

# reach

magazine

2024

PARTNERSHIPS



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BEHAVIORAL HEALTH

# Grateful for our many partners.



Welcome to this year's edition of Reach!

I have the privilege of introducing this annual magazine that tells the stories about what has happened in the past year. It's amazing to look back and again experience everything that has happened within Rosecrance Behavioral Health.

Each year, when the magazine is developed, a theme emerges. This year's theme is **partnerships**.

Rosecrance is an incredible organization that greatly values our partnerships in the many communities we serve as we work to improve behavioral healthcare for everyone.

By partnering, we can provide our clients meaningful support to enhance recovery, such as activities that can help them discover new skills or reignite a passion for healthy activities. Our partnerships also allow us to strongly advocate for our clients and behavioral health, removing barriers to care and reducing stigma by working with community leaders and other organizations to amplify our message about mental health and recovery. These relationships allow us to serve those in unique needs or specialized care, such as veterans and first responders, and to provide critical behavioral health in rural areas.

At Rosecrance, we are dedicated to serving and promoting healthy and prosperous communities. Through relevant, thoughtful partnerships, we can offer comprehensive support for those on a journey toward lasting change. With this in mind, we're sharing with you several stories that highlight just a few of the ways in which partnerships positively impact the people and communities we serve.

I would also like to express my gratitude to our teams, board members, those providing philanthropic support, and our community partners—all of these people are vital in making a difference in the lives of those who turn to Rosecrance Behavioral Health for healing. We are a passionate community of champions committed to meeting the needs of all who seek recovery and a life full of potential. I am humbled to work beside those who truly change and save lives every day.

A handwritten signature in black ink that reads "Dave Gomel". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

Dave Gomel, Ph.D.  
President and CEO



# reach

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# Evolving with the needs of Northern Illinois





Rosecrance has a rich history of serving communities for over a hundred years, starting as an orphanage and later expanding its services to provide much-needed substance use and mental health treatment for young people.

*“We were in the position where we had an unmet need for adults, mostly young adults, who were waiting to receive life-saving treatment while this incredible resource was being underutilized.”*

Over time, Rosecrance has adapted its services to meet the evolving needs of the communities it serves. One of the latest examples of this adaptation is the Rosecrance Griffin Williamson Campus, a residential treatment center in Rockford, Illinois.

“We were in the position where we had an unmet need for adults, mostly young adults, who were waiting to receive life-saving treatment while this incredible resource was being underutilized,” said Dave Gomel, President and CEO of Rosecrance Behavioral Health.

Since its inception in August 2004, the Rosecrance Griffin Williamson Campus has provided crucial substance use disorder services to over 15,000 adolescents in Northern Illinois. But, in recent years, the national shift has been toward more outpatient care. While remaining committed to providing adolescent residential treatment, Rosecrance sought a means to expand adult residential services, as well. So, an evolution began.

Every day, more than 100 adults need life-saving care, so in September 2023, the Rosecrance Griffin Williamson Campus began serving both adults and adolescents.

To help adult clients feel and experience their recovery journey, a transition involving the renovation of four units has been made. The renovation cost is projected at \$1.25 million, and these newly renovated units can now accommodate up to 40 adults. Clients will have access to comfortable, semi-private spaces, improved restrooms, showers, and adapted stairwells and doors.

The renovations are expected to be completed during the summer of 2024.

Contributions from generous donors and the state of Illinois have made these renovations possible. They believe in the mission of Rosecrance and the hope that individuals who come to Rosecrance for help deserve to live their lives to the fullest potential.

“Our objective is to offer sustainable programs to meet the most pressing needs in our area. While we will still treat adolescents at Rosecrance Griffin Williamson, we realized that it was essential to redistribute resources to expand adult access to residential treatment. This will enable our community members to receive treatment close to home and receive support from their loved ones,” Gomel said.



# Learning to walk before galloping



Rosecrance is proud to support veterans and has partnered with like-minded organizations such as BraveHearts to assist those who served.

Situated in Northern Illinois, BraveHearts is a premiere organization that helps veterans overcome a myriad of mental health or substance use struggles they may face after their military careers through equine-assisted activities and therapy.

Rosecrance began its formal partnership with BraveHearts in 2018. Since then, 147 former service members who sought behavioral healthcare at the Rosecrance Harrison Campus in Rockford, Illinois, have taken the trip to the 20-acre property just outside Harvard, Illinois, to receive support from BraveHearts. And on days when Rosecrance was unable to make it to the arena, BraveHearts has come to the Rosecrance Harrison Campus to visit veterans and first responder clients.

Ben Jalove, BraveHearts' Veteran Services Coordinator and U.S. Marine Corps veteran, said the experience of working with horses builds confidence in clients, allowing them to be present and focus on what's happening at the moment. Horses are known to reflect the emotions of those around them, and clients can learn to regulate their own emotions while handling the animals.

"We believe that being independent with the horse provides a better outcome. Horses are mirrors, and when our emotions flare, that horse will pick up on it. The horse allows them to see themselves," Jalove said.

***"Between BraveHearts and Rosecrance, I think we both jump through hoops together."***

Rosecrance clients who visit BraveHearts work with volunteers to groom and pack the horses before saddling them and eventually taking them into the arena. Throughout the process, clients gradually transition from walking to trotting, then to cantering, and finally to galloping.

"It's not just about learning how to ride but navigating something we're not used to," Jalove said.

Alicia Kaleta, Certified Therapeutic Recreation Specialist at Rosecrance, has witnessed the positive effects equine therapy has on clients. The therapy helps to alleviate feelings of loneliness in veterans by connecting them with others who have gone through similar struggles. It also helps to break down barriers and build self-confidence in unexpected ways.

One client believed he could not ride a horse due to his weight, but BraveHearts proved him wrong by providing a Clydesdale horse to accommodate him. Despite being hesitant at first, the client eventually rode the horse and experienced a shift in his self-perception by the time he left Rosecrance.

"He still struggled with his body image, but after the three weeks he went to BraveHearts and then eventually left Rosecrance, his body image had improved immensely," Kaleta said. "It brought him to a place that made him believe he could do things he didn't think were possible."

The connection between Rosecrance and BraveHearts is strong. The willingness to help and belief in serving and helping align well; both will do what is needed to support those on their path to recovery.

"Between BraveHearts and Rosecrance, I think we both jump through hoops together," Jalove said.



*“Therapeutic recreation is growing. As it continues to gain credibility in holistic health, I truly predict an uptick in therapeutic recreation services.”*

## Intentional growth to benefit residents

When therapeutic recreation was first introduced at Rosecrance, it was clear that clients who participated in the activities offered were able to derive significant benefits. Over time, the program has evolved to include a more intentional approach that focuses on the science behind how it works to drive specific outcomes that benefit the client’s well-being.

Rosecrance has a long history of offering therapeutic recreation at our residential and outpatient locations. Our Iowa residential campus will soon be the first Rosecrance location in Iowa to offer therapeutic recreation.

“Therapeutic recreation is growing. As it continues to gain credibility in holistic health, I truly predict an uptick in therapeutic recreation services,” said Abby Nelson, Rosecrance’s Therapeutic Recreation Coordinator. “And Rosecrance is already doing it. We’re sort of trailblazers in behavioral health. It’s a big part of what we’re doing here.”

However, therapeutic recreation in Iowa may look different from other regions in Illinois because therapeutic recreation incorporates what’s meaningful to the communities it serves.

“The core values will be transferable. How it looks, there will have to be an element that encompasses the values that are important to people in that community and pulls out their strengths while addressing their needs. We will introduce more physical fitness groups in Iowa, but what we do to motivate their physical wellness might look different from Champaign and Rockford,” Nelson said.

