abuse Weekly surrounding 12-Step facilitation among adolescents. In the past, 12-Step facilitation among adolescents has been largely understudied, because people assume 12-Step approaches may not resonate with young clients. But this study demonstrated that youth have much fewer substance-related consequences when participating in 12-Step programs, which likely results in lower relapse rates.

A variety of different 12-Step support organizations have long been implemented at Rosecrance, most notably Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). Rosecrance is currently working to establish an Emotions Anonymous (EA) program geared toward clients with primary mental health diagnoses.
LEADING THE FIELD

Illinois Lt. Governor visits Rosecrance to discuss statewide opioid action plan

Rosecrance staff and alumni share stories of success with Lt. Governor Evelyn Sanguinetti during her visit.

When it comes to problem-solving the first step is typically asking and answering questions, and lots of them. The Opioid Action Plan, an initiative launched by Illinois Governor Bruce Rauner in response to the overwhelming increase in opioid abuse, is an example of this process.

The statewide plan focuses on a variety of pillars, priorities, and strategies to reduce the number of projected deaths in 2020 by a third.

To address these questions and gain community feedback, Lt. Governor Evelyn Sanguinetti is holding statewide field hearings at substance abuse treatment facilities over the next year. On September 13, 2017, Rosecrance’s Harrison campus for adults was Sanguinetti’s first stop.

Rosecrance administrators, staff, doctors, and alumni attended the gathering to connect with Sanguinetti, learn more about the action plan, and provide their own insight on the subject.

Sanguinetti initiated the heroin epidemic discussion with a simple statement: “A lot of times we think we know what these folks look like, but we don’t. This issue knows no neighborhood, no color, and no class. And, Rockford has been hit hard, really hard.”

Sanguinetti put emphasis on the idea that an addict can be anyone—your daughter, your husband, your grandfather, you name it.

“The chair in my office knows everybody,” added Medical Director of Rosecrance Harrison Campus, Dr. Raymond Garcia. “It sees homeless people and heads of companies.”

Rosecrance, Inc. President David Gomel explained that like chronic illness, addiction has its ups and downs. Most people view relapse as a failure, but when someone’s cancer, diabetes, or heart condition resurfaces people don’t see that as a failure; Gomel said this type of thinking is problematic and the stigma surrounding addiction must be eliminated.
Medication assisted treatment: ‘another tool in the toolbox’

The ongoing opioid epidemic is just one of the reasons why Rosecrance medical and clinical staff practice medication assisted treatment (MAT) to better serve clients and help them achieve lasting recovery.

According to the Substance Abuse and Mental Health Services Administration, MAT is considered an effective way of treating alcohol and opioid dependency. MAT combines behavioral therapy, 12-Step facilitation and other evidence-based treatments with medications.

Rosecrance Medical Director Dr. Raymond Garcia, who integrates MAT into his work with adult clients at the Rosecrance Harrison Campus (RHC), adds: “People have told me, ‘This is the final piece of the puzzle I needed to maintain long-term sobriety.’”

Rosecrance uses FDA-approved medications including Naltrexone, Vivitrol injections, Suboxone, Antabuse, and Campral to help clients manage withdrawal symptoms and cravings.

The recent Surgeon General’s report on addiction bolstered the use of medications and behavioral therapies, noting they are effective, and more than 25 million individuals are in recovery.

Dr. Joseph Neubauer, Rosecrance MAT physician at RHC, explains that, treating addiction with medication shouldn’t be stigmatized or seen any differently than using medication to help heart disease. “MAT is just another tool in the toolbox.”

LEADING THE FIELD

“These are not bad people. They are sick people,” said Gomel. “And, addiction is not a matter of choice. It is not a moral issue or a spiritual issue; it is a disease.”

Two Rosecrance alumni attended the event, speaking candidly about how the disease of addiction has impacted their lives.

Nick, Rosecrance alumnus and now employee, was already using heroin by the age of 15. He described his addiction as an obsession that consumed his life.

“That’s all I thought about during the day—before school, after school, during school. It didn’t matter,” said Nick, “I liked getting high. I thought it was who I was.”

Rosecrance alumna Joanne completed treatment for her alcoholism while also trying to cope with her son’s heroin addiction.

“When I walked through the Rosecrance doors, I was scared, lonely, helpless, and hopeless, but they made me feel comfortable from the start,” she said.

