Every story has an END but in life every ENDING is just a new BEGINNING.
Miracles happen every day

“Sometimes you have to get through the brutal to get to the beautiful.” —Juan Felipe Herrera

We hear the statistics of mental illness and addiction constantly. Somehow, we still feel immune until it happens to us, until the storm is directly overhead. At Rosecrance, mental illness and addiction are very real for our clients and their families, who come to us from all walks of life. As experts and leaders in the behavioral healthcare field, we served nearly 45,000 individuals last year and we provide evidence-based care with compassion.

I am moved time and time again by what I witness at Rosecrance. This year alone, I experienced hope on such a grand scale. A young child with debilitating anxiety returned to school after successful treatment that began with our crisis intervention program. Approximately 7,500 people were served in central Illinois through all programs. The staff at Rosecrance Jackson Centers worked tirelessly to offer the best quality care to our clients in Sioux City. The list goes on.

Miracles happen every day. I’ve seen them—and to know that Rosecrance is responsible for so many is an absolute gift. But, it’s not just the stories of hope that impassion me to continue this work and Rosecrance to further spread its mission of providing help, hope, and lasting recovery. It’s the stories of hardship, too.

Mental illness and addiction are storms that take over, brutal and relentless storms that can have fatal outcomes and affect the lives of so many. Research shows that twenty-one million individuals experience addiction and one in five experiences mental illness. This is not some other group of people we can point the finger at; it’s our brothers, wives, mothers, uncles, kids, cousins. Mental illness and addiction live in the faces of all of us.

Mental health and substance use disorders haven’t historically elicited the same kind of attention, compassion, and helping hands as other illnesses. The casseroles and check-in calls are often few and far between and most unfortunate of all, so is treatment. According to Substance Abuse and Mental Health Services Administration (SAMHSA), only one in ten people receives the treatment they need and even fewer receive the quality, evidence-based treatment that will truly help them succeed and sustain a recovery lifestyle.

Imagine if only one in ten people suffering from cancer received treatment. Likely, that would stop us in our tracks. We need to prioritize the same imperative care for those experiencing mental illness or addiction and put the emphasis where it belongs: on treatment.

Whether it is depression, alcoholism, anxiety disorder or heroin use, treatment can be effective. Outcomes studies at Rosecrance show that a majority were no longer using any substances three to 12 months after treatment. The vast majority also said their outlook on themselves and life had improved after completing treatment at Rosecrance.

This annual magazine, Reach, will present you with an inside look at the quality treatment Rosecrance provides. I hope you find something inspirational and educational in these pages.

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

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**On the cover:** Artwork created by clients in experiential therapies at Rosecrance Griffin Williamson Adolescent Campus.
Any new experience typically comes with a barrage of questions. Whether you are buying a new home, adopting a cat, or running your first marathon— questions about what is to come help prepare you for the journey ahead.

But what about when that new experience is helping a loved one get into treatment for a mental illness or addiction?

Helping a loved one find the appropriate care can be challenging. The process can be scary and hard. Often, there’s a lot of pain, destruction, and hurt experienced not just by the individual with the mental illness or addiction, but the entire family, too.

As a result, the questions that come along with seeking help for behavioral health conditions are typically rooted in high-stress and vulnerability. They’re also difficult to ask. But the path toward recovery and well-being is absolutely worth it. It’s a great, rewarding decision and Rosecrance is here to help.

For over 100 years, Rosecrance has been providing quality, compassionate care to individuals and families who need it most. With highly trained and caring experts, Rosecrance can guide you through this challenging time, help you navigate the endless barrage of questions, and steer you and your loved one toward a path of recovery and wellness, together.

Still, Rosecrance recognizes reaching out for help and making the first phone call is not as simple as it sounds.

“Prior to making a first phone call, there can be a lot of anxiety, a lot of pain, a lot of fear—really a lot of fear,” says Jami Ditto, Rosecrance Community Relations Coordinator.
The process at Rosecrance begins with an assessment that can either be done in person or on the phone, depending on each unique situation. Every person is immediately met by highly trained staff who will help assess the person’s needs, determine the next best steps, and then typically try to place the client into the correct services within 24-48 hours, if appropriate.

For our residential programs, Rosecrance takes as much pressure out of these high-stress situations as possible by assigning a care navigator to those who reach out for services. The care navigators are staff who are there to help teens and adults get into treatment, and they serve as the main point of contact throughout an individual’s treatment process.

“‘It’s not just our job, but it’s our honor to help navigate this process with you and your loved one and help you walk through this part of your journey. All you need to do is call us.’”
—David Gomel, Ph.D, President and Chief Operating Officer, Rosecrance

“We all know when we are working with different organizations or companies and we get transferred to multiple people and have to tell our story over and over we can become discouraged,” says Lindsey Vass, Clinical Outreach Manager. “To have one person start with a client and guide the client throughout the entire journey until they get into the service they need can have a huge impact on the individual and their family. It can help eliminate a lot of frustration and confusion.”

Rosecrance recognizes the boundaries and stigma associated with behavioral health conditions, the courage it takes to confront them, and the chaos that is often left in the wake of the individual and family experiencing these diseases. Our priority is our clients and their loved ones, and our experts are there along the way to remind individuals that no question is too small.

Vass puts it this way: “I’ve answered a lot of questions during my career at Rosecrance. From, ‘How long is the initial assessment going to take?’ to ‘What kind of paperwork do I have to fill out?’ to ‘How much is it going to cost? Is it confidential? Will my school or work find out?’ Any kind of question is okay and we are here to answer it.”

