Growing to Serve:
Leading Experts in Behavioral Health
From little steps into bigger heights

"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing the dawn will come. You wait and watch and work; you don’t give up."—Anne Lamott

Many of us have experienced the truth of this statement at one point in our lives and its sentiment is especially relatable to our clients. Individuals and families don’t typically seek treatment when things are going greatest in their lives. Our clients come to us after periods of suffering and relapse, shame and isolation. At Rosecrance, we work with our clients to turn the lights back on, to give them hope where there wasn’t any before.

Over the last year, we’ve had the opportunity to serve more and more individuals in need of hope and the miracle of recovery. To do so, we’ve deepened our roots in the communities we serve, branched out in new directions, initiated new programs and ultimately considered how our growth can serve others.

Growing to serve—those words appear on the front cover of this publication. They also serve as an internal mantra for me and all the staff at Rosecrance. Collectively, we understand the importance of behavioral health and wellness, and we find no greater joy than helping to heal the hearts of our clients. In the past 10 years, Rosecrance has expanded from an organization serving 9,000 clients and families annually to nearly 40,000. I truly believe growth is essential to the work we do. We cannot continue to serve if we stay still.

As of January 1st, Jackson Recovery Centers of Sioux City, Iowa, became an affiliate of Rosecrance Health Network, a move that will expand behavioral health treatment services in the Midwest region and further Rosecrance’s networked services nationwide. Nationally accredited for its quality, Jackson served 4,000 adolescents, adults, and families last year at a dozen different locations. In many ways, Jackson mirrors the mission of Rosecrance by aiming to transform the lives of clients and place hope at the forefront of their recovery journey. With the addition of Jackson, Rosecrance will operate nearly 60 locations throughout the Midwest. This new affiliation brings strength and economies of scale.

As we grow to serve we also inevitably grow to success, which enables us to expand our geographic role and reach, create and sustain a more efficient infrastructure, spread our fixed costs and invest in improving our outcomes, and researching and implementing evidence-based practices. Every decision, every step of the way, our growth reflects our desire to provide enriching, rewarding lives for the individuals and families we serve who are seeking treatment for mental health and substance use disorders.

To borrow a line from a client whose story is reflected later in these pages, I am proud to say Rosecrance has turned “little steps into larger steps and into bigger heights,” and we will continue to do so with our mission and the well-being of our clients and communities we serve in mind.

This is our purpose, as we all go forward, by the Grace of God, one day at a time.
Because Rosecrance recognizes the importance of stopping a problem before it starts, we provide a variety of programs that focus on prevention, education, and intervention.

Prevention and Early Intervention Program

The Rosecrance Prevention and Early Intervention Program is an evidence-based alcohol and drug education program for families, schools, law enforcement, physicians, service providers, and judicial circuit courts. The nine-hour program is designed to provide education, support, and direction to families with teens who may be at risk of more serious involvement with alcohol and other drugs. Rosecrance also offers comprehensive drug-prevention program, Too Good for Drugs, for 3-18 year olds in the central Illinois area. The 10-week program educates students in a variety of schools across Champaign, Ford, and Vermillion counties and serves as a free resource for the community.

Mental Health Crisis Intervention Programs

Rosecrance offers a variety of crisis intervention services for mental health for children and adults. These initiatives act as a first step by helping to mitigate a problem early-on and intervene during a mental health crisis as soon as possible.

SASS is a service for youth experiencing a psychiatric crisis. Services include crisis stabilization, support, and counseling. Those services may be provided at school, at home, or in the community. Once contacted about a crisis, Rosecrance SASS workers will contact a referral source within 30 minutes and come to the site of the crisis within 90 minutes. The 10-week program educates students in a variety of schools across Champaign, Ford, and Vermillion counties and serves as a free resource for the community.

Prevention, Education, and Intervention: Stopping the problem before it starts

When it comes to health and happiness, many of us aren’t proactive until a problem arises ... and usually a big one. In general, our society doesn’t place much value on preventative measures. Rosecrance is trying to change that by providing a comprehensive continuum of care for its clients and recognizing the importance of intervention, prevention, and education.

“At Rosecrance, we believe in the power of treatment; it’s what we do and we see lives transformed by the miracle of recovery each and every day,” says David Gomel, President of Rosecrance, Inc. “That said, there is equal importance in stopping a problem before it starts, which means we have to stay several steps ahead of the initiation of substance use and help others do the same.”

Rosecrance provides a variety of evidence-based, prevention programs that equip everyone in the community with the knowledge to foster and support happy, healthy lifestyles free of drugs and alcohol and the debilitating symptoms of mental illness.

Raising Resilient and Drug-Free Kids Presentation

Over the last two years, Rosecrance has developed a new substance abuse prevention initiative, “It’s More than ‘Just Say No’: Raising Resilient and Drug-Free Kids,” which is currently being offered in areas near Rosecrance locations, including Chicagoland, and throughout Illinois, as well as Iowa and southern Wisconsin.