The Opioid Action Plan determined that Illinois overdoses have risen over 120 percent from 2014 to 2015. It also identifies that the overuse of prescription opiates is largely to blame for these alarming numbers.

Both Nick and Joanne expressed their appreciation for the action plan, the Lt. Governor’s support and for the expert treatment they received at Rosecrance. Their stories exemplify what it is like to come out on the positive side of addiction.

Though not all stories of addiction are as promising, which Gomel addressed, “Opioid overdose is the single greatest cause of death among people younger than 25 years old. We must remove the opportunity for this opioid epidemic to become a pandemic.”
There are countless events that mark our lives—birthdays, graduations, promotions. Even the seemingly insignificant moments constantly change our lives, gently transforming our mindsets, our motivations, our demeanors.

But, then, there are other events that sever our lives in half, creating a distinct before and after. Whether it was the day your child was born, the day your sister passed away, the day you met the love of your life, or the day you got a DUI—extreme moments of tragedy and fortune have a way of changing us, staining our souls and making us reevaluate who we’ve been, who we are and who we will be.

For Drew, his life is separated by a date, July 21, 2016. This date was unexpected, catastrophic and it changed the very fabric of his being.

According to his mother, Drew was a confident athlete, student, and peer leader until age 14, when he began drinking and started to seemingly “sabotage his own life.” He didn’t work for 10 years; he tried and failed classes at three different junior colleges. Drew was on a destructive, downhill slide and addiction controlled his every move until … July 21, 2016.

That day, Drew’s mother got a phone call—the kind that nobody ever wants to receive. It was from the hospital and the voice on the other end told her with urgency, “Get here now.”

Drew was on a destructive, downhill slide and addiction controlled his every move until … July 21, 2016.

Drew had arrived at the ER with a disastrous GI tract and esophageal bleed. He was airlifted to the ICU at University of Iowa and staff there performed emergency surgery with extreme success. His heartbreaking journey was unfortunately just beginning.

A few days after the surgery, doctors confirmed end-stage vital organ failure. Drew’s liver was shutting down and he was given almost no chance to live. Still, his liver team at the University of Iowa wanted him to complete inpatient or outpatient treatment, in the slim chance that he might reach six months of sobriety and be eligible for a transplant.

Drew agreed to outpatient treatment and his mother, Cindi, immediately phoned Rosecrance. He began treatment in September at Rosecrance New Life outpatient center in Iowa where he made friends and was recognized by staff as a leader. Slowly, his hope in himself and his future returned.

Drew’s confidence came back after nearly a decade of hibernation. Rosecrance staff helped Drew to access self-assurance and establish self-love, explains his mother Cindi.

Even after a liver shunt modification under anesthesia in the morning, Drew still
attended his group session at Rosecrance in the evening. He was determined to never miss a session.

On October 5, eleven weeks later, Drew and his mother went to check in with a specialist to see how his labs and liver were responding. Miraculously, the organ that was supposed to require transplant had begun to perform almost as if nothing had happened to it at all.

“The colors outside looked brighter,” Drew recalls.

When reflecting back on the experience, Cindi adds: “I wish I could say choosing faith in God is easy; it is not ... It wilts in the face of ongoing discouragement. Maintaining it seems delusional, and straight-up foolish. Still, I chose it.”

Everyone has specific moments, memories and dates that are forever engrained in their minds. All it takes is one event to change the entire trajectory of your life. For Drew, July 21, 2016, marks a transition where things went from bad, to worse, to better. That eye-opening day, the support of his family, and the help of Rosecrance treatment and staff allowed Drew the ultimate gift—life, and a healthy and happy one at that.

Drew now works full-time. He walks approximately 10-20 miles a day, runs nine miles on his days off and is considering entering a marathon soon.

Rosecrance launches ‘Drug-Free Kids’ program

Rosecrance Health Network has announced their new substance abuse prevention initiative: It’s more than ‘just say no’: Raising Responsible, Resilient, Drug-Free Kids.

Aimed at parents of children in 3rd through 8th grades, the presentation provides helpful and practical tips to support children who will be able to make the right decisions when faced with peer pressure and stressors.

“We know that today’s kids are being exposed to marijuana and alcohol very early in their lives; in some cases by 5th grade,” said Rosecrance Chief Medical Officer, Dr. Thomas Wright. “Discussions about the dangers and impact on youth brain development are critical. We are pleased to provide this resource for parents to make these conversations more comfortable.”