Therapeutic recreation provides a safe and supportive environment for adolescents and adults to engage in experiential activities that promote self-discovery, small victories, and personal growth.





## ROSECRANCE JACKSON CENTERS EXPANSION UPDATE

In May 2023, Rosecrance Jackson Centers in Sioux City, Iowa, embarked on a project to transform its campus into a haven of healing and recovery for its clients.

The proposed expansion will include a therapeutic recreation resource center that will offer various experiential and recreational therapies. It will also have a chapel and walking paths that will provide serene and peaceful environments for clients to connect with their inner selves. The new features will help enhance the mind, body, and spirit elements of 12-Step principles, providing a holistic approach to recovery.

With these new resources, staff and clients alike will have access to a full range of therapeutic options, providing a more complete bridge to hope and recovery. This marks the first expansion of Rosecrance Jackson Centers' residential campus since its construction in 2015. The project is expected to be completed the summer of 2024.

# Residential clients' well-being

These activities range from working in a greenhouse or art room to participating in physical fitness and mindfulness practices like yoga and labyrinth walking. Through these activities, participants develop important life skills that can help them navigate the challenges of everyday life and improve their emotional well-being.

Studies have shown that the program can reduce stress, anxiety, and emotional regulation difficulties while increasing engagement with others and knowledge of life skills. The team of therapeutic recreation experts at Rosecrance has closely monitored and evaluated the effectiveness of activities

in their groups. In 2023, the team introduced nature-based therapy to their clients for the first time, and the results were outstanding. Clients reported a remarkable 61% reduction in their anxiety levels after completing the therapy.

The purposeful leisure activities offered by the program are designed to create spaces and places where individuals can find hope and meaning. As the program continues to grow and expand, more participants can benefit from the transformative power of therapeutic recreation.

# Finding hope in Chicago with TMS



Americans who struggle with their mental health may have a difficult time finding effective treatment that frees them from the heaviness of depression and obsessive-compulsive disorder.

But there is hope.

Rosecrance Therapies offers a range of treatment options, including Transcranial Magnetic Stimulation (TMS). This non-invasive therapy is an option for individuals with severe depression or obsessive-compulsive disorder who haven't had success with other treatments.

With over a decade of experience offering TMS therapy in Northern Illinois and Wisconsin, Rosecrance has extended this service to its Chicago-River North location, 320 W. Ohio St., Suite 410E.

TMS recipients like Aaron L. can feel the difference that TMS has made, giving her hope that it's possible to live a life free from the weight of depression.

When Aaron's depression was at its strongest in 2022, the best she could do was lie in bed and feel "flat." Aaron discovered Rosecrance while searching for an option that offered individual therapy and TMS, which is precisely what Aaron knew she needed based on her past experience with TMS.

After completing TMS, Aaron realized that the therapy she received with Rosecrance had a much better response. The renewed sense of well-being she felt after her treatment motivated her to do more than just lie in bed.

"Now, I feel lighter, and I'm motivated. I used to want to be flat. Now, after the TMS, I'm doing much more, and I've even gone to three concerts," Aaron said.

Depression will always be a part of Aaron's life, but TMS has given Aaron the freedom to focus on improving other factors that negatively impact her mental health.

"The biggest thing I would want anybody hearing this story to know is that this is for your depression. If you have other mental health conditions, you will still have those, but getting depression out of the way, for me, is what is enabling me to work on these things," Aaron said.



TMS therapy is non-invasive and performed in our office under the supervision of a board-certified behavioral health provider.

## TMS services are available through Rosecrance Therapies in Illinois and Wisconsin:

**Rosecrance Therapies – Chicago-River North**  
320 W. Ohio St., Suite 410E  
Chicago, IL 60654

**Aspen Counseling, a behavioral health group of Rosecrance Therapies**  
8616 Northern Ave.  
Rockford, IL 61107

**Connections Counseling, a behavioral health group of Rosecrance Therapies**  
5005 University Ave.  
Madison, WI 53705

# Dr. Raymond Garcia takes the lead on medical services



Dr. Raymond Garcia's passion for meeting individuals where they are, whether for mental health, substance use, or both, has empowered thousands of people to overcome their challenges and achieve their goals.

As the newly appointed Chief Medical Officer of Rosecrance Behavioral Health, Dr. Garcia can continue his pursuit of excellence and inspire other medical service practitioners in the organization. He officially stepped into his role as Chief Medical Officer on Jan. 1.

Dr. Garcia joined Rosecrance in 2010 as a psychiatrist and medical director at the

Rosecrance Harrison Campus in Rockford, Illinois. Over the years, he has played a pivotal role in shaping the program that provides care to veterans and first responders. He also continues to see clients at Aspen Counseling, a behavioral health group of Rosecrance Therapies, where he is the primary provider of Transcranial Magnetic Stimulation (TMS) services.

Before joining Rosecrance, his primary focus as a psychiatrist was helping people with serious mental illness diagnoses. The shift to addiction medicine and treating substance use disorders happened in the middle of his career when former Chief Medical Officer Dr. Tom Wright reached out to him.

What started as a part-time and temporary job became Dr. Garcia's passion.

empathy-first approach that prioritizes understanding and acceptance of his clients' unique situations.

He utilizes his extensive knowledge and experience to provide clients with the best opportunity for lasting recovery. He understands that recovery is a challenging process and continues to support individuals who are struggling, even if they experience setbacks along the way.

"Everyone faces challenges and our primary objective is to figure out how we can assist them in getting back on track toward recovery. We make every effort to reconnect with the person and encourage them to continue with their treatment. Our driving force is to help and make the best possible choices to save their life," Garcia said.

*"Everyone faces challenges, and our primary objective is to figure out how we can assist them in getting back on track toward recovery." —Dr. Garcia*

"When I started working with people at Rosecrance who were struggling with substance use disorder, I realized that it was a medical problem and that recovery from the medical disease was possible. It is important to get that second chance to start over, rebuild, and reconnect," Garcia said.

Dr. Garcia has a deep-rooted belief in evidence-based treatments for individuals who struggle with mental health or substance use disorders. He employs an

Dr. Garcia previously held the position of Senior Vice President of Medical Services and has 25 years of experience in the behavioral health field. He serves as a faculty member at the University of Illinois College of Medicine at Rockford, where he was recently honored for his 25 years of service.

"Dr. Garcia has exceptional qualifications as both a physician and educator. He will not only enhance the already excellent treatment provided by Rosecrance but also strive

to elevate our organization's reputation in the education sector. He will ensure that we are implementing best practices to continue to offer our clients the highest quality care possible," said Dave Gomel, Ph.D., President and CEO of Rosecrance Behavioral Health.

*"His vision, compassion, and expertise will undoubtedly contribute to the success of the organization and the well-being of those it serves."*

*—Dave Gomel*

## CVS HEALTH FOUNDATION AWARDS \$1 MILLION TO THE ROSECRANCE FOUNDATION TO SUPPORT YOUTH MENTAL HEALTH SERVICES

To better connect families in Winnebago and Boone counties to high-quality behavioral health resources based on their individual needs, The Rosecrance Foundation is proud to accept a \$1 million grant from the CVS Health Foundation to support youth mental health.

The CVS Health Foundation awarded The Rosecrance Foundation \$1 million over five years to support their Coming Together: A System of Care of Adolescents and Young Adults project in the Boone and Winnebago Counties in Illinois. The project is a part of the Youth Mental Health System of Care Coalition and aims to increase the recruiting and training of new partners at non-clinical sites to conduct screenings and utilize their new, web-based Integrated Referral and Intake System.