Aimed at the parents of children in 3rd through 8th grades, the presentation provides helpful and practical tips to support children to make the right decisions when faced with peer pressure and stressors. Attendees hear from experienced counselors about what parents can do to encourage resilience and responsibility, learn about risk factors, and how to help children develop good coping and decision-making skills. Additionally, the presentation includes information and education about trending topics such as vaping and its effect on kids today.

Mental Health First Aid (MHFA) Trainings

Rosecrance offers Mental Health First Aid trainings for police officers and other first responders, human resource directors, primary care workers, teachers, clergy, friends and family of individuals with mental illness or addiction, and anyone else interested in learning more about mental illness and addiction.

Mental Health First Aid is a ground-breaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. The eight-hour training course teaches an individual with no clinical background the skills needed to help someone experiencing a mental health crisis until professional help arrives. The program builds mental health literacy and helps participants identify and respond to signs of mental illness and substance abuse.

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The Crisis Triage Program and the Crisis Residential Program are closely linked programs that are offered at the Rosecrance Mulberry Center in Rockford, IL. These programs are designed to provide an immediate response to individuals experiencing a psychiatric crisis. Rosecrance also provides crisis residential services in Central Illinois. The goal of both programs is to avoid unnecessary hospitalization or incarceration of individuals in crisis by providing rapid assessment, stabilization, and referral to the appropriate level of care.

The Power of Prevention

Data has shown that with early intervention behavioral health disorders might be prevented, and symptoms can be mitigated, according to Substance Abuse and Mental Health Services Administration (SAMHSA). By reducing the risks and boosting the protective factors, these Rosecrance prevention programs aim to do just that; they provide a crucial first step that comes even before the treatment process.

“Bringing preventative, proactive care and education to the forefront is long overdue,” explains Philip Eaton, Rosecrance President and Chief Executive Officer. “It is necessary to counter the ever-growing population of those experiencing mental health and substance use disorders.”

Eaton adds, “Our first priority will remain our clients who need our help at this very moment. However, we will keep being more intentional to consider those who may need our services down the road, too. We will keep growing to serve.”

Prevention and Treatment Saves Money

| Substance use disorder treatment saves $7 for every $1 spent in criminal justice costs. |
| Implementation of evidence-based interventions can have a benefit of $58. |

Reach
Experiential therapy: More than just fun and games

Experiential therapy has grown in popularity over the years and research suggests a variety of positive benefits, particularly in relation to those experiencing substance use and mental health disorders. However, experiential therapy doesn’t lend itself to measurable qualities as easily as other treatment options. For that reason, many still see these modalities as flashy, unscientific, and ineffective. Rosecrance is doing its part to showcase the benefits of experiential therapies and remind people that it’s so much more than just fun and games.

“Everything we do do with a purpose behind it,” says Abigail Nelson, Rosecrance Recreation Therapist. “The biggest misconception about experiential therapies is that we are just coming to the conservatory or the gym for our clients to engage in fun activities. Part of it is fun, but the more important part is to use these activities intentionally instead of as filler, and connect the dots to healing.”

Experiential therapy isn’t a specific type of psychotherapy but rather a multisensory, strength- and brain-based approach to treatment. With its integrative style, experiential therapy includes a wide variety of interventions and therapeutic techniques that rely on the common thread of ‘experience’ or ‘action’ as the agent of change. The modality can be particularly effective for those who do not benefit from traditional talk therapy approaches.

“The biggest misconception about experiential therapies is that we are just coming to the conservatory or the gym for our clients to engage in fun activities.”

---Abigail Nelson, Rosecrance Recreation Therapist

“Experiential therapies are out of the box activities, interests and hobbies, where you get out of your comfort zone and learn to express yourself in different ways other than just talking about something,” explains Jada Miller, Rosecrance Art Therapist. “It’s a way for our clients to settle themselves, ground themselves, and find calm in the chaos … they build on positive emotions and work through negative emotions in a safe, healthy way.”

According to Institute for the Advancement of Behavioral Healthcare (IABH), experiential therapies can improve sleep, levels of stress, and relationships with the self and others, as well as trigger the release of dopamine and endorphins, which can bring about positive emotions and work through negative emotions in a safe, healthy way.

“Research shows time and time again that experiential therapies can improve peace of mind; increase feelings of confidence, self-esteem, and motivation; and reduce anxiety,” says Carla Roth, Rosecrance Recreation Therapist. “The whole idea is to give clients an element of control back so that they can self soothe, feel better, and have a higher quality of life.”