Rosecrance President, David Gomel, adds, “We will help you work with your loved one, and we will help your loved ones identify what’s in their best interest. We have resources from interventionists to assessment counselors to care navigators all the way up to treatment specialists and clinical experts.”

Rosecrance offers residential and outpatient treatment, partial hospitalization, group and individual counseling, support groups, detox services and recovery home living. Treatment plans don’t look the same for every individual and what works for one person may not work for another, which is why seeking the expertise of professionals is so important.

As you support your loved one into treatment, there will be roadblocks and bumps along the way, but Rosecrance is here to make the road ahead as smooth as possible.

“For an individual to be brave enough to take that first step and confront this disease head on and for Rosecrance to be the blessed recipient to help a person move into an entire new way of life and find joy and happiness ... It means the world.”

Gomel adds, “It’s not just our job, but it’s our honor to help navigate this process with you and your loved one and help you walk through this part of your journey. All you need to do is call us.” If you or a loved one is experiencing a mental health or substance use disorder, call (888) 928-5278 today or visit rosecrance.org. Rosecrance is here to help.

“‘It’s not just our job, but it’s our honor to help navigate this process with you and your loved one and help you walk through this part of your journey. All you need to do is call us.’”
—David Gomel, Ph.D, President and Chief Operating Officer, Rosecrance

We are notably an expert in addiction, but our expertise in mental health is also unparalleled.
Clients receive help and hope through Rosecrance Mental Health Services

Picture a veteran so overcome with the symptoms and flashbacks of post-traumatic stress disorder that he turns to substances every day to cope. Imagine a young teenager who refuses to go to school or even come downstairs in her own home because of crippling anxiety. Envision a mom in residential care away from her family for over a month who is doing everything she can to achieve health and wellness.

All of those are the very real and very challenging life scenarios of Rosecrance clients—clients who persisted in their recovery and wellness and who now serve as a testament that treatment works.

This past year, Rosecrance served nearly 17,000 individuals experiencing mental health disorders.

Rosecrance has offered treatment for substance abuse for decades. We are notably an expert in addiction, but our expertise in mental health is also unparalleled. Rosecrance offers a variety of mental health programs ranging from triage treatment for adults in psychiatric emergencies to residential treatment for adolescents.

“We want to give our clients direct evidence that they can get better,” says Jason Relle, Clinical Director at Rosecrance Griffin Williamson Campus. “You can live a very productive and very successful life with a mental illness if you manage your symptoms and take care of yourself.”

Programs like the mobile crisis response unit offer services for crisis management for youth and adults, respectively.

The Rosecrance mobile crisis response unit helps children in a psychiatric crisis who are at risk of self-injury, harming someone else, or exhibiting symptoms of psychosis. Rosecrance responds to every crisis call and situation within 90 minutes. A child then stays connected to the program for 90 days. Services can be provided at school, home, or in the community and they include crisis stabilization, support, and counseling.
The triage program connects clients with crisis intervention, screening, evaluation, and referrals. It also offers linkages to many community providers. Rosecrance Triage utilizes a “living room” concept; a comfortable, safe and welcoming environment instead of a typical clinical or emergency room setting. If further stabilization is needed after this program, individuals can be admitted to a 14-day crisis residential program or receive ongoing, outpatient mental health services.

“Other programs such as the Rosecrance Florian program and the specialized services program offer residential care for unique populations experiencing mental illness.

The Florian program addresses the complex biopsychosocial issues unique to the culture of firefighters, paramedics, law enforcement officers, and members of the military. The Rosecrance Florian program offers a path to lasting recovery for first responders and service personnel by bringing occupational factors into the treatment process and recognizing the unique stressors they face every day on the job.

The specialized services program provides residential treatment for teens who have a primary mental health diagnosis, such as mood disorders, anxiety disorder, depression, post-traumatic stress disorder or bi-polar disorder. The program is short-term, typically lasting between 30-45 days, with a scheduled and structured environment comprised of group and individual therapy, one-on-one visits with a psychiatrist, experiential therapies, and a school setting to provide support, as necessary.

“The specialized services team is really a passionate set of people who get what we are doing, who believe in the Rosecrance mission, and who want to be a part of change,” says LaShonda Walker, Rosecrance Unit Coordinator. “We want our clients to walk away from this program with the ability to live life well. A mental health diagnosis doesn’t mean that your life has to stop. You can keep moving forward.”

Other unique mental health programs include Projects for Assistance in Transition of Homelessness (PATH), an outreach program that provides therapeutic services to individuals experiencing both homelessness and mental illness, as well as Transcranial Magnetic Stimulation (TMS), an FDA-approved therapy for depression.

“I’ve had the privilege of working at multiple Rosecrance locations and I can say our quality of care does not waver. We offer trauma-informed and incredible care to individuals and families when they need it most,” says Annie Fridh, Vice President of Operations at Rosecrance Jackson Centers. “I’m proud to be a part of an organization that has such an integral and positive impact on mental health.”

Other unique mental health programs include Projects for Assistance in Transition of Homelessness (PATH), an outreach program that provides therapeutic services to individuals experiencing both homelessness and mental illness, as well as Transcranial Magnetic Stimulation (TMS), an FDA-approved therapy for depression.

“The physical, social, and financial impact of mental illness can be devastating. Rosecrance understands this and identifies ways to combat stigma by offering a full continuum of care of mental health services for those who are struggling.”