This new system enables closed-loop referrals to evidence-based treatment and wrap-around services. Through this project, the coalition will now serve even more children and families with the goal of providing high-quality, personalized mental health care.

"The Rosecrance Foundation is grateful to The CVS Health Foundation for this generous grant award," said Sally Draper, executive director at The Rosecrance Foundation. "With these funds and by engaging with our coalition partners, we will ensure access to quality, evidence-based care by proactively identifying and screening the needs of high-risk young people so they can be linked to providers, including new, non-traditional therapeutic services."

# Hope championed during first year of service



Rosecrance's team of experts helped almost 900 more individuals seeking behavioral healthcare in 2023 across four new locations in Illinois.

These four offices in Freeport, Moline, Chicago-River North, and Naperville offer outpatient behavioral health services to teenagers, adults, and their families. Services include evidence-based care, psychiatric consultation, psychotherapy, group therapy, medication management, and other specialized therapies like Transcranial Magnetic Stimulation.

***“Whether it is treatment for substance use or mental health disorders, we will continue to expand our services and do our part to keep communities healthy and thriving.”***

At each location, individuals have sought services for improved behavioral health through individualized treatment plans offered to each client, depending on their specific needs and preferences, which can range from individual therapy to group support, family education, and aftercare services.

By providing in-person and virtual services at each location, Rosecrance allows individuals to focus on their recovery skills. Virtual access to care is a strong offering for these locations and reduces barriers to access as part of Rosecrance's mission. By offering these services in environments that are most comfortable for clients, Rosecrance is meeting people where they need us the most.

“Whether it is treatment for substance use or mental health disorders, we will continue to expand our services and do our part to keep communities healthy and thriving,” said Dave Gomel, President and CEO of Rosecrance Behavioral Health.

In response to the growing need for mental health services and robust substance use and co-occurring disorder offerings, Rosecrance has expanded comprehensive behavioral health services to treat the whole person, whoever they are, wherever they are in their journey. With a long history of leadership in the treatment of substance use disorders and mental health care, Rosecrance offers clients the best opportunity for lasting recovery through exceptional evidence-based care.

Families, caregivers, and loved ones are also provided with education and support, helping them understand the nature of substance use and mental health and how they can best support their loved ones on their journey to recovery. ■



## Planting seeds of hope

To commemorate the ten years of hope, growth, and the nurturing environment the Ipsen Conservatory has represented since it opened, staff, clients, and friends of Rosecrance were invited to enjoy the view it offers and plant their seeds of hope.

Thanks to the generosity of our good friends, this beautiful space has helped clients at the Rosecrance Griffin Williamson Campus build lifelong skills, break down barriers, increase self-esteem, and identify personal goals.

The serene rooftop enclosure shows life in and outside the conservatory, showing what awaits once stability is achieved and goals are set in motion.

Rosecrance staff are a part of the process that puts clients on the path toward healing. Their participation in commemorating a space designed to inspire life reminds them why they choose to continue the Rosecrance mission and champion hope.

# A decades-long partnership built on growth

*Rosecrance and Anderson Japanese Gardens provide an environment  
where healing can thrive through nature and service*





In 2004, a vision to provide a tranquil and peaceful environment at the Rosecrance Griffin Williamson Campus came to fruition through generosity, hope, and unwavering dedication. Today, that very hope is being carried forward through a remarkable partnership that invites individuals to experience a sense of serenity and a deep connection with nature, which fosters a powerful healing experience.

John Anderson, a past recipient of the Castle Award and a friend of Rosecrance Behavioral Health, introduced the designer of Anderson Japanese Gardens, Hoichi Kurisu, to leaders. During the construction of the Rosecrance Griffin Williamson Campus, Anderson was inspired by the healing effect nature had on his Japanese garden in Rockford, Illinois, and the Anderson family generously supported the Rosecrance Healing Garden project.

The relationship between the gardens is tightly intertwined. Both gardens share a common goal of providing a serene environment for visitors where they can find inner peace, stay present, and feel calm. The partnership between the two has evolved, but the focus on healing has remained at the heart.

Abby Nelson, Therapeutic Recreation Coordinator for Rosecrance, said the longstanding partnership is mutually beneficial because it offers an opportunity to give back through service, one of the steps in the 12-Step program.

"Our journeys have mirrored each other, and they've meshed to give back to the community," Nelson said.

Working in the garden connects individuals to the land and helps them learn more about themselves and the world around them. Nelson and her recreational therapist teammates know that some teachings require repetition and exposure that can't be fully achieved in a controlled environment. That's why they take their clients to Anderson Japanese Gardens, where they can better understand the bigger picture in life. This experience gives them a local example of something they can utilize in their recovery long after they leave residential treatment.

Catherine Marsh, Development Assistant & Horticulturalist for Anderson Japanese Gardens, has worked with clients since 2014, when adolescents from the Rosecrance Griffin Williamson Campus began visiting the gardens.

The program included a garden tour, a discussion on the unique aspects of Japanese gardens and the principles of tea, an hour of service work, and half an hour to relax and enjoy the garden through meditation and feeding the koi that flow through the waterways in the garden.

While there is time built into clients' visits to enjoy the garden and learn about Japanese culture, they are in service at the garden, cleaning riverbeds, raking, pulling weeds, or hulling rocks.

**"We were picking moss and tiny weeds when someone shared that a tiny weed was creating stress for them. That display of vulnerability created an organic, natural conversation where everyone shared how they truly felt in the moment. There's an inherent energy in this space that allows difficult conversations to happen effortlessly."**

"All of us work as a team to accomplish a goal, to make the garden more beautiful no matter how small the task. When the job is done, and you can see the final product, it always turns to pride and a sense of accomplishment, so it's great to see that cycle happen," Marsh said.

Marsh believes that it is during the time of the service when clients can truly connect with nature and experience its calming effects. This

connection with nature has led to moments where clients feel safe enough to open up and be vulnerable, allowing them to fully benefit from the gardens.

"We were picking moss and tiny weeds when someone shared that a tiny weed was creating stress for them. That display of vulnerability created an organic, natural conversation where everyone shared how they truly felt in the moment. There's an inherent energy in this space that allows difficult conversations to happen effortlessly," Marsh said.

Visitors experience recovery values of mindfulness, meditation, and spirituality during their time in the garden.

"Beauty and silence allow you to become aware of what is happening, and because of that, so many people take the vulnerable step of opening up. It's amazing to see clients' growth as they discover themselves through these off-site activities," Nelson said.

# Partnering with the Boys and Girls Club to positively impact youth

Rosecrance strongly believes in working with the community to make behavioral health services accessible to everyone. As a part of this effort, Rosecrance has formed a formal partnership with the Boys and Girls Club in Rockford, Illinois.

This collaboration aims to support the youth participating in the Club's after-school program. During this program, clinicians from Rosecrance are available to students to provide them with support on various topics, such as healthy relationships and stress management techniques. The presence of clinicians provides students with the opportunity to address mental health issues before they become more severe.

Additionally, as part of its commitment to community well-being, Rosecrance offers crisis services to the Club's students in situations where there is a wider community event that may cause distress. This support can help young people feel more secure and better equipped to manage challenging situations.

Melissa Lee, Youth Community Supervisor for Rosecrance Behavioral Health, said partnering with the Club is a valuable way to offer mental health services. While it's common to think about receiving therapy in a clinician's office, working with students in an after-school program is an innovative way to reach families who may not have the means to take time off work or find a caregiver to take their child to a professional. This approach helps to break down traditional barriers to mental health care and provides a safe, accessible, and supportive environment for children and teens to receive additional support.