The experiential therapies program at Rosecrance is multi-faceted, offering a range of activities from art, horticulture, fitness, yoga, meditation and mindfulness, horse-back riding, drumming, labyrinth and sensory room activities, healthy living lectures, team building exercises, and more. Every modality Rosecrance implements with clients is evidence-based and proven to be effective among populations experiencing substance use and mental health disorders. Experiential therapy is no different. Rosecrance collects data on its effectiveness by conducting post symptom and mood-tracking surveys, and wellness-based measurements.

Client testimonies support the benefits of experiential therapy, too. Following an art therapy session, one client explained, “When I first went to this class, I was a bit confused and scared because I’m not good with art. It amazed me how it actually worked. By the time we were done, I felt happy, confident, and calm. It was definitely a great experience.” Another wrote in a post-evaluation, “It really helped me with my anxiety and I will be taking the coping skills I learned and using it in my recovery outside of Rosecrance.

The staff at Rosecrance witness these client transformations take place each and every day and they see experiential therapy play a huge role. “I hear the word ‘relief’ a lot in responses,” says Matt Larson, Rosecrance Recreation Therapist. “Whatever it was they were feeling—aggression, agitation, tension, doubt, fear, sadness, or frustration—it’s gone … The sessions allow for a physical and mental release, a break from their ‘thought tornado,’ and an opportunity to cope using their senses.”

Nelson adds, “There are lots of dimensions of wellness, and experiential therapies can really touch on all of those. It can be an emotional outlet, physical outlet, spiritual outlet, environmental outlet, and community outlet. There are so many ways to work on wellness with experiential therapies; it’s so much more than just playing games.”

In studies with Rosecrance clients, the majority agreed that experiential therapies helped enhance their recovery and overall health and wellness, and indicated that they will continue to utilize and explore these activities after treatment.

Rosecrance introduces clients to art therapy, a facet of experiential therapies, which allows clients to utilize creativity as a coping mechanism.

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One client’s journey to growth and ‘a life worth living’

Former Rosecrance client, Tim S., worked as a hospice nurse for 28 years where he provided end-of-life care to patients from all walks of life. As a result of the job, he witnessed thousands of deaths, horrific suicides, patients crying out in pain, and mothers with no one to take care of their children when they passed on. To cope with these unspeakable, heart-breaking scenes, Tim turned to alcohol.

After decades of drinking and a life-altering blackout, Tim finally had to face the uncomfortable question—what happens if I don’t stop drinking?

“I knew I had two choices,” said Tim, “take recovery seriously and make it work, or lose everything.”

Fortunately, Tim chose the former and began his recovery journey with the Rosecrance Florian program.

The Rosecrance Florian program provides substance abuse and mental health treatment specifically tailored to uniformed service personnel, first responders, firefighters, and veterans who have common exposure to vicarious trauma. The program offers the best opportunity for lasting recovery by incorporating occupational factors into the treatment process.

“Recovery hasn’t been easy, of course, but it has been working,” he says. “Little steps turned into larger steps and into bigger heights … My life is good now. It’s a life worth living.”

—Tim S., Former Rosecrance Client

At Rosecrance, Tim gained information and education on addiction and the 12-Step program alongside other first responders. He learned a variety of coping skills from staff who understand the unique challenges of first responders and how they must return to the environment that may have contributed to their addiction. Following his time in residential treatment, Tim continued with 7–9 weeks of intensive outpatient treatment at Rosecrance.

“I tried a million times on my own to quit and I couldn’t,” he says. “Rosecrance gave me the tools to help myself and assimilate back into life. It saved my job, my marriage, and relationship with my kids.”

He adds, “I had excellent counselors, people who were willing to share their stories with me … It wasn’t just one treatment modality. It was the Florian group. It was the meetings, the community speakers. It was everything.”

Nearly one year sober, Tim attends AA meetings every day, sometimes multiple times a day. He continues to take care of others working in hospice care. Most recently, Tim has been preparing for a missions trip to Honduras along with speaking on the Florian unit as ways to give back and work the 12-Steps.

Tim explains the difference between his life in addiction and his life in recovery with these words: “Before, when I was drinking, I was watching life go by. I wasn’t participating. It’s an amazing feeling to be a participant now and not just an observer.”

“Recovery hasn’t been easy, of course, but it has been working,” he says. “Little steps turned into larger steps and into bigger heights … My life is good now. It’s a life worth living.”

Facts on first responders and mental health and substance abuse

First responders develop behavioral health conditions including, but not limited to, depression and posttraumatic stress disorder (PTSD), as compared with 20 percent in the general population. (Abbot et al., 2015)

Suicide & Firefighters

Among current and retired U.S. firefighters, prevalence estimates of suicidal ideation, plans and attempts were...