—Joan Lodge, Administrator of Adult Mental Health Services in Rockford

Source: USA Mental Health First Aid, 2019

Of adults in the U.S. will experience a mental illness.

Of mental health disorders begin by age 14.

Of people who had a mental health disorder received care last year.
Evidence-based treatment and quality care

The comprehensive services at Rosecrance help accelerate progress and create a roadmap that goes beyond initial treatment.

There’s a lot to consider when looking for treatment for a behavioral health condition and selecting a provider. And, not all treatment is created equal.

Rosecrance provides quality care and offers comprehensive, evidence-based and individualized treatment for clients and families experiencing substance use and mental health disorders. But what does a quality treatment provider look like, and why is “evidence-based” such an important term?

The term evidence-based is used broadly in healthcare. David Sackett, the father of “evidence-based medicine,” passed away in 2019, but his legacy of evidence-based medicine will continue to set the standard for healthcare providers around the world.

According to Rosecrance Chief Medical Officer, Tom Wright, evidence-based treatment really consists of four main ideas: resources, expertise, patient population, and research—all of which Rosecrance demonstrates and upholds as a model to other providers.

**Resources**

Rosecrance serves as a trusted resource for individuals, families, and communities across the country. From residential and outpatient treatment to crisis response and 12-Step meetings, Rosecrance offers a robust and strong umbrella of services that equip people with the support, education, and tools they need to move forward.

Many providers offer mental health or substance abuse services; however, Rosecrance recognizes that these two services are not mutually exclusive. So often, they are related and intertwined, so Rosecrance offers services for primary mental health and substance abuse diagnoses as well as co-occurring services for those with overlapping conditions.

Resources at Rosecrance for both clients and their families include examples such as: cognitive behavioral therapy, dialectical behavior therapy, contingency management, motivational interviewing, transcranial magnetic stimulation, family education and support sessions, and alumni services.

“Resources don’t just fall in your lap,” says Craig Stallings, Rosecrance Regional Vice President of Operations. “It can be hard enough for families to seek out the help they need, which is why it’s so important that providers actually deliver on the promises they make. I am proud to say I see Rosecrance carry out its promises each and every day.”

**Expertise**

Rosecrance has been providing excellent care to clients for over 100 years, advancing in the field as a leader, and setting an example for others.

Rosecrance has highly credentialed, educated, and dedicated professionals working together to deliver the most appropriate, effective care. The diverse, cohesive team is comprised of counselors, therapists, psychiatrists, physicians, nurses, social workers, and more.
workers, recreational therapists, educators, nutrition specialists, and support staff, nearly 30 percent of whom hold a master’s degree or higher.

“Rosecrance is a provider grounded in science with the heart to back it up. Mental health and substance abuse treatment providers should be held to an extremely high standard. People’s lives are literally on the line.”

—David Gomel, Ph.D, President and Chief Operating Officer, Rosecrance

Additionally, Rosecrance has maintained accreditation by The Joint Commission since 1984. The Joint Commission awards their gold seal of approval and is recognized as the highest possible standard for behavioral health treatment providers. Rosecrance is also LegitScript certified, an Aetna Institute of Quality, and Veterans Choice Provider, with memberships, affiliations, and partnerships nationwide that help us continue to grow and develop as the best in the industry.

Patient Population
Rosecrance excels in treatment for mental health and substance use disorders and constantly seeks new innovative treatment for these populations.

Rosecrance offers holistic, individualized treatment to youth, adolescents, and adults. Rosecrance considers the specific individual needs of each person, including their age, gender, occupation, dependency type, personality, and therapeutic experience, and tailors treatment accordingly for the most effective and rewarding results.

Research
While Rosecrance remains grounded in 12-Step principles, its experts never stop evaluating new, leading treatments. From researching vaping trends to the effectiveness of transcranial magnetic stimulation on obsessive compulsive disorder, Rosecrance contributes to care with primary research, education, and treatment. Rosecrance continues to invest in outcomes studies, evaluate the effectiveness of its current treatment, and look for smarter solutions moving forward.

“We are constantly exploring what we do well and what we can do better so we can be the provider of choice for clients and community stakeholders.”

The Rosecrance Way
The term “evidence-based” ultimately establishes a provider as quality and marks their practices as relevant, accurate, reliable, and based in science. Rosecrance exemplifies all of those qualities, being sure to deliver on the promises we make with excellence and integrity.

“We want people to get better and that doesn’t happen without evidence-based treatment,” adds Wright. “Treatment works! Quality treatment can change and save lives; it can make a real difference and I believe Rosecrance is that difference.”

Measuring success

Rosecrance is serious about the science of treatment to ensure our clients are best equipped for lasting recovery. That means we have a team of people continuously looking for ways we can improve our services. Last year, the team launched a comprehensive analysis of organizational outcomes, and we will be sharing their work throughout the year.

This approach positively impacted programming at the Rosecrance Griffin Williamson Campus, where new groups were added to strengthen clients’ coping skills. Our research looked at clients’ grasp of these “protective factors” by the end of treatment, looking to see what impact the new groups would have.

We discovered that treatment gave clients a stronger grasp of the tools, even if they didn’t participate in the new groups. However, clients who participated in new groups reported a significantly greater understanding of skills valuable to the recovery journey. As a result, these participants are even better equipped to manage circumstances and thoughts that might tempt them to use addictive substances.
Rosecrance provides an individualized and comprehensive continuum of care to clients, offering them the best chance to continue thriving and living life well in recovery.