Attendees hear what they can do to encourage resilience and responsibility, learn about risk factors, and how to help children develop good coping and decision-making skills.

The program launched in Rockford and is led by experienced counselors. The presentation will be initially offered in the areas where Rosecrance has locations, including Chicagoland, and throughout Illinois, as well as Iowa and southern Wisconsin.

Visit rosecrance.org/events for information on future trainings.
Rosecrance, Inc. announced the execution of the merger agreement with Prairie Center, a nonprofit substance abuse center offering prevention, education, and counseling services, on January 1, 2018.

In August the organizations shared their intent to merge, a move that expands behavioral health treatment options in the region and stabilizes jobs. Since that time, the due-diligence phase has been completed, with the sharing of operational and financial information.

Rosecrance has a long, successful history of significant mergers and acquisitions. This merger expands addiction treatment and results in more integrated behavioral health services in the Central Illinois region.

“With decades of experience in addiction treatment, Rosecrance has expertise in delivering a full continuum of evidence-based substance abuse treatment services,” said Rosecrance President/CEO Phil Eaton. “We are expanding the culture of recovery by creating greater efficiencies, making programs more sustainable and, most importantly, expanding and improving care for clients in Central Illinois,” Eaton said.

“Substance abuse is impacting our nation and our region in dramatic numbers, with over 90 people dying every day in the United States from an opioid overdose, said Judge Jeffrey Ford. “Those numbers have nearly quadrupled since 1999, and heroin use in Champaign-Urbana alone more than doubled between 2007 and 2012.”

Since expanding to Central Illinois in 2016, Rosecrance has solicited input and feedback from a community board, exploring unmet needs and planning for the future.

“Residents of the Central Illinois region will benefit greatly with the expanded, integrated continuum of behavioral healthcare that Rosecrance will provide,” said Dr. Barry Ackerson, Chair of the Rosecrance Champaign-Urbana Community Board.

Andrew Timms, president of the former Prairie Center Board of Directors, echoed the comments, “The Prairie Center Board has always felt their responsibility to clients and to staff. We feel fortunate indeed to have a committed, experienced and nationally recognized organization such as Rosecrance meeting the needs of our region.”

This seamless transition will afford the community an uninterrupted provision of substance abuse services delivered by Rosecrance, a leader in behavioral health treatment for over 100 years. This expansion of services will allow Rosecrance to provide substance abuse treatment services to even more people in the Central Illinois region.
Rosecrance hires new Alumni Coordinator

Paul Gilmet recently joined the Rosecrance team as its Alumni Coordinator. Paul will work closely with Fr. Jim Swarthout in developing a new and robust menu of alumni services. Paul graduated from Loyola University Chicago with a Bachelor’s degree in Business Administration. He joins the team with a strong background in developing alumni programs within the treatment services setting. He indicates there are so many ways that Rosecrance can serve clients once they leave treatment, whether through retreats, monthly gatherings, alumni chapters, networking events, recovery enhancement (including wellness, fitness, and meditation), and social media engagement.

Rosecrance Des Plaines continuation of services

Continuing the tradition established by The Advocate Addiction Treatment Program, on December 4, 2017, Rosecrance began offering outpatient substance abuse treatment and mental health counseling in Des Plaines, Illinois. This seamless transition from Advocate to Rosecrance will afford the community an uninterrupted provision of outpatient substance abuse and mental health services delivered by Rosecrance, a leader in behavioral health treatment for over 100 years. Rosecrance will operate in the same location at 701 Lee Street in Des Plaines, and will continue to serve current program clients while also accepting individuals who seek services for the first time. This expansion of services will allow Rosecrance to provide mental health and substance abuse treatment services to even more people.

Neeva Sandhu, LCPC, CRADC has been named the Clinical Coordinator at the new Rosecrance location.

Leadership changes announced

Rosecrance welcomed a new Executive Director to the Rosecrance Lakeview Recovery Home and Facility in Chicago, Illinois. Lisa Abrams, who started in July, has worked in the field of addiction treatment and mental health since 2002 and began as a psychiatric technician. Abrams is a Licensed Clinical Professional Counselor and Certified Supervisory Alcohol and Drug Counselor responsible for oversight and management of day-to-day operations of Rosecrance services in Chicago. She is also a Certified Intervention professional and a member of the American Mental Health Counseling Association. She earned her M.A. in Professional Counseling from Argosy University and her B.A. from DePaul University.