- 19% suicidal ideation
- 16% suicidal plans
- 50% suicidal attempts

* Study of 1027 individuals

Source: National Institute for Occupational Safety and Health (NIOSH)

Male firefighters reported heavy or binge drinking due to job stress.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

30% EMS professionals have never had enough time to recover between traumatic events. As a result, depression, stress and posttraumatic stress symptoms, suicidal ideation, and other functional conditions have been reported. (Bentley et al., 2013)
The Rosecrance Alumni Program: Growing together in recovery

Recovery is a lifelong journey, which is why Rosecrance is here to provide support and community to alumni every day, every step of the way.

With its intentional, innovative alumni program, Rosecrance is able to acknowledge the needs of its clients from the moment they walk in the door until long after they leave, and then offer an environment for alumni to grow together in recovery.

“The Alumni Program at Rosecrance is essential and important because it fosters new life and relationships,” says Rosecrance Director of Clergy and Alumni Services, Fr. James Swarthout. “It’s really an enhancement of lifelong learning and living.”

“Clients and families have a special bond with where their son or daughter, or they themselves got better,” adds Paul Gilmet, Alumni Coordinator. “We want to maintain that connection that our clients feel to the place where they got better once and for all.”

Once recovery is established it is so important to keep it. The Alumni Program helps keep recovery going with robust services and activities designed for individuals and families who have been through Rosecrance programs. There are a multitude of options for alumni to stay involved, such as mentorship programming, retreats, sober activities, breakfast gatherings, an alumni newsletter, 12-Step meetings, and volunteer and service opportunities.

Over the last year and a half, the Alumni Program at Rosecrance has grown immensely and continues to do so. An alumni room at the Rosecrance Harrison Campus was completed in December and opened as an available resource in January. Rosecrance uses the space as a positive environment for clients and alumni to gain access to a variety of resources, including 12-Step meetings, yoga classes, art and spirituality groups, and family and support programs. Alumni are able to come in during scheduled times and use the computers to work on a resume, search for jobs, and research housing opportunities.

Additionally, Rosecrance rolled out a Rosecrance app for clients at the end of 2018. The app is an invite/approved-only, secure group for Rosecrance clients and alumni to share updates, ask questions, and remain connected to resources and others in recovery. Approximately 200 alumni have already joined the app, which is currently only available to alumni who have received services at the Lakeview or Harrison campuses.

“Our goal is to be as connected with our alumni as possible and these new resources are really big support pieces,” explains Colleen Fry, Rosecrance Alumni Coordinator. “They allow us an opportunity to provide support, community, and resources, and remain in our client’s lives through their continued recovery.”

That’s what the alumni program is all about—transitioning clients from treatment to the rest of their lives and supporting them on their recovery journey from start to finish.

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Rosecrance secures key industry certification with Google

At the end of 2018, Rosecrance was approved for the LegitScript certification, a comprehensive certificate process for addiction treatment providers to achieve eligibility to advertise on Google and other intermediaries such as Facebook. Last year, Google banned all advertising and marketing efforts from addiction treatment providers on its site after discovering the alarming number of providers who were taking advantage of clients’ recovery. The result was the rigorous LegitScript certification process, which now serves as a needed reform to rebuild the ethics of online advertising and reduce deceptive marketing practices among treatment providers. The certification screens providers who do not have the necessary credentials or qualifications and allows for only the most legitimate, transparent, trustworthy, and law-abiding organizations to feature their advertisements. Advertising on Google will ultimately allow Rosecrance to connect with a wider audience and therefore reach more individuals and families who may be in need of help. Rosecrance has been accredited by the Joint Commission for almost 35 years.

Rosecrance approved for Veterans Choice Program

Rosecrance was recently approved for the Veterans Choice Program, which means that veterans will be able to receive treatment services from Rosecrance paid for by the Department of Veterans Affairs (VA). The Veterans Choice Program is one of several programs through which a veteran can receive care from a community provider at no expense to them. For example, if a veteran needs an appointment for a specific type of care, and VA cannot provide the care in a timely manner or the nearest VA medical facility is unreasonably inconvenient, then a veteran may be eligible for care through the Veterans Choice Program.

Elizabeth Vargas keynote speaker at 2018 Launch to Life

Launch to Life

Rosecrance hosted its 2018 Launch to Life event at the JW Marriott Hotel in Chicago on October 25, 2018, to raise funds to remove barriers to treatment. The benefit featured keynote speaker Elizabeth Vargas, anchor of A&E Investigates and award-winning longtime anchor of ABC News. In a room of more than 260 attendees, Vargas bravely shared how anxiety affected her life and career, and why she chose to publicly share her struggle with the disease of addiction and her ongoing recovery. Additionally, the annual benefit included lunch, raffle prizes, and inspiring stories of recovery from former Rosecrance clients.