One Rosecrance alumni put it this way: “Without Rosecrance I don’t think I’d be where I am today. It’s a day-by-day program. Eventually you add those days up and you have a year, then two years and three years and so on ... and that gives you hope. Rosecrance to me represents hope, a hope for a better future for anyone who walks through the doors.”

Of course, when it comes to treatment, one size doesn’t fit all. Everyone starts at a different point in the journey. For some, treatment may look like starting with a support group. For others, it may mean detox services. What’s important is that services are tailored to fit the unique needs of every individual and then adapt to those needs over time.

“Not everyone is going to need residential treatment immediately,” explains Lindsey Vass, Clinical Outreach Manager. A teenager, for example, might just need an educational course we provide around drugs or alcohol. Sometimes a group therapy or meeting with an individual counselor is more appropriate.”

“Just like there isn’t any one path to recovery, there isn’t any one blueprint to successful treatment,” adds Dr. Raymond Garcia, Rosecrance Medical Director. “It’s critical to provide options and Rosecrance has many different levels of care.

Map for lasting recovery

The mission of Rosecrance is to help children, youth, adults, and families find help, hope, and lasting recovery and that means supporting them from the moment of their first phone call until long after they leave.
Individual Counseling
Also known as therapy, talk therapy, and psychotherapy, this type of counseling is a one-on-one experience between the individual and a therapist. The main objectives include speaking about the individual’s past, physical, mental, and emotional health, addressing present concerns, determining the best course of action, and working through one or several of a variety of techniques and approaches. Sessions typically last about an hour.

Intensive Outpatient (IOP)
The Intensive Outpatient Program is designed for individuals who need more care than traditional counseling can provide, but do not need, want, or meet the criteria for hospitalization. The program is short-term, flexible, and typically meets several hours a day ranging from three to five days a week. The program provides individual and group therapy from a multifaceted treatment team as well as education and a network of support.

Partial Hospitalization (PHP)
This level of care is one step down from a residential setting. These programs provide a level of care parallel to that of a residential setting while allowing an individual to return home each evening. Individuals who need structure and support with a high level of care are appropriate for such a program. These programs typically meet six or more hours a day, five to seven days a week.

Residential
This level of care is typically considered crisis management. It is short-term, typically lasting from several days to a month or so. The setting provides a variety of therapies with various clinicians, medication management, and constant supervision while working to stabilize and support the client’s independent functioning.

“Hope is a powerful word,” says Carlene Cardosi, Regional Vice President of Residential Services. “It brings people into treatment and keeps them there. Residential treatment at Rosecrance offers clients a structured, nurturing environment where they are challenged to change their old patterns and behaviors and given the tools they need to move forward.”

Detox
The detox program is a 24-hour medically monitored residential program that is short term, lasting one to five days designated specifically for individuals who need assistance in safely withdrawing from the effects of various drugs and/or alcohol as the first step in residential treatment. Typically, education, intervention, counseling, and medically assisted treatment (MAT) are offered and clients are referred to additional services directly following discharge.

Recovery Homes
These structured living environments are 24/7 programs with a lesser amount of monitoring than a residential setting. The environment is a facility more “home” like than a hospital. Residents participate in daily treatment programs typically eight hours a day, including individual, group, family, and experiential therapies as well as education regarding their conditions and how to manage their own well-being. The length of stay is typically three to six months and the accommodations are very comfortable living spaces.

Alumni Services
The alumni services at Rosecrance help to keep recovery going with on-going support, activities, and events. From running groups, 12-Step meetings, and movie nights, there is an extensive network of alumni services to keep alumni connected and growing in recovery. The Rosecrance Alumni App for personal devices is an invitation/approved-only, secure group for Rosecrance clients and alumni to share updates, ask questions, and remain connected to resources and others in recovery.

“‘The alumni program here at Rosecrance is essential and important because it really is an enhancement of lifelong learning and living,” says Fr. Jim Swarthout, Director of Clergy and Alumni Relations.

Paul Gilmet, Alumni Relations Coordinator, adds, “The place where someone got well has a significant impact on who they are and how they are made up as a person. We want to maintain that connection to the place where our clients got better once and for all.

Support Groups
Support groups are typically facilitated through our alumni services. While AA or Alcoholics Anonymous is widely known and accepted, there are many other self-help groups such as NA–Narcotics Anonymous, CA–Cocaine Anonymous, GA–Gamblers Anonymous, and EA–Emotions Anonymous.
also included remarks from Rosecrance leaders, a premiere of the Rosecrance public television feature, which aired on Success Files with Rob Lowe, and a powerful story of recovery from a former Rosecrance client. The Castle Award, Rosecrance’s pinnacle honor for service and leadership, was presented to Lisa Lindman, longtime board member and friend of Rosecrance. The annual benefit has been a tradition for 65 years and a key Rosecrance fundraiser. The proceeds support the Rosecrance Kinley Fund to support programs and provide charity care to reduce financial barriers to treatment for substance use and mental health disorders. The Kinley Fund has provided nearly $11 million in direct charity care to help families since the fund was established.

Rosecrance experts present national webinars

Jason Relle, Clinical Director of Rosecrance Griffin Williamson Campus, presented a national webinar for the Institute for the Advancement of Behavioral Healthcare on “Helping Parents Get Past No: How to Support Parents in the Recovery Process.” Nearly 1,500 behavioral health professionals from across the country participated in the webinar.