New Chaplain joins team

Christopher T. Druce-Jones recently joined the Rosecrance staff as Chaplain at the Harrison Campus in July. He is a former United Methodist clergy of 20 years, having pastored several churches within the Northern Illinois Conference of the United Methodist Church on the Rockford and Elgin Districts. Chaplain Chris earned a BA in Philosophy and Religion from Dillard University in New Orleans, Louisiana, and a Master of Divinity from the University of Dubuque Theological Seminary in Dubuque, Iowa. Christopher’s leadership specialization is within the areas of organizational management and administration, leadership development, congregational care, small group facilitation, and church revitalization.

The latest

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Rosecrance hosts second annual Florian Symposium

Nearly 200 people, including fire personnel, police officers, veterans, family members, friends, doctors, therapists, and clinicians, attended the second annual Rosecrance Florian Symposium—a two-day training event held on Thursday, September 21 and Friday, September 22 in Rosemont, Illinois. Sixteen nationally known speakers from a variety of backgrounds—law enforcement officers, firefighters, a paramedic, a spouse, university professors, counselors, and the Education Director for the Fire Department Instructor’s Conference (FDIC)—presented on topics of addiction and substance use disorders, mental health, trauma, stigma, peer support and more. Rosecrance’s own Unit Coordinator, Erica Gilmore, keynoted at the symposium; she spoke about Treatment for Uniformed Personnel from a clinician standpoint. Gilmore delved into topics like trauma, PTSD, depression, anxiety and co-occurring disorders while simultaneously providing answers about treatment and recovery.

Rosecrance awarded many generous grants

Club Blue Rockford selected Rosecrance as one of two grant recipients for 2018. With $100,000 from Club Blue, Rosecrance will transform existing spaces at the Rosecrance Berry Campus into a play therapy room and a sensory room. In addition, portable expressive therapy kits will be created for clinicians to use in the community to respond to the over 2,000 crisis calls the Berry Campus staff handle annually.

“The grant will fundamentally transform how we can work with children and adolescents,” says Steve Smith, Rosecrance Administrator of Child and Adolescent Services. “Play and sensory therapy will allow us to more effectively engage clients, help reduce or prevent crises from occurring, and provide a near limitless range of tools to help children and adolescents more effectively express how they are truly feeling.” A grant from Try Beta Charities will also support the project.

The Healthy Communities Foundation gifted Rosecrance a $50,000 grant to support the expansion of prevention education, charity care, and substance abuse services for youth and families from underserved communities west of Chicago, such as Cicero, Summit/Argo, Lyons and others.

A grant from the Freeport Community Foundation/Drogosz Family Fund will support the creation of a sensory room at Rosecrance Griffin Williamson campus and the Gerry and Bill Cowlin Foundation will support mental health services in McHenry County.
Nearly 450 participants support recovery at 5k run

Nearly 450 people from all walks of life helped Rosecrance clients step toward a brighter future during the second Rosecrance Recovery 5K Walk/Run. The theme of the annual 5K is ‘Every Step Counts’ and the event proved just that, raising nearly $40,000 to support Rosecrance programs and families seeking treatment for substance use and mental health disorders.

“I’m struck by the growing community support for the event,” said Anne Boccignone, VP of Communications and Development for Rosecrance. “I feel grateful that people are moved to support our mission of providing help, hope, and the best opportunity for lasting recovery.”

Held at the Rosecrance Berry Campus on Aug. 6, the day commenced with an introduction from Rosecrance, Inc. President David Gomel, a prayer from Director of Clergy & Alumni Services Fr. Jim Swarthout, the national anthem sung by Rosecrance employee Margie Tennin, and yoga and stretches led by Rosecrance employee Matt Larson. Several special guests and mascots cheered on runners while Andrew Stutzke from WIFR emceced the event. Runners also enjoyed passing through the bubble machine from SuperSuds.

According to Boccignone, approximately 75 volunteers worked at the event, including 12 women from the Rosecrance Marlowe Recovery Home.

“The women couldn’t keep from smiling,” said Boccignone. “They seemed really happy to be giving back.”