"It's important to go where the clients are, eliminating that barrier of transportation or others related to finances, versus making the need to come to us. It also opens families to all the services Rosecrance has to offer. If they need medication or residential services, this program also opens the door to that," Lee said.

The visiting Rosecrance clinician is working closely with the Club to identify the students who can benefit from their assistance. The



importance of the program lies in its ability to connect with these young people and understand their challenges. The clinician is dedicated to building strong relationships, making them comfortable enough to open up and share their feelings.

"It's hard to know what these kids are going through until you talk with them," Lee said.

The Rosecrance clinician has already visited the local school where most of these students attend, which gives them an excellent opportunity to establish trust and rapport with the children.

"I think it ties in with Rosecrance's mission; we all have the same goal to help these kids. It's powerful to work together," Lee said. ■

# Unifying prevention efforts in Central Illinois

Rosecrance is currently leading a large-scale substance use prevention initiative for youth in Central Illinois, and it takes a village to ensure that efforts are shared broadly.

Rosecrance Behavioral Health in Central Illinois has received a significant \$1 million grant from the Illinois Department of Human Services to establish a system across 23 counties that incorporate substance use prevention into more youth-based services without overburdening organizations that traditionally do not focus on substance use prevention.

Jennifer Jackson, Prevention and Education Supervisor for Rosecrance Behavioral Health in Central Illinois, has emphasized that her objective is to grow a network of professionals who work with youth to provide engaging, informative, and practical information about substance use prevention to help children and teens make informed decisions about their health and well-being and equip them with the necessary skills to navigate challenges that may arise in their lives.

“Our goal is to integrate substance use prevention into what folks who work in youth prevention are already doing without making more work for them,” Jackson said. “An example of this is when an adult sees a student at their afterschool programs vaping, that adult can be informed about the danger of vapes and pass the information along to the student.”

As part of their efforts, Rosecrance is working with schools to address gaps in mental health education. Although Jackson and her team are not providing direct training through the grant program, they can assist in identifying suitable trainers to educate the adults, who can then pass the information along to the youth population.

Jackson has already had significant success in expanding this initiative by establishing an advisory board to facilitate better relationships. She’s also planning a larger conference in the spring of 2024 to further develop relationships among youth-based providers and work toward closing gaps.

“We want to put people together in a room for roundtable discussion because sometimes they don’t realize there is a need that can be addressed collectively,” Jackson said.

## ROSECRANCE, FHN PARTNER IN NORTHWEST ILLINOIS

Rosecrance Behavioral Health and FHN in Freeport, Illinois, have entered a partnership to enhance behavioral health services in northwest Illinois.

The collaboration between FHN and Rosecrance Behavioral Health in Freeport ensures continuity in high-quality behavioral health services for the region.

As part of this partnership, the behavioral health services offered at FHN Family Counseling Center, located at 421 West Exchange St., were transferred to Rosecrance Behavioral Health in Freeport, located at 1631 South Galena Ave. The shift streamlines the delivery of behavioral health services to clients within the community while ensuring comprehensive care that recognizes the unique needs of each client.

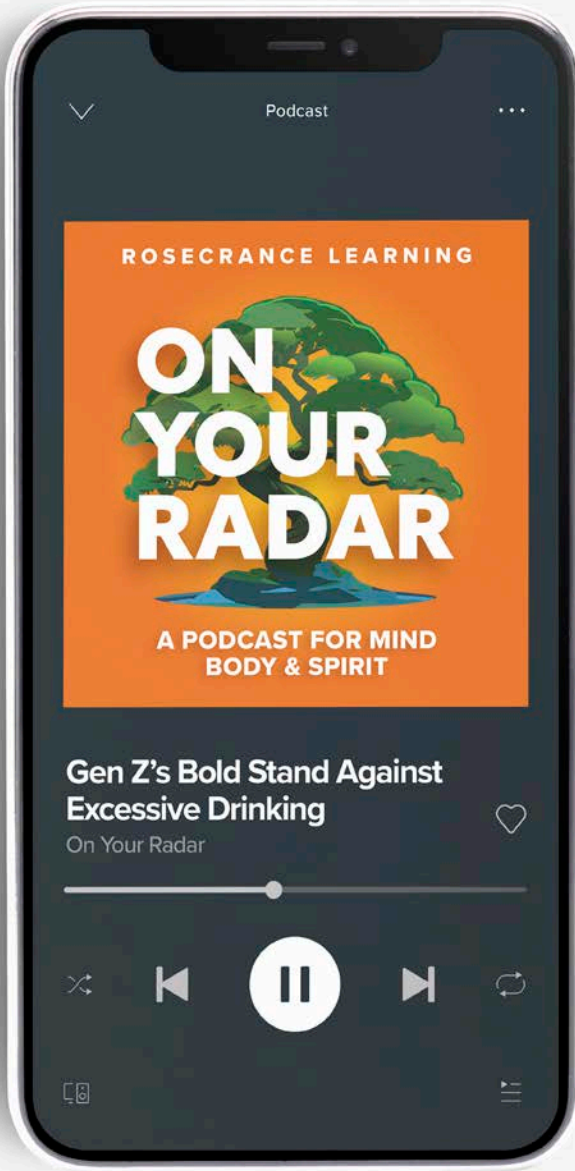
“Rosecrance and FHN have enjoyed a healthy partnership in northwest Illinois for many years, and we look forward to expanding services to meet the community’s needs. The smooth and efficient transition of care will be executed with utmost care and attention to detail, ensuring that the clients receive uninterrupted and exceptional care throughout the process,” said Rosecrance Behavioral Health CEO Dave Gomel.

Behavioral health services transferred to Rosecrance include:

- Psychiatry
- Individual, group, and family psychotherapy
- FHN crisis services will transfer to Rosecrance’s existing crisis care model, which includes Mobile Crisis Response (MCR) and 988 response
- School-based programs
- Case management
- Peer support

FHN and Rosecrance will continue working collaboratively to meet the region’s behavioral healthcare needs, including this new structure intended to preserve and enhance the specialized services provided in northwest Illinois for mental health and substance use disorders.

# On Your Radar: New host, new topics



Scan the QR code to start listening to On Your Radar on Spotify.

In 2020, Rosecrance launched a podcast called “On Your Radar,” with the aim of showcasing the expertise of their specialists in helping people take control of their mental health and substance use.

Since its inception, the podcast has evolved to appeal to a broader audience. The revamping of the podcast’s format has led to the inclusion of different types of guests, a wider range of topics, and a more relatable and personal touch.

Starting in 2023, the podcast features host Tom Farley, a Professional Relations Coordinator for Rosecrance, a New York Times best-selling author, and a public speaker with a unique connection to recovery and the entertainment industry through his late brother, Chris Farley.

Tom’s frank and open discussions with his guests, who have faced and overcome adversity from substance use, their mental health, or sometimes both, are designed to help listeners connect with them and understand that everyone’s path to recovery is different. Tom also shares parts of his recovery journey, making the podcast more relatable and personal.

The revamped podcast’s guests have included Dylan Trosken, a TikTok influencer who shared her incredible journey of survival and resilience while navigating the challenge of her parent’s battle with substance use. The podcast was also fortunate enough to have Ted Perkins, a Hollywood insider who began his recovery from alcohol by watching 100 movies on recovery in 100 days. And in sticking to the show’s roots, each episode features meaningful conversations with Rosecrance experts who provide insights into the latest trends, treatments, and practices in mental health and substance use.

The new format of the podcast aims to reduce the stigma that often surrounds mental health and substance use by offering new perspectives and new ways of understanding these issues. The latest episodes of On Your Radar are a must-listen for anyone who wants to learn more about mental health and substance use and how they can overcome these challenges.