Rosecrance President/CEO Philip Eaton receives national award

Rosecrance President and Chief Executive Officer, Philip Eaton, was recognized in 2018 by the National Association of Addiction Treatment Providers as a recipient of the Nelson J. Bradley Career Achievement Award. The award recognizes the career achievements of individuals who have made significant contributions to modern addiction treatment. Eaton has been a leader in the field of addiction treatment for over 40 years, having begun his career as a social worker at Rosecrance in 1971. Named CEO and President in 1982, Mr. Eaton’s vision and skill led Rosecrance to open the first treatment program for adolescents in Northern Illinois, develop Rosecrance as an example of the finest addiction treatment in the nation, and lead the organization to become an integrated behavioral healthcare organization.

Healthiest Companies

Rosecrance was recognized as one of the Healthiest 100 Workplaces in America, at an awards program presented by Springbuk®. Locally, Rosecrance won the Illinois’ healthiest employer award for 500-1,499 employees and nationally, Rosecrance ranked 26th out of 100. By winning this award, Rosecrance is recognized as one of the best in workplace health nationally and considered an exemplary leader for the effectiveness of its wellness initiatives.

Florian Symposium

More than 200 individuals attended the third annual Rosecrance Florian Symposium in Raleigh, North Carolina, hosted in partnership with several North Carolina organizations. The Symposium is a two-day training featuring nationally known speakers to provide education, insight, and resources on topics of addiction, recovery, trauma and suicide, peer support and more for first responders, veterans, clinicians, employee assistance providers, and chaplains.

Success Files

Recently, Rosecrance participated in an award-winning public television program: Success Files with Rob Lowe. The Success Files team visited the Griffin Williamson Campus to film a television segment and a short documentary. The project will highlight addiction treatment for adolescents at Rosecrance and showcase our nationally-recognized programs. The program will air on PBS stations in early 2019.

What Rocks

In November 2018, Rosecrance received a What Rocks Award from Rockford Register Star in the category of Best Overall Leadership among large organizations in the Rock River Valley region. Now in its 20th year, the What Rocks competition takes place annually to determine the best businesses in Rock River Valley. There are nearly 200 categories in arts and entertainment, food and drinks, goods and services, health, recreation and fitness, and more.

People You Should Know

David Gomel, President of Rosecrance, Inc., was named one of the 2018 People You Should Know by the Rockford Chamber of Commerce. People You Should Know started in 2011, and the program has honored 121 leaders. Honorees are business leaders who impact their respective organizations and industries and who positively affect the local business environment. Gomel has more than 26 years in the behavioral health field with both clinical and administrative experience.

People You Should Know

Dr. Tom Wright, Rosecrance Senior Vice President for Medical Affairs and Chief Medical Officer, is behind the scenes filming Success Files with Rob Lowe.

People You Should Know

David Gomel, President of Rosecrance, Inc., was named among 2018 People You Should Know. Photo: Scott P. Yates/Rockford Register Star. 4) Rosecrance, Inc. President, David Gomel, named among 2018 People You Should Know. Photo: Scott P. Yates/Rockford Register Star. 5) Rosecrance received What Rocks award from RRStar; 6) Dr. Tom Wright, Rosecrance Senior Vice President for Medical Affairs and Chief Medical Officer, is behind the scenes filming Success Files with Rob Lowe.
**Faces of Rosecrance**

**Kermit Dahlen, President of Jackson Recovery Centers, Inc., Sioux City, IA**

Kermit Dahlen is President of Jackson Recovery Centers, Inc., an affiliate of Rosecrance Health Network. Dahlen holds a Master’s degree from Eastern Michigan University and served as President and CEO of Sioux City-based Jackson for the past 39 years. Under Dahlen’s leadership, Jackson grew from a twenty-bed adolescent facility to Iowa’s largest comprehensive treatment program for substance use disorder. Dahlen joined Rosecrance in January 2019 when Jackson joined the Rosecrance family.

**Dr. Annie Fridh, VP of Operations of Jackson Recovery Centers, Inc., Sioux City, IA**

Rosecrance Administrator, Dr. Annie Fridh, has been appointed to the position of Vice President of Operations of Jackson Recovery Centers, Inc., in Sioux City, Iowa. The affiliation of Jackson into Rosecrance was effective on January 1, 2019. The expansion will increase behavioral health services in the Midwest region and allow Rosecrance to further its presence and services nationwide. Since 2014, Fridh served as the Rosecrance Administrator of Adult Community Mental Health, where she has overseen adult mental health operations. She possesses more than 25 years of experience and leadership in behavioral healthcare.

**Joan Lodge, Administrator of Adult Community Mental Health, Rockford, IL**

Rosecrance is pleased to announce Joan Lodge, LCSW, has accepted the position of Administrator of Adult Community Mental Health, which includes oversight of the Rosecrance Ware Center, Rosecrance Belvidere Clinic, Rosecrance Mullberry, and recovery housing. Lodge has a long history with Rosecrance, beginning with the former Janet Wattles Center in 1991. Joan has worked in many facets of community mental health and has provided tremendous leadership for many years. Joan is a current member of the National Association of Social Workers (NASW) Illinois’ Chapters and was named Social Worker of the Year in 2013.