Rosecrance looks forward to continuing its annual Recovery 5K Walk/Run and invites community members to get involved next year through participation or sponsorship.
Launch to Life Chicago Benefit deemed success

Pat O’Brien, New York Times best-seller and former sports broadcaster, keynoted Rosecrance’s second annual Chicago Benefit, where he compared his battle with addiction to the classic film—Wizard of Oz.

Nearly all of us are familiar with the story of the Wizard of Oz … Dorothy gets whisked away from her farm in Kansas by a powerful tornado and she finds herself trapped in the magical Land of Oz. From there, she sets out on an adventure with her new friends to meet the wizard and find her way home.

“I thought ‘My God, I am Dorothy,’” said O’Brien. He, like Dorothy, was lost, trapped, isolated, and alone. “Of course, clicking my heels together wasn’t the answer to get out of alcoholism,” he added, “but I realized you can always come home again.”

In addition to hearing speaker Pat O’Brien at the benefit on September 26, attendees gathered for a luncheon, a raffle drawing with prizes ranging from private airplane rides to Cubs tickets, and the opportunity to network with others in Chicago who support behavioral health services. The benefit raised money to support young adults in early recovery accessing life-saving programs at Rosecrance Lakeview in Chicago.

Greg Orput, Rosecrance Foundation Chicago board member, said, “We tend to do what we do in a vacuum because people are afraid to talk about it. Events like this bring the topic out of the darkness and into the light. It allows for the opportunity to give a face and a voice to addiction.”

Pat O’Brien, keynote speaker, shares his inspiring story of recovery. With more than eight years sober, he travels across the nation to let others know that treatment and recovery is possible.
First ever Rosecrance Champaign Benefit

The Rosecrance Foundation set the ball in motion this past November at its first ever Benefit in Champaign, IL, themed Hoops, Help & Hope. Chris Herren, a former NBA player in recovery, shared his story of descent into addiction, miraculous recovery, and a new life mission with nearly 200 attendees.

At the benefit, Herren told moving and honest stories about how drugs affected his mental health, his career and ultimately his relationships with his family. But, he made it clear that, “addiction isn’t a death sentence ... The bad days are lessons and in those lessons we find our silver linings and make peace with the rest of it.”

He added, “The people behind Rosecrance and what they’ve created save people like me. And when you save someone like me, you also save everyone who loves them, too.”

Herren struggled with a variety of substances including alcohol, cocaine, and heroin. Shockingly, he shared that seven of his former teammates from his high school team also started using heroin.

His keynote presentation was particularly relevant because heroin use in Champaign-Urbana more than doubled between 2007 and 2012.

The benefit also included a special reception with Herren for benefactors, a reception with appetizers, a door prize, video screening, dinner, and remarks from Rosecrance staff and board members.

The Rosecrance Health Network President/CEO Phil Eaton explained that since opening, the Rosecrance Champaign/Urbana location has been able to provide help for 400 people struggling with substance abuse disorders and 3,000 people struggling with mental health disorders. Proceeds from the benefit will enable Rosecrance to expand access to behavioral health treatment within the Champaign-Urbana area.

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The Friday following the Champaign Benefit, Rosecrance held an assembly at Centennial High School in Champaign, IL, where Herren spoke about addiction and recovery to nearly 1,800 high school students.

Herren started speaking to youth with the hope that he could change even just one life. After his moving speech at Centennial, it was clear that he has touched countless lives. 📚
Words from the heart comfort and inspire Rosecrance clients

Checking the Rosecrance Foundation mailbox became one of the most joyful parts of the day during the recent holiday season.

There, amid holiday cards and business correspondence, were personal notes from donors who responded to an invitation to write messages of encouragement to our clients. Reading these heartfelt words of comfort and inspiration was an emotional experience for the Foundation staff.

As the messages came in, we passed them along to clients in our residential and outpatient programs, and they were gratefully received. Think about this: Clients in residential treatment are away from home, away from loved ones. Many who are in treatment for substance abuse feel shame or guilt because they must own up to the relationships they have damaged through addiction.

Those who participate in outpatient programs for addiction or mental illness may feel equally isolated. Treatment can be a lonely experience, especially during the holidays. While our clients receive the best clinical care, compassion, and support from professional staff, there is an unquantifiable healing benefit in knowing they have the support of so many other people who believe in the miracle of recovery.

Here are just a few examples of why we watched the clock for mailtime. One Rosecrance friend wrote: “The battle with addiction and mental illness is too much for any one individual to fight alone. Use the resources at Rosecrance to carry the weight when you need help with the fight.”