You can listen to the latest episode of On Your Radar on your favorite podcast platform and watch all episodes from the newest season on YouTube under the username @Rosecrancenews.



Melanie Capasso

# The Rosecrance Foundation's President's Leadership Council bridges gaps through philanthropy



LeighAnn Hranka

One of the latest groups created to expand a network of ambassadors supporting behavioral health is The Rosecrance Foundation President's Leadership Council (PLC).

*"It's a different way of spreading Rosecrance's mission, a new way of engaging audiences."*

*—Sally Draper, Senior Vice President & Executive Director of The Rosecrance Foundation*

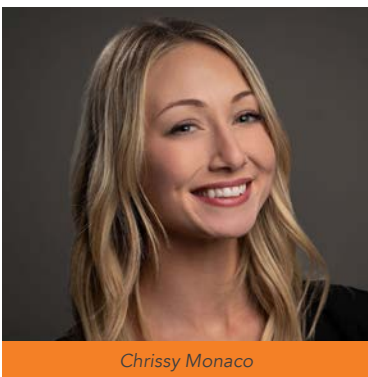


Kris Masoor

The Rosecrance Foundation PLC is a group of young professionals aged between 21 and 40. Established in the summer of 2023, the council has a clear and noble objective of advocating for the importance of behavioral health. It also aims to expose its members to philanthropy in the Chicago metro area and provide them with an outlet to meaningfully support their community.

"It's a different way of spreading Rosecrance's mission, a new way of engaging audiences," said Sally Draper, Senior Vice President and Executive Director of The Rosecrance Foundation. "By getting new and up-and-coming people involved, we also hope to reduce mental health stigma. By planning events, we hope to engage new people of all ages in Chicago."

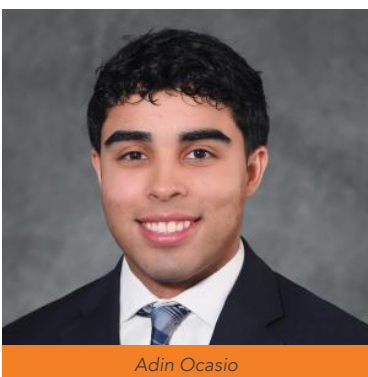
Some of the early conversations the newly formed PLC had were on what each member could bring to the council. Chrissy Monaco, who has been with the PLC since its initial launch, felt that as someone who works in the hospitality industry and is aware of the substance use among those in her industry, she should take on the challenge of rallying the hospitality industry and introducing them to Rosecrance.



Chrissy Monaco

"It's unfortunate that the statistics are there, that it's one of the biggest industries with this type of substance use. So, I knew that my industry needed the support. I would reach out to teams and say your people might need Rosecrance for recovery," Monaco said.

Monaco is on the planning committee for the highly anticipated May 2 Sneaker Ball event in Chicago. Amid all the frenzy, she is also spearheading an initiative to establish a community that is free from substance and alcohol use.



Adin Ocasio

Her ultimate goal is to provide much-needed support to those who may be facing challenges in the hospitality industry. Thanks to her impressive connections, which she has established since joining the PLC, this initiative has grown and gained momentum by establishing a Chicago chapter of Ben's Friends. This community offers hope and a path forward for those struggling with substance use and addiction in the hospitality industry.

"I think that if it wasn't for the PLC, that conversation would never have happened, and the wheels would have never started turning," Monaco said.

# Rosecrance Alumni discover



*Josh*

"I've been to numerous treatment centers, and Rosecrance hit differently for me because the staff could actually relate. Most of the staff that I came across were in recovery. They could actually experience the pain I felt, and that guilt and shame. It wasn't just something they talked about through a book. They were always available for me, and I could tell they really cared. They wanted me to succeed.

Before I came, I was hopeless. I had no self-worth; I was suicidal. All I wanted was to be comfortable in my skin. Today, almost five years later, my life is almost unimaginable. I'm so grateful for the Alumni program at Rosecrance and what it's done for me. When I came to Rosecrance, I was divorced, and I didn't have my kids in my life. Now, I'm remarried to the same lady and back with my children. I have a new house, a great job, and a family. I have self-worth and hope today and a higher power, and all these things I couldn't have imagined being possible for someone like me because I didn't feel worthy.

To me, Rosecrance is, bar none, the best treatment facility I've been to. It's a leader in care, aftercare, and the treatment that they show each individual. I couldn't have imagined a better place for me. It changed and saved my life."

—Josh

"My experience at Rosecrance was that it's easy to get close to the people there. A lot of the counselors were in recovery, and they were great at making me feel like I wanted to be sober, 'doing the deal,' as we say in recovery. I did not want to go back to my life; I wanted a new one. That's the type of hope the counselors were able to give because they were actually recovering addicts and alcoholics. That was a fundamental thing that made me think I could do it. It was people who dedicated their lives to recovery because they had experienced all the pain and how you can come out of it. The counselors were amazing.

Life is still challenging, but sobriety has rewired my brain in a way that I have standards for what I want and want my life to look like. I feel my emotions now, and I know when I'm trying to numb them. There are a million different ways to numb yourself. I'm very attuned to that being a temporary fix to a deeper problem, and it's made me curious about managing my emotions and trying to cope in a world that's really hard to cope with sometimes. Drinking and doing drugs is just not it. My life has changed for the better. I have a better relationship with my family and am a better friend and employee. I can show up and be available to people in a way I couldn't before. And I'm just not angry all the time, which is nice."

—Nikki



*Nikki*

# a new life in recovery



*Jenna*

"I was severely into being an alcoholic. Basically, I was not living every day and was on my way to a really bad place. I couldn't hold a job down, and I was a very successful person in the past. After struggling for some time, my family told me that I was going to Rosecrance. They had many people in their lives who thought it was the best place and had the best programs. And they were right. Going to Rosecrance was the best thing I ever did. It was life-changing.

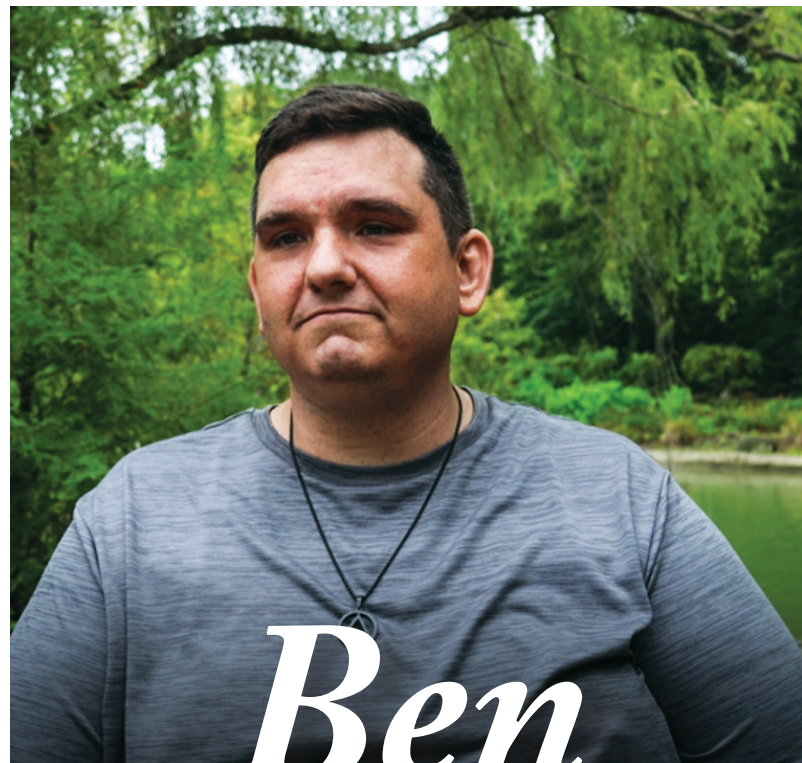
I was so angry and so lost. I didn't know what to do, and I didn't know any way out. And, if I didn't go to Rosecrance, I don't know where I'd be, alive or in jail. It was hard, but the moment I got sober was the moment my eyes started opening back up, I started getting a personality again, I got my sense of humor back, I got a job, excelled at my job, I live a life now where I can wake up and be happy about waking up. My relationships are better; I have amazing friends who understand what I'm going through, and I have an endless amount of fun activities I can do that don't involve alcohol or drugs. I didn't think that was possible. I didn't know there was this world out there. I didn't see a life outside the life I was living, but I wasn't actually living. I was just getting by."