Dr. Tom Wright, Senior Vice President of Medical Affairs and Chief Medical Officer, and Meghan Cook, Rosecrance Access Coordinator, presented a free webinar through The National Association of Addiction Treatment Providers (NAATP) on “Working with LGBTQ+ Teens in Residential Care.” The webinar examined LGBTQ+ current topics, history in relation to the behavioral health industry, first-hand experience of experts at Rosecrance, and how to best care for LGBTQ+ teens in a residential care setting.

The latest

Rosecrance receives Joint Commission re-accreditation

When surveyors from The Joint Commission conducted their triennial accreditation survey on August 12 through August 16, 2019, Rosecrance was praised for the quality of their services and the care they provide to clients. Rosecrance has been accredited by The Joint Commission since 1984. The Joint Commission is a non-for-profit organization that has set healthcare standards for nearly seven decades and evaluated other organization’s compliance with those standards. The Joint Commission accreditation survey is the highest possible standard for behavioral health treatment centers. The scale and scope of the accreditation process is demanding, comprehensive and arduous. A team of surveyors reviewed 25 Rosecrance sites throughout Illinois and Wisconsin over the course of five days. Surveyors evaluated Rosecrance in categories of quality care, consistency, accountability and safety among both staff and clients.

Nearly 800 people attend Annual Rosecrance Foundation Benefit

Classic-rock band Three Dog Night performed for a crowd of nearly 800 guests at the 2019 Rosecrance Foundation Benefit, held Monday, April 30, at Giovanni’s Restaurant & Convention Center in Rockford. Three Dog Night performed hits like “Mama Told Me (Not to Come),” “Joy to the World,” and “Celebrate.” Along with the band’s performance, the evening
Carlene Cardosi, Rosecrance Vice President of Residential Services, presented a national webinar about anxiety and adolescents for Addiction Professionals magazine. The presentation provided attendees with current information on behavioral health trends and studies, specific to anxiety and stress management.

**David Sheff keynote speaker at 2019 Rosecrance Launch to Life Benefit in Chicago**

David Sheff keynoted the 2019 Rosecrance Launch to Life Benefit in Chicago last October. Sheff, author of the New York Times #1 best seller, “Beautiful Boy: A Father’s Journey Through His Son’s Addiction,” which was adapted into a movie in 2018, spoke to more than 200 guests and detailed the ups and downs that came along with his son Nic’s addiction and recovery. With lunch, raffle prizes, and other inspiring stories of recovery from former Rosecrance clients, the benefit truly celebrated recovery. The 2019 Rosecrance Launch to Life Benefit continues to remind guests that treatment works, and it helps Rosecrance meet the needs of more families who seek services. Proceeds from the benefit will support clients accessing life-saving programs at Rosecrance in Chicago.

**Fourth Annual Florian Symposium in San Antonio**

In partnership with The Alamo area FOOLS, Rosecrance hosted its fourth annual Rosecrance Florian Symposium last October at the Holiday Inn San Antonio Riverwalk in San Antonio, Texas. The Symposium is a two-day training for first responders, military personnel, veterans, clinicians, employee assistance providers, and chaplains that provides education, insight, and resources on topics of addiction, recovery, trauma and suicide, peer support and more. The theme of the symposium is “We all Need Help Sometimes: Support and Solutions for Emotional Wellness and Recovery.” Attendees heard from nationally known speakers, including Director of the Rosecrance Florian Program, Dan DeGryse, and President of United Suicide Survivors International, Sally Spencer Thomas, who presented the keynote presentation.

**Rosecrance Jackson Centers hosts event to announce new name and progress update**

Rosecrance Jackson Centers hosted an event this summer in Sioux City, Iowa, to announce its new name and provide progress updates to the community. Located at the residential campus, the event included remarks and updates from Rosecrance leaders and staff. Jackson Recovery Centers officially affiliated with Rosecrance in January 2019. Since the affiliation, there have been opportunities to build upon the history of Jackson Recovery Centers and develop expanded, integrated care. Rosecrance Jackson Centers offers adolescents and adults individualized addiction treatment that prepares them and their families for life in recovery. With a full continuum of services, including assessments and evaluations, residential and outpatient treatment, licensed halfway houses, and medically monitored detoxification, clients feel supported from the moment they walk through the doors until long after they leave. With the addition of Jackson, Rosecrance now encompasses 60 locations with a workforce of 1,200, serving nearly 45,000 clients.
Reach

Around the Network

Rosecrance/Chicago/northern Illinois/Wisconsin

Rosecrance alumni app rolls out network wide

Rosecrance initially rolled out its invitation-only alumni app to its Rockford and Chicagoland locations. As of this year, the app has rolled out network wide. Through the app, alumni and families can share updates, ask questions, give and receive support, and stay connected with others throughout their or their loved one’s recovery. This online community includes daily inspirations, recovery content, discussion groups, real-time posts, and more. Ultimately, the app functions as a tool to help users navigate recovery and receive support when they need it the most.

Rosecrance offers mental health first aid training for first responders

When someone is experiencing a mental health crisis, the response of the first responders and healthcare providers is of the utmost importance. Rosecrance recognizes this and offers mental health first aid trainings to equip responders with the tools to best handle and care for an individual in a crisis situation. The course reduces the stigma surrounding mental illness and cues first responders in on the signs and symptoms of various mental health disorders. Sarra Reichwald, Rosecrance Director of Education and Staff Development, leads these trainings in Illinois, Wisconsin, and Iowa.