Many messages came from people who understand firsthand what it’s like to need treatment. “By telling our stories and working a program of recovery, life is amazing! I am a Rosecrance alum. Trust in God, don’t do it yourself, and carry the message.”

We heard from Bonnie, the sister of our former director of nursing, Donna Gillette, who died in 2014 after many years of service to Rosecrance. Bonnie wrote: “My sister never lost hope in her clients. I know she continues to have faith in all of us who try our best.”

I believe that most of us do try, every day, to be our best selves. Rosecrance treatment programs are designed to give people tools to be their best selves. Our donors are trying to do that, as well, by supporting our work financially and, at a very human level, by sharing words of kindness and understanding. We are deeply grateful for both. Thank you for these gifts straight from the heart. With them, you are changing and saving lives.

Gratefully,

Anne C. Boccignone
Vice President Communications & Development
FY 2017 IN REVIEW

Rosecrance Inc. Highlights

- Merger of Community Elements in Champaign-Urbana, which provided a wide array of mental health services in central Illinois
- Successful Joint Commission Survey earning a Joint Commission’s Gold Seal of approval and accreditation

Rosecrance Foundation Highlights

- Raised $1,570,610 to support charity care and special programs across Rosecrance.
2017 by the numbers

- 30,084 clients served
- 48 locations
- 222 outpatient groups offered
- 832 employees
- 30,084 clients served
- 495 total beds with 94% residential occupancy
- 18,520 admissions
- 48% of our professional staff have Master’s degrees or higher
- Services span over 3 states
- MENTAL ILLNESS: 98%
- SUBSTANCE ABUSE: 95%

Overall Client Satisfaction

0% 25% 50% 75% 100%
Adolescent substance abuse division

1,338 teens served in substance abuse programs in FY 2017

Rosecrance provides evidence-based teen substance use disorder programs that incorporate clinical, medical, educational, and experiential therapies into a comprehensive individualized treatment plan. Programs serve youth 12–20 years old who exhibit signs or symptoms of alcohol or other drug involvement.

FY 2017 Highlights

- Implemented a young adult program for males up to age 21.
- Expanded the diagnoses of clients to include those who do not have a primary substance use disorder, but still suffer from behavioral health disorder.
- Expanded substance abuse services in Champaign/Urbana to include new adolescent substance abuse treatment.

FY 2017 Highlights

Adolescent substance abuse services and programs

- Biopsychosocial assessments
- Detoxification
- Residential/inpatient treatment
- Partial hospitalization
- Intensive outpatient treatment
- Outpatient treatment
- Dual diagnosis counseling
- Therapeutic recreation
- Licensed on-site teachers
- Spiritual care services
- Family support services
- Continuing care
- Recovery homes
- Alumni services
- Prevention/intervention
- School-based services

Client by program

- INPATIENT
- OUTPATIENT
- RECOVERY HOME

Reach 21
Adult substance abuse services and programs

- Biopsychosocial assessments
- Detoxification/Health Center
- Partial hospitalization
- Intensive inpatient services
- Florian program for uniformed personnel
- Young men’s program
- Medication Assisted Treatment
- Opioid specific program
- Women’s services
- Traditional men’s program
- OASIS program for older adults
- Therapeutic recreation and art therapy program
- Health and psychiatric services
- Outpatient services
- Project SAFE—for mothers with children
- Criminal justice services
- Recovery homes
- Therapeutic intervention program (TIP)
- Spiritual care services
- Family support services
- Alumni services

Adult substance abuse division

7,140 adults served in substance abuse programs in FY 2017

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.

FY 2017 Highlights

- Opened outpatient and recovery housing in Lakeview neighborhood of Chicago.
- Opened new outpatient location in La Grange, IL.
- Expanded Florian program’s reach beyond firefighters to all uniform personnel.
- Began the Older Adult Support in Sobriety program (OASIS).
- Added an adult intensive outpatient program in Wisconsin.
- Established a partnership with Crusader Clinic to facilitate pre-natal care within two days of admission to inpatient treatment.

Client by program

- INPATIENT 61%
- OUTPATIENT 36%
- RECOVERY HOME 3%
Children and youth mental health division

6,393 children and teens served in mental health programs in FY 2017

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.