—Jenna

"I had been to Rosecrance many times, with my first as an adolescent in 1999. I went to the Harrison campus about eight or nine times. I just wasn't ready. I still thought I had control and could do it, but four and a half years ago was the last time I took that visit, and it worked out great.

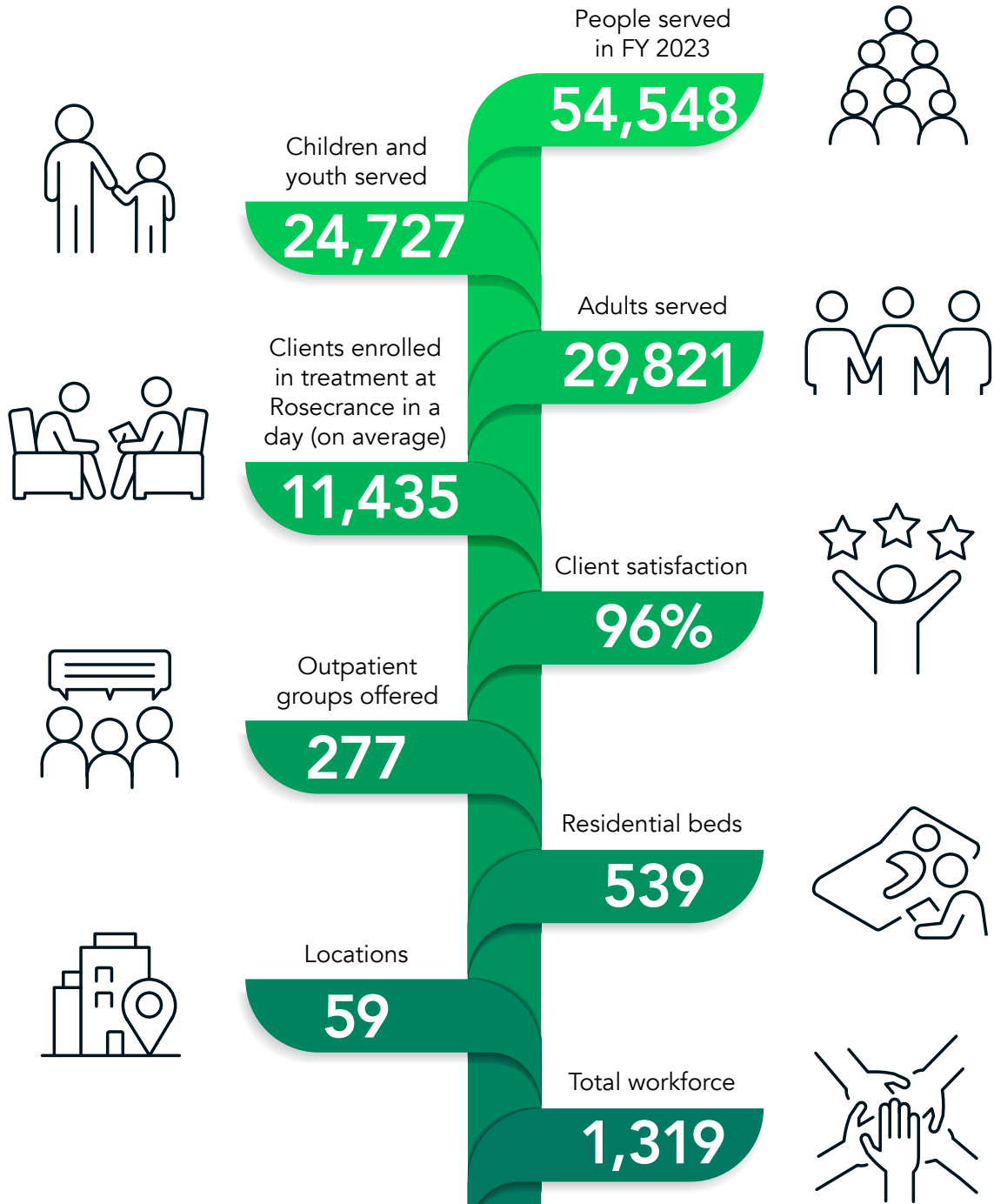
I remember staring out the window, and there was the flag with Rosecrance's saying, 'Life's Waiting,' and I thought to myself that I don't know what life's going to be, but I'm going to really try. I never thought I would be where I am today. My children are in my life today. I have a girlfriend, a home, and material things, which are great, but I also have great friends and a strong recovery. I chair meetings and go to meetings. I give my life back to that now because it was given to me."