**Craig Stallings, Senior Director of Operations, Rosecrance, Inc.**

Rosecrance is pleased to announce Craig Stallings has accepted the position of Senior Director of Operations, a position that will provide comprehensive leadership of all Rosecrance treatment services. Stallings is a licensed clinical professional counselor and certified addictions counselor with nearly 25 years’ experience in behavioral healthcare and 21 years of progressive growth at Rosecrance. As Senior Director of Operations, Stallings will research advances in mental health and substance use treatment, monitor key metrics and contracts, work with administrators on ongoing operations, and implement best practices that are consistent with Rosecrance Health Network strategic plan.

**Chris Gleason, Executive Director of Rosecrance Central Illinois**

In February 2018, Rosecrance announced a change in leadership, appointing Chris Gleason to Executive Director of Rosecrance Central Illinois. Gleason has worked in the Behavioral Health field for more than 25 years, working in DUI, outpatient and inpatient mental health and substance abuse programs. He is a Certified Advanced Addiction Counselor and he holds a BA from Judson University in Human Services and a Master's from Argosy University in Community Counseling.

**Roosecrance Expansion**

**Jackson Recovery Centers becomes an affiliate of Rosecrance**

As of January 1st, Jackson Recovery Centers of Sioux City, Iowa, became an affiliate of Rosecrance Health Network, a move that will allow Rosecrance to offer more behavioral health treatment services in the Midwest region and further its efforts to expand its presence and integrated behavioral health services nationwide. Jackson is a private not-for-profit licensed by the state and nationally accredited for its quality, serving 4,000 adolescents, adults and families last year at a dozen different locations. With the addition of Jackson, Rosecrance will operate nearly 60 locations throughout the Midwest, with total revenue of over $100 million and nearly 1,400 staff to conduct and manage operations.

“The greatest single factor to be considered as we go forward is the opportunity to create a truly integrated system of behavioral healthcare,” says Rosecrance President and Chief Executive Officer, Phil Eaton. “Most Rosecrance service sites offer integrated care and we are pleased to extend our network of like-minded providers.”

**Hundreds attend Rosecrance on Moreland open house in Champaign**

More than 250 community members attended the grand opening at Rosecrance on Moreland in Champaign-Urbana, which took place on January 9, 2019. With a ribbon cutting, tours of the facility, inspiring stories of recovery, and remarks from Rosecrance leaders and community partners, the event highlighted Rosecrance’s newest efforts to expand and improve treatment services for substance use disorders in central Illinois.

As open house attendees toured the space, it became easy to imagine the healing and recovery that will blossom inside its walls. With adult residential and outpatient treatment, structured supportive recovery living, and activities to engage alumni and the recovery community, Rosecrance on Moreland will be a true “Center for Recovery” that provides a healing and nurturing environment to young adults and adults from the community and the university who are struggling with addiction.
Rosecrance provides evidence-based teen, young adult, and adult substance use disorder programs that incorporate clinical, medical, educational, and experiential therapies into a comprehensive individualized treatment plan. These programs provide group, individual, and family counseling to people who exhibit signs or symptoms of alcohol or other drug involvement.

**FY 2018 In Review**

**FY 2018 Highlights**

- Opened a new sensory therapy room at Rosecrance Griffin Williamson Adolescent Campus and began providing sensory skills to support the Behavioral Health and Addiction Treatment program at our Residential Campus.
- Implemented a weekly equine therapy group for veterans at Rosecrance Harrison Adult Campus.
- Added a location in La Grange, Illinois, to better service the Chicagoland area.
- Merged Prairie Center Behavioral Health into Rosecrance Central Illinois to increase substance abuse presence in the region.
- Received Joint Commission Certification for Rosecrance New Life in Davenport, Iowa.

**Substance Abuse Client Demographics**

- **Adolescent Diagnosis**
  - Cannabis: 64%
  - Alcohol: 9%
  - Other: 16%
  - Sedative: 4%
  - Stimulant: 2%

- **Adult Diagnosis**
  - Alcohol: 41%
  - Opioid: 15%
  - Other: 1%
  - Sedative: 4%
  - Stimulant: 10%

**Substance abuse services and programs**

- Biopsychosocial assessments
- Detoxification services
- Residential/inpatient treatment
- Partial hospitalization
- Intensive residential treatment
- Intensive outpatient treatment
- Outpatient treatment
- Florian program for first responders, veterans, and uniformed personnel
- Young men’s program
- Medication assisted treatment
- Opioid specific program
- Women’s services
- Project SAFE—for mothers with children
- Traditional men’s program
- OASIS program for older adults
- Dual diagnosis treatment
- Therapeutic recreation and art therapy program
- Health and psychiatric services
- Licensed on-site teachers
- Criminal justice services
- Spiritual care services
- Family support services
- Continuing care
- Recovery homes
- Alumni services
- Prevention/intervention
- Therapeutic intervention program (TIP)
- School-based services
Rosecrance mental health services

19,603 served in mental health programs in FY18

8,135 children & youth served
2,275 young adults served
9,193 adults served

Rosecrance is dedicated to providing caring, personalized, evidenced-based solutions and comprehensive diagnosis and treatment for children, youth, adults, and families living with emotional disorders and mental illness. Our board-certified psychiatrists, counselors, and social workers provide the highest-quality care in a friendly environment.