**FY 2017 Highlights**

- Added a new service line and location to serve the SASS and child and family programs.
- Launched Rosecrance Open Access Child and Family Counseling Program, which integrates short-term counseling services for children and a skills training program for parents.
- Opened new location in Crystal Lake (Dakota Clinic)
- Opened autism/spectrum disorder services at Rosecrance Berry Center.

**Most frequent mental health diagnoses**

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>34%</td>
</tr>
<tr>
<td>ADHD</td>
<td>23%</td>
</tr>
<tr>
<td>PTSD</td>
<td>17%</td>
</tr>
<tr>
<td>Disruptive</td>
<td>10%</td>
</tr>
<tr>
<td>Bipolar</td>
<td>8%</td>
</tr>
<tr>
<td>Anxiety disorder</td>
<td>7%</td>
</tr>
<tr>
<td>Others</td>
<td>2%</td>
</tr>
</tbody>
</table>

- Community-based outpatient counseling
- Supportive care clinic
- Parenting support
- Community-based education and outreach
- Seasonal therapeutic wellness programs
- Mental Health Juvenile Justice Initiative
- Youth recovery court
Adult mental health division

10,082 adults served in mental health programs in FY 2017

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.

FY 2017 Highlights

- Increased triage hours at Mulberry Center from 11 to 16 hours daily.
- Implemented mobile crisis response services.
- Received $540,000 from health systems, government entities, and community support for triage.

Most frequent mental health diagnoses

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bipolar</td>
<td>33%</td>
</tr>
<tr>
<td>Depression</td>
<td>29%</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>21%</td>
</tr>
<tr>
<td>PTSD</td>
<td>11%</td>
</tr>
<tr>
<td>Anxiety disorder</td>
<td>5%</td>
</tr>
<tr>
<td>Others</td>
<td>1%</td>
</tr>
</tbody>
</table>

Adult mental health services and programs

- Screening and assessments
- Outpatient mental health treatment
- Dialectical behavior therapy (DBT)
- Psychiatric services
- Community support team
- Assertive community treatment
- Project for Assistance in Transition from Homelessness (PATH)
- Recovery Resource Center
- Community health integrated services
- Crisis services and crisis line
- Housing and residential services
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February 1, 2017 - December 31, 2017

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Lindsay Tuttle
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David and Sonya Miller
John Russell
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Thoma Mehl

Commemorative brick path in Rosecrance Garden
Honorariums & Memorials

In honor and in memory of Navin Shah and Premlata Shah
Niraj N. Shah

In honor of and memory of Vicky Squire
Jacqueline Lauder

In honor of and memory of Rose Marie Martin Wright
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**Mission**
Rosecrance provides help, hope, and lasting recovery to children, youth, adults, and families.

**Vision**
Lasting recovery helps individuals achieve full potential, restores families, and strengthens communities.

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Upcoming events

To learn more about these events, visit www.rosecrance.org/fundraisers or contact events@rosecrance.org

**Rosecrance Friends of Recovery Celebration**
Join us for an evening of music by Jam Alker, hear his story of recovery, while learning how you can partner with Rosecrance to help change and save lives of those impacted by substance abuse.

**Thursday, March 8, 2018, 6 p.m.**
The Homeplate Room at Wrigley Field
Chicago Cubs Headquarters Building
1101 W. Waveland Ave., Chicago

**2018 Rosecrance Benefit**
Featuring classic rock band America

**Monday, April 30, 2018 6:30 p.m.**
Giovanni’s Restaurant
610 N. Bell School Road, Rockford, IL

**Rosecrance Flower Day 2018 at Gensler Gardens**
Choose from the entire greenhouse selection of annuals and perennials and gorgeous hanging baskets.

**Thursday, May 10, 2018 8 a.m. - 7 p.m.**
8631 11th Street, New Milford, IL
102 Orth Road, Loves Park, IL

**Every Step Counts 5K Walk/Run**
Join others as they walk and run to celebrate recovery.

**Sunday, August 5, 2018**
Rosecrance Berry Campus
8616 Northern Avenue, Rockford, IL

**2018 Rosecrance Benefit**
Featuring classic rock band America

**Monday, April 30, 2018 6:30 p.m.**
Giovanni’s Restaurant
610 N. Bell School Road, Rockford, IL

**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 30,000 children, teens, adults, and families received help last year.

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

For more information about Rosecrance services, call 888.928.5278 or visit rosecrance.org.

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