Central Illinois

Rosecrance hosts professional training series at Rosecrance on Moreland

This past year, Rosecrance created the professional training series in central Illinois to equip professionals in the community with the tools and knowledge they need to best care for individuals with mental health or substance use disorders. These trainings can benefit a wide array of professionals, including therapists, counselors, social workers, EAP providers, peer support staff, chaplains, and interventionists. The topics have included Working with the Emerging Adult of Today, Food & Mood, Professional Self Care, and 911 for First Responders.

Nearly 7,500 served in central Illinois

After three years of expansion and consolidation of services in central Illinois, Rosecrance continues to strengthen its programs to best meet the needs of families in the region. Rosecrance on Moreland has helped position Rosecrance as a sustainable provider for substance abuse and mental health treatment services. Rosecrance on Moreland serves as a true “Center for Recovery” with a hopeful and supportive environment that provides a continuum of evidence-based treatment. The mobile crisis response program provides mental health services at home, school, or in the community.
Upcoming events around the network

Rosecrance Jackson Centers cohosted a full-day Opioid Epidemic Summit with Keystone Treatment Center on Friday, October 25, 2019, at Stoney Creek Convention Center in Sioux City, Iowa. “The Opioid Epidemic—What Does It Really Mean? A Summit for Professionals & Our Community” featured keynote addresses and a panel discussion related to the opioid epidemic by regional experts and professionals from substance abuse treatment, medical, legal, first responders, and the recovery community. Rosecrance Chief Medical Officer, Dr. Tom Wright, presented on the topic of Opioid Abuse in Adolescents. The Summit was offered for both professionals and community members.

Life’s Waiting Friends of Recovery Banquet (Sioux City, IA)

The events supports recovery and proceeds will support life-saving programs at Rosecrance Jackson Centers.

Saturday, April 4, 2020
5:30 p.m.
Sioux City Convention Center
801 4th Street

For tickets and more information, visit rosecrancejackson.org/banquet2020

Kermit Dahlen, Rosecrance Jackson Centers President, announces retirement

Kermit Dahlen has more than 50 years of experience in the field, beginning with Jackson Recovery Centers nearly 40 years ago and then joining Rosecrance with the affiliation in 2019. He will be retiring in March of 2020. He has been a true pillar of leadership, working tirelessly and compassionately to ensure a seamless transition to Rosecrance Jackson Centers, a place that provides quality care to our clients and their families. We cannot thank Kermit enough for his vision; it will undoubtedly leave a lasting impact and legacy.

2020 Rosecrance Foundation Benefit (Rockford, IL)

We will honor Philip W. Eaton as the 2020 recipient of the Castle Award in recognition for his leadership in advancing the Rosecrance mission.

Monday, April 27, 2020
6:30 p.m.
Giovanni’s Restaurant
610 N. Bell School Road, Rockford, IL

For tickets and more information, visit rosecrance.org/fundraisers or contact events@rosecrance.org

Kermit Dahlen, Rosecrance Jackson Centers President, announces retirement

Kermit Dahlen has more than 50 years of experience in the field, beginning with Jackson Recovery Centers nearly 40 years ago and then joining Rosecrance with the affiliation in 2019. He will be retiring in March of 2020. He has been a true pillar of leadership, working tirelessly and compassionately to ensure a seamless transition to Rosecrance Jackson Centers, a place that provides quality care to our clients and their families. We cannot thank Kermit enough for his vision; it will undoubtedly leave a lasting impact and legacy.
Dr. Randall Wood is the Medical Director at Rosecrance Jackson Centers. He graduated from the University of South Dakota Medical School in 2006 and completed his residency at Vanderbilt University in Emergency Medicine. Additionally, Dr. Wood is board certified in emergency medicine. Prior to his work at Rosecrance Jackson Centers, Dr. Wood had more than 6 years’ experience working in an emergency department. His professional interests include mental health and addiction medicine as well as working with homeless and emergency medical service populations.

Sheila Senn is the Regional Director of Rosecrance Inc., with oversight of Rosecrance McHenry County and Wisconsin based services. Senn has more than 25 years of experience and progressive leadership, serving in various leadership positions with Centegra Health Systems for decades. Most recently, she held the position of Chief Clinical and Administrative Officer of Community First Medical Center. Senn has worked as a Mental Health Counselor, Crisis Worker, in intake and private practice. She holds a doctorate of clinical psychology and is a licensed clinical professional counselor.

Jason Relle is the Clinical Director at Rosecrance Griffin Williamson and has been with Rosecrance since 2011. He oversees substance abuse and behavioral health residential programming for adolescents. He is a licensed clinical professional counselor who has worked with children, adolescents, and families in various roles within Rosecrance. He earned his bachelor’s degree in psychology from Miami University and his master’s degree in marriage and family therapy from the Adler School of Professional Psychology.
Lee Gill is Director of Development for the Rosecrance Foundation, serving the Iowa region. Her professional background includes over 18 years in sales, marketing, and promotions, and she has held a variety of positions with area non-profit boards. Lee is also involved in many community-related organizations that focus on recovery; her passion is to provide support to enable clients to receive Rosecrance services.