FY 2018 Highlights

- Implemented a mental health residential treatment program for adolescents.
- Partnered with OSF HealthCare Saint Anthony’s Emergency Department (ED) in Rockford and OSF Heart of Mary Hospital in Champaign to provide crisis response services to individuals in the ED who were experiencing psychiatric crisis.
- Eliminated waiting list in Rosecrance Central Illinois mental health services in Champaign, IL, with the addition of walk-in assessments.
- Awarded a $100,000 grant by the Club Blue Foundation to build sensory and play therapy rooms on the Rosecrance Berry Adolescent Campus as well as to provide mobile sensory kits to community and crisis workers.

Mental Health Client Demographics

Adolescent Diagnosis

- Bipolar: 8%
- Conduct: 10%
- Trauma: 17%
- ADD: 25%
- Depressive: 34%
- Anxiety: 7%
- Schizophrenia: 1%
- Others: 1%

Adult Diagnosis

- Bipolar: 28%
- Depressive: 33%
- Schizophrenia: 1%
- Psychotic: 15%
- Anxiety: 1%
- Others: 1%
- Trauma: 13%
- ADD: 25%
- Depressive: 34%
- Conduct: 10%

Mental health services and programs

- Outpatient mental health treatment
- Screening, assessment, and support services (SASS)
- Community support program (CSP)
- Early intervention clinic
- Co-occurring intensive outpatient program
- Children and family therapy program
- Community-based outpatient counseling
- Assertive community treatment
- Community health integrated services
- Project for Assistance in Transition from Homelessness (PATH)
- Psychiatric services
- Supportive care clinic
- Parenting support
- Community-based education and outreach
- Seasonal therapeutic wellness programs
- Mental Health Juvenile Justice Initiative
- Youth recovery court
- Crisis services and crisis line
- Housing and residential services
- Recovery Resource Center
2018 by the numbers

1,016 employees

37,024 clients served

52 locations

466 total beds

49% of our professional staff have Master’s degrees or higher

277 outpatient groups offered

1,912 TMS sessions

The Rosecrance Foundation raised $1,586,851 funds in FY18 to support clients and programs.