—Ben



*Ben*

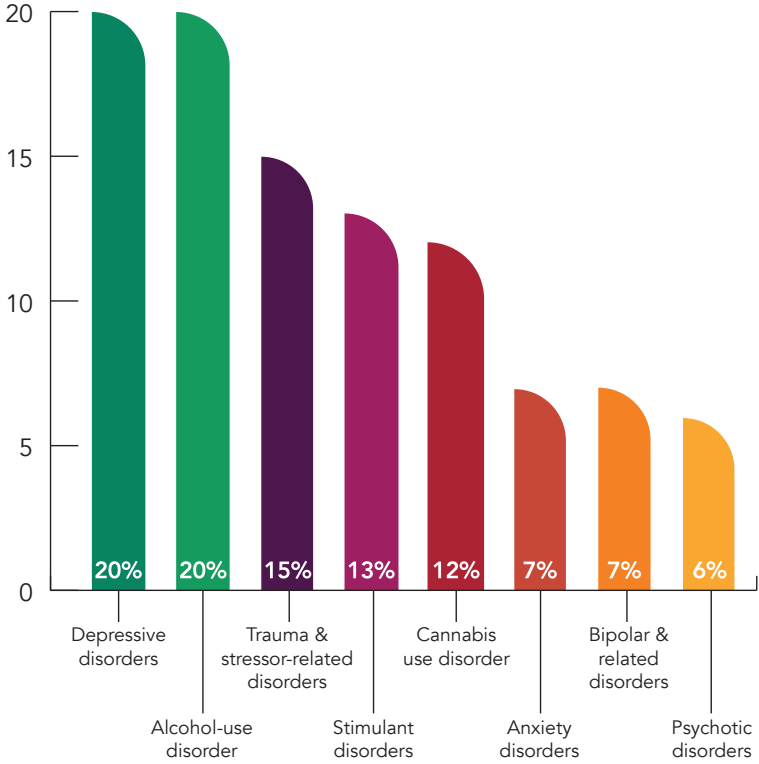
# Rosecrance by the numbers





# Diagnoses & Demographics

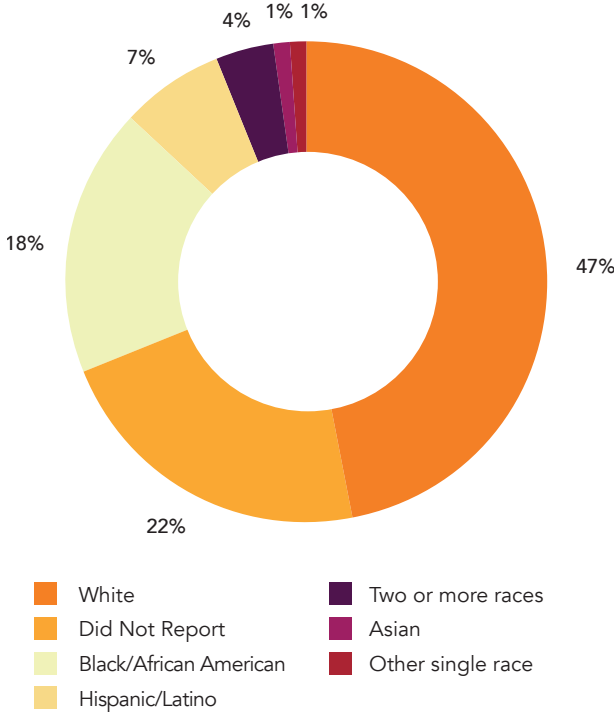
Primary diagnoses



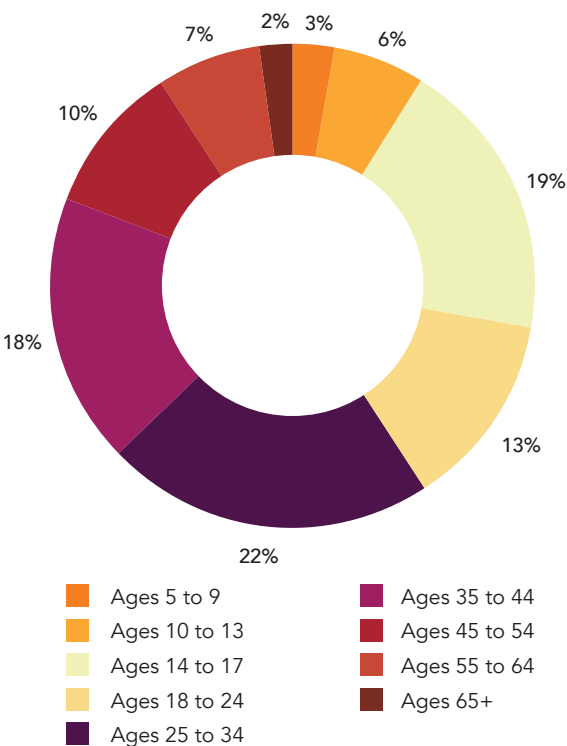
Rosecrance locations



Racial/ethnic demographics



Age of clients



# Honorariums & Memorials

January 13, 2023 - January 13, 2024



## **In Honor**

**Jared Baumhardt**  
Anonymous

**David C. Beto**  
Kelley Williamson Sales Team

**Suzanne Birkett**  
Brett Fahnstrom

**Brothers & Sisters Seeking Help  
in Sobriety**  
Steven Fisher

**The Burch Family**  
Jim and Terese Burch

**Thomas Colgan Jr.**  
Thomas and Catherine Colgan

**Susan Collins**  
Rev. Mabel Rice

**Sally Draper**  
Kelly Epperson

**Phil Eaton**  
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The David & Colleen Anderson  
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Tracy E. Anderson Charitable  
Foundation

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Zan Picchioni

**Gayle George**  
Jeanne Clegg

**David Gomel**  
Mr. David and Mrs. Diane Risley

**Joy Gonnerman**  
David and Kasia Gonnerman

**Daniel Jarosz**  
Gabrielle Jarosz

**Danik Kooistra**  
Joel and Linnea Kooistra

**Daniel Lopez**  
Freedom 3 Capital LLC

**Laura Molina**

John Guthrie

**Dalton Muir**

Anonymous

**Devin Mulvain**

Mark and Lisa Mulvain

**Patrick J. Neylon**

John and Reenie Neylon

**Denise Popp**

MaryJo and Stephen Herseth

**Caroline Quinn**

Chris Quinn

**Jenny Rhead**

Brown Wood, Inc.