Dr. Mehtab Mizan is a physician with Rosecrance. With his knowledge and experience, he has been able to help introduce an inpatient detox program at Rosecrance Central Illinois. Dr. Mizan received his medical degree from the University of Illinois College of Medicine. He is board-certified in internal medicine and in addiction medicine by the American Board of Addiction Medicine. Additionally, he became a diplomat of the American Board of Addiction Medicine in 2014 and continues to be an active member keeping up-to-date with the latest treatment possibilities. Dr. Mizan has more than 15 years of experience in hospital medicine and over 10 years of experience in addiction medicine.

Brian Thiede has been on the Rosecrance Health Network Board since 2017 and the Rosecrance Foundation Board since 2016. He is President of Powmet, Inc., his family’s company, and he is married with four children. Brian is dedicated to helping the Rosecrance mission and feels passionate about connecting individuals with quality treatment. His vision and leadership helps Rosecrance to help others, every day. He sums up his support for Rosecrance with these words: “The passion and compassion of the staff at Rosecrance is second to none! Rosecrance is dedicated to bringing people out of the darkest places and giving them hope, giving them their lives back.”
Jay began serving on the Rosecrance, Inc., Board in August of 2017, after Rosecrance merged with Community Elements, where he had previous board membership. Jay is the Property Manager at Ramshaw Real Estate. He is openly in recovery himself and feels passionate about giving back to other individuals and families who are where he once was. He puts it this way: “As a person in long-term recovery and a product of inpatient treatment, being involved with Rosecrance gives me the opportunity to help facilitate hope in my community for those struggling with addiction or mental health.” Rosecrance values Jay’s guidance and passion for the mission.

Susan Maher has been on the Rosecrance Foundation Board since 2018, she also serves as the current President of the Winnebago County Medical Society Alliance. Her professional and volunteer experience has provided the insight for her to be an advocate for individuals with mental health and substance use disorders, and she constantly reminds others that there is no shame in asking for help. Susan carries forward the message that, “Rosecrance is always seeking employees and volunteers who are invested in bringing about change—people who want to help others and create a community that is safe.” Her support and commitment to Rosecrance are invaluable.

Ron joined the newly formed Rosecrance Iowa Foundation Board in 2019, which was formed after the affiliation between Rosecrance and Jackson Recovery Centers. He previously served the Jackson Recovery Centers Foundation board for more than 10 years. Ron is currently retired and his service to Rosecrance is invaluable. He expresses his support with these words, “The optimism and support of the staff at Rosecrance is extremely impressive. They guide patients through the challenges of recovery to the successful completion of treatment and long-term recovery.”
Rosecrance by the numbers

44,721 clients served

466 beds

277 outpatient groups offered

2,533 TMS sessions

TMS (transcranial magnetic stimulation) is used to improve symptoms of depression and anxiety.

94% substance abuse

98% mental health

63 locations

services span over three states

1,813,820 raised in FY19 to support clients and programs.

The Rosecrance Foundation

FY 2019 IN REVIEW
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 2019 Highlights

- Rosecrance Jackson Centers became a fully integrated affiliate of the Rosecrance Health Network, and is poised to provide expanded, integrated behavioral healthcare services to the region.
- Opened the Alumni Resource Center (ARC) in February at Rosecrance Harrison Campus, providing a positive environment for alumni to gather and stay connected.
- Launched an app for alumni to support individuals in their recovery journey through Rosecrance’s continuum of care.
- Moved into a larger Northbrook location to better serve clients in the Chicagoland area.
- The Rosecrance Florian Program hosted its first out-of-state symposium in North Carolina with more than 200 guests to provide expert presentations regarding behavioral healthcare for first responders and members of the uniformed services.
- A psychiatric advanced practice nurse joined the psychiatry and physician team of our adult residential treatment center in Rockford. This has strengthened our programming and facilitated timely access to psychiatric services at the facility.
- Behavioral health residential program celebrates its two year anniversary serving adolescents with expert compassionate care for mental health disorders.

Substance Abuse Client Demographics

Adolescent Diagnosis

- Alcohol 8%
- Cannabis 83%
- Opioid 4%
- Stimulant 2%
- Sedative 3%

Adult Diagnosis

- Alcohol 45%
- Cannabis 17%
- Opioid 8%
- Stimulant 10%
- Sedative 3%
Rosecrance is dedicated to providing caring, personalized, evidence-based solutions and comprehensive diagnosis and treatment for children, youth, adults, and families living with emotional disorders and serious mental illness. Our board-certified psychiatrists, counselors, and social workers provide the highest-quality care in a friendly environment. It is our mission to provide care with compassion, integrity, and dignity to all who seek our services.
FY 2019 Highlights

- Combined mental health services to one central location for both adults and children in Rockford, IL.
- Started a new line of service called Community Support Team (CST) for our adolescent clients who need support in their community and schools in the Rockford area.
- Started the Ambassadors program at Rosecrance Ware Center. The program helps clients enhance their recovery skills while helping others.
- Implemented open access at Rosecrance Ware Center to ensure that individuals have a mental health assessment completed the same day in order to begin treatment within 24 hours of accessing/requesting services.
- Began mobile crisis response services for individuals in psychiatric crisis in central Illinois counties of Champaign, Vermillion, Ford, and Iroquois.