Overall Client Satisfaction

MENTAL ILLNESS 97%

SUBSTANCE USE 94%

In Honor

2018 Christmas Charity Donation

Dick and Michele Lemberger

Jeffrey Lemberger

Rachael Leperance

Steve Morgese

Paul Souland

Rhonda Vett

Ballinang Family

Jason Gintert

Josie Baloun

Gregory and Jeanne Girard

George and Carol Bates

Bruce and Paula Olson

Becca, Jerald, Sai, and Sayge Spencer Kranie

Lyn and Roger Becknell

Shelley Becknell

David C. Beto

Kelley Williamson Company

David P. Beto

John and Marilyn McDonough

Tom Dickerson

Jeff Furst and Carina Ferrara-Furst

Phil Eaton’s 70th Birthday

Mary Ann Abate

Anne Boccognone

Ann Bown

Kelly Epperson

Judith Jobe-Ewers

Dave Gomel

John Schuster

Jena Widdell

Tom Wright

Phil and Cheri Eaton

D. Craig Parcesson

First United Methodist Church of Evergreen Park

Ardith Inman

Friends of our Grandson

Bradley Fritchey

Ted and Jerry Ann Fritchey

Darlene Furst’s Special Birthday

Marinose Ferrara

Jerry and Connie Paris

Jeff Furst

Marinose Ferrara

Clifford A. Gillette

Jama Anderson

Gregg and Elizabeth Flielher

Donald Winslow

John Griffin

Bradley and Georgarinn Gumnow

Joseph Holmer

Daniel and Pamela Holmer

Tim Kirvan

Connie Decker

Joyce Leavitt

Elliot Cohen

Iris Garmisa

Gregg Garmisa

Linda Garmisa

Ronald Levin’s 60th Birthday

Gregory and Gail Liebovich

Monica Long

Robert and Sandra Gregori

Paulette Mahoney

Elizabeth Halusan

John McDonough

Dana McDonough

John and Marilyn McDonough

Dana McDonough

Joe and Ann McDonough

Meredith Miller

Eric Miller

Dr. W. Stephen Minore

Philip and Cheri Eaton

Patrick Neylon

John and Noreen Neylon

Connie Paris

Lloyd Stern
2018 GIVING

William Leigh Rawson
William and Andrea Rawson

Kathryn Zenhoff Retting
Max Retting

Rosecrance Griffin Williamson Staff
Jeffrey and Susan LaLorraine

Bob Wills
Mabel Rice

Alex Witt
Mary Gaetjen

John and Jamie Wright
Kellie Ottenberg

In Honor & In Memory

Ann Marie Aramino
Sandra Aramino
Richard Aramino

Anthony Jason and Dorothy Jason
Scott Meinert

Jeremy Youtje Pan
Infosys Consulting
 Vivek Partha

Paula Trinkske
Blaise Trinkske

William J. Suhaneck
Denise Bunting

Your Brother-in-law
Scott Smith

In Memory

2018 Christmas Charity Donation
Nancy Carroll
Paul Soulard

All the friends we’ve lost, far too many
Michael Anderson

Steven Amundsen, Jr.
Kendall Butler

Gary Linden Austin
Lori Swearingen

Daniel Avinari
Ron Soave

Richard Baldner
Laurie Westberg Martin

Jeremy Baliak
Kim Adsman
Ed Beutler
Daniel Baliak
Daniel and Linda Baliak
Jeffrey Brenner
Eileen Miller-Girson

Jake Brummitt
Ronald and Renée Brummitt

Jacob Burke
Travis and Keri Fager

Mark Campbell
Sally Swis

John Castrogiovanni
Louis and Betty D’Angiolo
W. Stephen and Laura Minore

Gregory Centner
Rosemary Centner

Debra Christiansen
Eugene Amendia
Grant Street Group, Inc.
Mike Miller
MaryKate Skaggs
Teresa Stark

Jeremy Coute
Diane C. Clark-Coutre

E. Wayne Cowan
The Ellate of E. Wayne Cowan

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Kevin and Amy Anderson
Charles and Patricia Behrends
James and Rae Ann Biesiadecki
Mark and Kristine Carlson
Dan and Jean Clark
Scott and Kim Coolay
Drs. John and Susan DeGuide
Steve and Nancy Dosekte

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Charles and Marjone Elliott

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Georgia George
Robert and Onita Gossick
Martin and Georgena Hartlieb
Jane Hooker
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William and Martha Hutt
James and Fran Knutsen
Marianne DiSalvo Hand Trust
David and Christine McCarty
John and Maureen Morrissey
Bonita Ritter
David and Karyn Roelke
Michael and Debra Smith
Howard and Helen Sorenson
John and Carol Taphorn
John and Caryl Van Nast

Karen Dinison
Todd Hishon

Colin Donahue
Sara Sandberg

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Rex Ashworth
Mary Biller
Blackhawk Veterinary Services, Ltd.
Jeanie Carlson
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Art and Fran Kneller
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Shu Y Tai

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David Watson
George and Beverly Letcher

Brock White
Malinda Mallady

Nearby 100 staff, donors, clients, and alumni celebrated recovery at the Honoring Recovery event with an evening ceremony on the patio, followed by dinner. At the event, John Mink and Donna Gillette Memorial scholarships were presented to four Rosecrance alumni pursuing higher education and 20-newly-installed commemorative bricks were on display.
People we can’t do without

Thank you to the people, businesses, and organizations who gave to Rosecrance in 2018 making it possible to provide treatment to those in need.

* Benefactor Society members gift of $1,500 or more

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* A & R Mechanical
  *A Fresh Start Sober Living Environments, Inc.
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Champaign Drug Court has had nearly 300 graduates since June 2000.
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Every effort has been made to list our donors correctly. If you have questions, inaccurately omitted, or listed your name incorrectly, please call 815.877.544 so we can correct and strengthen communities.
Upcoming events

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

2019 Rosecrance Foundation Benefit Featuring Three Dog Night

Don’t miss this memorable evening with legendary music icon, Three Dog Night, along with stories of inspiration and recovery.

Monday, April 29, 2019
6:30 p.m.

Giovanni’s Restaurant
610 N. Bell School Road, Rockford, IL

Rosecrance Flower Day 2019 at Gensler Gardens

Choose from the entire greenhouse selection of annuals and perennials and gorgeous hanging baskets.

Thursday, May 9, 2019
8 a.m.–7 p.m.

8631 11th Street, New Milford, IL
102 Orth Road, Loves Park, IL

Honoring Recovery

An event to award academic scholarships and unveil the newly installed commemorative bricks. To purchase a brick, call 815.387.5608 or visit rosecrance.org/bricks.

Date to be announced

Rosecrance Harrison Campus
815 Harrison Avenue, 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. Nearly 40,000 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.

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