**Michael Ripani**

Chicago Council on Planned Giving

**April Ripp**

Nicholas Curran

**Rosecrance Lakeview Facility**

Sharon Pohl Walsh

**Rosecrance Staff**Doug Carlson Insurance Agency  
Sebert Landscaping**Rosecrance Volunteers**

Scott Meinert

**Brad A. Rowe**

Patrice Rowe

**Navin C. Shah**

Niraj Shah

**Erin Stummer**

Anonymous

**Bill and Cathie Thiede**Jamie Thayer  
Stephanie Thiede**Alexander W.**

Anonymous

**John and Jamie Wright**

Kellie Ottenberg

**Thomas Wright, M.D.**

Debra Corrigan

**In Honor & In Memory****Aryn G. "Violet" Bryan**

Katherine Doyle

Brenda Driggs

David and Susan Larsen

Kim and Ted Meils

**Brendan J. DeNova**

Anonymous

Amy Bailey

Lynda Coyle

Tim Crouse

Maureen Dohe

Jason Gussman

Shawn and Karen Hughes

Denise Keller

Nancy Kramer

Jamie McMillan

Daniel Mollsen

Heidi Quandt

The Rivera Family

Colin Robertson

Amy Spohn

Kathy and George Stapleton

**Donna Gillette**

Calvert Tax &amp; Bookkeeping

Judith Cross

Gregg and Elizabeth Fliehler

Cliff and Joan Gray

Erich and Jan Hagenlocher

Gordon Johnson

Steven and Vicki Johnson

Bonnie and Nick Kretsos

Bryan and Jenefer Machovina and

Family

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Mary Porter

Dorothy Schuneman

Gary W. Schuneman

Daniel Stokes

Frank and Barbara Vella

JoEllen Vause

**Rall Rey Jose**

Anonymous

**Dennis B. Kyrouac**

Lynn Hatzikostantis

Jazz on the Square

Bryan Kyrouac

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NBJH Social Committee

Northern Express Squirt Families

Pacheco Family

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Anonymous

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Collette Chesna

Sarah Chmielarz

Mimi and Jim Devens-Ortlieb

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Bradley Fluegel

Izabella and Bogdan Gurau

Ken and Viv Hodgson

Donald Hoffman

Maria Jackson

Michael Kadlec

Amy and Glen Kelly and Family

Emily Leischner

Dave and Stacy Leman

Lenox Financial Services

Jim Marino

Renae Martinic and Family

Christian Mayer

Brian Mulcahy

Marjorie and Tim Pantelleria

James Perkins

Marie Phillips

Evelyn and Jack Pysz

Brian and Sue Reardon

Frank and Terri Recchia

Mark and Andrea Redfearn

George Ruhana

Thomas Schenfeld

Mike Sheridan

Michael Smith

Mark Sutter

Evelyn Toreja Boutin

**In Memory****Cody Abugow**

Helene Edwards

**Terry Ackerson**

Barry Ackerson

**Tracy Thompson Alger**

Kari and Steve and Kari Duensing

Dave Lowe

**Steven Amundsen, Jr.**

Kendall A. Butler

**Cree Arruda**

Bridget Kelley

**Josie Baloun**

Anonymous

**Roger Becknell**

Lyn Becknell

**Richard Bellas**

Diana Bellas

**Jeremey Bialka**

Terri Muckian

**Jake Brummitt**

Ron and Renee Brummitt

**Keith William Butler**

April Butts

**Brad Carlson**

Char Carlson

**Millard and Jean Castle**

Timothy and Pamela Johnson

**Joseph Connolly**

Sandra Connolly

**Jon Daws**

Dianne Daws

**Nolan Dean**

Charles and Eileen Prochelo

**Jeff Dehlin**Jeffrey Michael Dehlin Memorial  
Foundation**Aidan DeLaurentis**

Donna Henk

**William Denning**

Tom and Karen Shifo

**Mrs. Marian DeWeerd**

Gregg and Gail Liebovich

**Lauren Diane Dixon**

One Stop Pins LLC

**David Eben**

Jennifer Gardner

Julie Engel-Brummel

**Everyone lost**

Anonymous

**David Farley**

Clark Tibboel

**Donald Farmer**

Ellani Maurides

**Jorge Raul Fernald**

Anonymous

**Vincent Frank Foresta**

Karen Foresta

**Jonathan and Jimmy Glickman**

Michael Glickman

**Lee Goodwin**

Cindy Hagen

**Chris Green**

Mary Meske

**Krystal Hall**

Anonymous

# Honorariums & Memorials

**Edward Hendricks**

Jennifer Vogt

**Donna Jensen**

Roger Jensen

**John “Jack” Johnson**

Iowa Behavioral Health Association

**Jay Patrick Jones**

Automated Systems, Inc.  
Marjorie Barker  
Tracy Benyak  
Larilyn Carpenter  
Lisa and Peter Clark  
Patricia Miller  
Ken and Terri Rose

**David Kendall**

Brad Kendall

**Sean Kenny**

William and Stephanie O’Rourke

**John and Verna Kinley**

Sara and Dave Werckle

**Charlie Knoepfler**

Anonymous  
Terri and Mark Avery  
Kermit Dahlen and Mari Kaptain-Dahlen  
Lee and David Gill  
Lisa Graham Peterson  
Hillard and Ann Knutson  
Joe and Jennifer Norton  
Renette Oehlerking  
Stephanie and Brad Roth  
Ronald and Ann Schultz

**Deborah Koch**

Karen Koch

**Joseph Krecker**

Joe and Cindy Tidei

**Charlie Lanphier III**

Bob Christensen and Kathy Mугan  
Kermit Dahlen and Mari Kaptain-Dahlen  
Christina Lanphier  
Stephanie and Brad Roth

**Nick Martin**

Jackie Gilbert

**John J. McDonough**

Anonymous  
Rik and Elizabeth Duryea

**Karen Miller**

Beth Dever

**John and Robbie Mink**

Scott and Lynn Doolittle  
Barb Mink

**John R. Minore, Esq.**

Dr. and Mrs. W. Stephen Minore

**Stevie Minore**

Dr. Ralph Everson  
Mary Gharrity  
Chris and Gina Hartman  
The Mark Lindman Family  
Dr. and Mrs. W. Stephen Minore  
Robert and Patty Rhea

**W. Jerome Minore**

Dr. and Mrs. W. Stephen Minore

**Mike Miskimins**

James and Jackie Barkmeier  
Christine Cox  
Deedra Miskimins  
Deborah Rinehart  
Mary Roy  
Robert and Susan Woodford

**David Monica**

Stephanie Shinn

**Greg Mott**

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Margaret Newell

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Beth Gallo  
Cortney Johnson  
Jessica King  
Frank Mallek  
Ann Okane  
Mike and Marlena Schmidt  
Sila Services, LLC  
Millicent Star Breit

**Andrew Portner**

Tyler Sokolich

**Robert “Bobby” Pschirrer**

Joie Switzer

**Ken Schumacher**

Dennis and Linda Gann

**Aaron C. Sell**

Anonymous  
Judith Haskell  
Mary Weil

**Linda Ahlf Sepahirod**

Ann Blanchfield

**Gordon R. Shafer**

Elva Shafer

**Ray Shuller**

Eldon and Carol Hamilton

**Thomas M. Smith**

Kathie Smith

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Theresa Spain

**Phil Spain**

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M.A. Varsho  
Paul and Nancy Varsho  
Ron Varsho  
Larry and Julie Wayne  
Dana and Bryan Wulff

**Camille Winslow**

Donald W. Winslow ■



At the 2023 Rosecrance Foundation Annual Benefit, multi-platinum entertainer Sara Evans performed her chart-topping singles, leading the crowd in sing-alongs.

# 2023 Benefactor Society

The Rosecrance 2023 Benefactor Society recognizes valued supporters who have contributed \$1,500 or more during the period of January 1, 2023 through December 31, 2023.

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## 2023 Benefactor Society

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Dr. Edward and Tamara Rentschler



Jennifer Jackson, Ellen Nichols, and Conor Nichols were among the nearly 200 people who gathered in October in support of the 2023 Rosecrance Jackson Centers Brighter Futures campaign to expand the Sioux City residential campus with a therapeutic recreation center, a chapel, and walking paths.

Ms. Hilary Erin Rice and Mr.  
Donald Douglas Rice  
Craig and Amy Riehle  
Rockford Area Arts Council  
Dr. Michael and Myong Roh  
Saints Peter & Paul Catholic  
Church  
Zach and Tanner Satterlee  
Savant Wealth Management  
Roger and Kay Schramm  
Dennis and Jody Schumacher  
Sebert Landscape  
Tom and Karen Shifo  
Jeff and Shelley Shinn  
State Bank Foundation

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Roberta Stevens  
Senator Brian Stewart/Stewart &  
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Streamwood Behavioral  
Healthcare Systems  
The Power Connection (NECA-  
IBEW Local 364)  
The Morse Group Inc.  
Cathie and Bill Thiede  
Mr. Imtiaz Tootla and Mrs. Fatima  
Boomgaard  
John and Anita Richards/Tree  
Care Enterprises, Inc.  
Trilab Health

Bill and Shelly Truax  
Try-Beta Club  
United Women in Faith of First  
United Methodist Church of  
Arlington Heights  
University of Illinois College of  
Medicine at Rockford  
Mr. Steve Vandemore  
Michael and Kathleen Vick  
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Marijean and Bill Whitcher  
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Wolf Charitable II  
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David and Colleen Anderson  
Kevin and Amy Anderson  
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The 2023 Castle Award went to the founding chair of The Rosecrance Foundation Board of Directors, Bill Thiede. He served on that board for many years, as well as the Rosecrance Health Network and Rosecrance Inc. boards.



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In May 2023, a groundbreaking ceremony was held for the expansion of our Sioux City residential campus. The project aims to integrate experiential and recreational therapies for clients seeking treatment for substance use and co-occurring mental health disorders.

Rev. Fabiola Grandon-Mayer  
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In June 2023, Amazon supported Rosecrance clients by donating clothes and art supplies. These items were distributed among various residential and outpatient locations in Illinois to aid individuals undergoing treatment.

Brad and Amy Marshall  
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*Reach* is published annually by Rosecrance Behavioral Health to inform friends about events, programs, and services.

Rosecrance is a national leader in behavioral healthcare, with locations in Illinois, Iowa, and Wisconsin. Over 54,000 children, teens, adults, and families received help last year through Rosecrance's broad continuum of care.

Rosecrance and its affiliate divisions are licensed and partially funded by the Illinois Department of Human Services, the Iowa Department of Public Health, and the Wisconsin Department of Health Division of Quality Assurance. Accredited by The Joint Commission, Rosecrance is approved by most insurance companies. Several of its divisions are certified Medicaid providers and Rosecrance division Aspen Counseling is also certified by Medicare.

For more information about Rosecrance services, call 888.928.5278 or visit [rosecrance.org](https://www.rosecrance.org).

If you no longer wish to receive this newsletter, call 815.387.5608 or email [giving@rosecrance.org](mailto:giving@rosecrance.org).

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