Mental Health Client Demographics

Adolescent Diagnosis

- Depressive: 37%
- Trauma: 22%
- Anxiety: 7%
- Others: 17%
- Schizophrenia: 1%
- Psychotic: 2%

Adult Diagnosis

- Depressive: 32%
- Trauma: 21%
- Bipolar: 22%
- Others: 5%
- Psychotic: 13%
- Anxiety: 7%
In Honor

15 years of sobriety
Joseph Ortiz
Jared Baumhardt
Jean Baumhardt

David Beto
Jeffrey and Sally Krogh
John and Marilyn McDonough
Ronald Wright

Heather Blanck
Michael and Suzanne Wychocki

Katie Chilton
Connie Chilton

Tom and Jeanne Clegg
Gayle George

Susan Collins
Mabel Rice

Israel Colon
Anonymous

Charles DiBenedetto
Peter and Carol Doris

David Gomel
Kenneth and Juanita Mundy

Maggie Greer
Norman Greer

Monica Gregori
Robert and Sandra Gregori

Kristin Guetzlaff’s hard work and success
Carol and Rick Rosen

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Mark and Judith Inserra

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Dale Johnson

Jake
Kristi Johnson

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Joseph and Anne McDonough

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Joseph and Anne McDonough

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Betty D’Agnolo

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Michael and Suzanne Wychocki

Joe Jr. and Dirk Pittman
Joseph and Barbara Pittman

Caroline Quinn
Christopher and Elizabeth Quinn

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Nick Smith
Daniel and Barbara Smith

Brad Tolbert
Samantha and Brad Hudson

Rick Wahlfeldt
Anonymous

Anthony Williams
Joan Williams

John and Jamie Wright
Kellie Ottenberg

In Honor & In Memory

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Ben and Erin Sylak

Anthony Goza
Jennifer Wilder

Sharon Naclerio
Lauran Qualkenbush

In Memory

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Kendall Butler

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Michael Ash
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Kim Ackerman
Anonymous
Michael Muckian

My dear brother, Loris Burns, who was killed Aug 10, 1944 defending our country
Charlene Burns Dull-Monroe

Jean Castle
Timothy and Pamela Johnson
Randy and Carol Krup

Gregory Centner
Rosemary Centner

David Chickerotis
Laurel Grogger

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Jennifer Campe
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People we can’t do without

Thank you to the people, businesses, and organizations who gave to Rosecrance in 2019 making it possible to provide treatment to those in need.

The Rosecrance Foundation Donors

* Benefactor Society members gift of $1,500 or more
Rosecrance hosted its Honoring Recovery event at the Rosecrance Harrison Campus during the month of September to align with National Recovery Month. With nearly 100 staff, donors, clients, and alumni in attendance, the event truly celebrated recovery. Seven memorial educational scholarships were awarded at the event and more than a dozen newly installed commemorative bricks were showcased.

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2019 GIVING

Rosecrance hosts an annual Flower Day Sale at both Gensler Gardens locations in Rockford the Thursday before Mother’s Day. Flower Day annually raises about $25,000 to support treatment services for mental health and substance use disorders. This year’s funds will support the Rosecrance Kinley Fund to reduce financial barriers to treatment for clients and their families.
The Honorable Janet Holmgren
and Mr. David M. Holmgren
Mr. and Mrs. John T. Holmstrom
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Rosecrance presents the Castle Award every year at the Rosecrance Foundation Benefit in April. The Castle Award represents Rosecrance’s pinnacle honor for service and leadership. In 2019 it was awarded to Lisa Lindman, longtime board member and friend of Rosecrance.
Rosecrance recently received grants from the Try-Beta Club and the John M. Drogosz Memorial Fund of the Freeport Community Foundation to support the renovation of a therapeutic ropes course for adolescent clients in residential treatment. The therapeutic ropes course is a facet of experiential therapies that helps clients develop new, healthy coping skills. It also enhances healthy decision-making, problem solving and organizational skills, and it builds healthy identities.
Generous donors including The Christie Foundation (featured in the photo), Carle Foundation Hospital, Prairie Behavioral Health Foundation, Hanley Foundation, Foglia Family Foundation, and Busey Bank have contributed over $570,000 to support Rosecrance on Moreland in Champaign-Urbana.
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Rosecrance recently developed journals to support adolescent clients in their recovery and help them along the way as they heal and find hope. Each journal is filled with vibrant drawings, space for self-expression, and notes of encouragement from former Rosecrance clients. A special thanks to Susan Ipsen, friend of Rosecrance and lead donor for the Ipsen Conservatory at Rosecrance Griffin Williamson Campus, for her support that made this journal possible.

Every effort has been made to list our donors correctly. If we have misspelled, inadvertently omitted, or listed your name incorrectly, please call Anika Johnson at 815.387.5608 so we can correct our error. Thank you!
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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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To learn more about these events, visit www.rosecrance.org/fundraisers or contact events@rosecrance.org

**2020 Rosecrance Foundation Benefit Featuring Emily Bear**

Don’t miss this extraordinary evening with singer/songwriter and pianist, Emily Bear, along with stories of inspiration and recovery.

**Monday, April 27, 2020**

6:30 p.m.

Giovanni’s Restaurant

610 N. Bell School Road, Rockford, IL

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**Rosecrance Flower Day 2020 at Gensler Gardens**

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

**Thursday, May 7, 2020**

8 a.m.–7 p.m.

8631 11th Street, New Milford, IL

102 Orth Road, Loves Park, IL

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**Alumni Comedy Night**

Rosecrance alums are invited for a night of comedy as Tara Handron presents her one woman show, Drunk with Hope.

**September 10, 2020**

7 p.m. (appetizers and fellowship before)

VenueSix10

610 S. Michigan Avenue, Chicago

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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 45,000 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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