



Women's treatment issues require special attention



Bonnie Kraft, Outpatient Manager at Rosecrance Harrison Campus, addresses a women's group

As with many medical conditions, how it develops and the course of treatment recommended can be influenced by the gender of the individual. Exploring the differences in male and female drug use is crucial to the development of gender-specific treatment.

For example, according to national data, the rate of drug use between adolescent boys and girls is essentially the same, but the origin of use differs. Boys typically use drugs for the thrill and risk and in response to positive feelings. Girls tend to use drugs to fit in and cope and in response to negative feelings. In addition, the barriers they encounter to receiving treatment and what issues are critical to their relapse prevention vary significantly.

"A key approach to treating girls and women with addictions is to focus on self-esteem, mental illness and trauma issues," says Denita Lynde, Director of

Rosecrance Monarch Recovery Homes for adolescent girls. "Relationship and boundary issues with men and other women must be addressed in a woman's treatment plan to ensure a successful recovery."

To educate women about the association between their addictions and their histories of low self-esteem and abuse, it is essential to create a safe environment.

"Women who have been abused are at high risk to be victimized again. When these women are put in co-ed treatment groups, the relationships they develop with the men usually distract them from the treatment process and make them vulnerable to further abuse," explains Bonnie Kraft, Outpatient Manager at Rosecrance Harrison Campus. "Co-ed treatment groups can jeopardize women's recoveries. Gender-specific treatment

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Rosecrance addresses statewide waiting list

When the Illinois Alcoholism and Drug Dependence Association (IADDA) released their most recent study on the number of people in Illinois waiting for treatment, Rosecrance was there to lend its voice to the issue.

"Substance abuse treatment providers like Rosecrance supply critical health-care services to Illinois' citizens but we cannot begin to address the staggering need in an environment of flat funding," stated Craig Stallings, Administrator of Adult Services, before the press gathered at the Capital Building in Springfield.

The current study indicates that approximately 7,500 people are waiting for treatment with the largest share of that number located in the Rockford area.

The following week, Bob Villani, Senior Vice President of Management Services, appeared before the State Appropriations Committee in Springfield. Rosecrance was seeking an increase in state funding which would allow us to serve nearly 260 additional adults annually through our detoxification and treatment programs. ■



Craig Stallings, Administrator of Adult Services (left) and Bob Villani, Senior Vice President of Management Services.

Sharing stories can change lives



I consider myself a lucky man that I get to see the impact our services can have on a person's life on a regular basis, and I never get tired of telling their stories. But, I thought this time you might want to hear what

someone else has to say. Harold Sweeney, director of the Regional Learning Center in Rockford, has helped many of the young women of our Monarch program attain their educational goals throughout the years. I asked him if he could share one of his experiences with you.

Two years ago I took some of the residents of Monarch House with me to Springfield in an effort to lobby for increased funding for Alternative Education and Substance Abuse Treatment dollars from the state. On any one visit, you do not get a lot accomplished, but just being there is quite an education. We made a few appointments, and then went to visit the representative of the district where the girls live.

When we entered the office we were warmly received and everyone was introduced. The first words from the Monarch resident's mouth was, "I shouldn't be here." The response was a general explanation of how the Capitol Building belonged to the people, and how members of the General Assembly like getting visits from residents of their district. The student's response was, "You don't understand, I should be dead." Now I've made many lobbying visits to Springfield in working for the Illinois Coalition for Educating At-Risk Youth, and this was the only time I've seen a member of the General Assembly at a loss for words.

She then went on to talk about the problems and pressures she felt growing up, and how her family situation became unbearable to her, even though she knew everyone loved her. She talked about telling lies to everyone, stealing, and her manipulation techniques. She talked about injecting drugs at the age of 12. She felt so good about how she was handling the situation; she believed she was unbeatable. Unbeatable until the day she overdosed, and woke up in the hospital. She said she died a couple of times that day, but her body refused to go along.

She went into recovery and completed her primary care, and then came to Monarch for secondary treatment. She talked about how Rosecrance and Monarch had taught her to find thrills in everyday life events and how life success was its own thrill. She learned she did not need drugs to feel good about herself, drugs only made you feel worse. She talked about her future once she completed her GED (which she did). The future to her had been where her next hit was coming from, now it was college and a good paying career. She laid out her plan for her life, and all this time the General Assembly member sat there in awe. There sat a teenager, with a reasonable, responsible plan for her life. I also must tell you, I did see a tear in the member's eye.

I tell you this story because I believe it is important you know the good work Rosecrance and Monarch does with girls in recovery. It has been my privilege to have worked with girls from the two houses over the past ten years in an educational setting. They are fantastic kids, doing one of the most difficult tasks you can ask of anyone, going through recovery, at a very young age. At the same time they are willing to share their stories with others. By sharing with my daughter, they have made my job as a parent a lot easier. I am in awe of them every day. They are fun to be around, but serious about what they know they must do. They go into the community and help educate those younger than themselves to the dangers of substance abuse. By sharing their stories, they can get through the thought a lot of kids have that, "It can't happen to me." I have seen the Monarch House program do great things for girls. I thank you for this opportunity to share my experience.

It is without reservation that I say to you that we cannot do all the work necessary to promote and provide help, hope and recovery without all of you ... without your taking an interest in the welfare of our clients and sharing your talents and resources. I thank you for all you have done and all you will continue to do.

Please keep our board, our staff, and the youth, men and women we serve in your prayers as we all go, by the Grace of God, one day at a time. ■

Philip Eaton
Philip W. Eaton
President/CEO



rosecrance
HEALTH NETWORK

Mission Statement

Rosecrance provides help, hope and recovery to children, youth, adults and families.

Vision Statement

Rosecrance will lead with compassion and excellence in recovery-focused services.

Core Values

Excellence

We embrace the challenge of continuous performance improvement.

Integrity

We reflect the highest ethical standards.

Compassion

We seek to serve through the loving example of Christ.

Recovery

We believe in the power of the 12 Step fellowship and the desire of every human spirit to heal.

Diversity

We value the unique contribution and worth of each individual.

Spirituality

We acknowledge the presence and power of God as central to the recovery process.

Commitment

We dedicate ourselves daily to the needs of those we serve.

Third outreach office opens in Chicago area

In May, Rosecrance opened its third satellite office in two years. The newest location in Frankfort, Illinois, will help Rosecrance increase its direct outreach in the south Chicago suburbs.

“We were approached by community leaders to have more of a presence in the Chicago area,” states Claudia Evenson, Director of Outreach. “In our Naperville and Northfield offices, we noticed that families traveled as far as 50 miles for services. Opening the Frankfort office was need-driven.”

Evenson, who has been with Rosecrance for three years as a Community Relationship Representative, was recently promoted to the newly created position of Director of Outreach. In this position, she is responsible for managing the three Chicago area offices and overseeing the services provided to the neighboring communities.

“We strive to be their first-step resource toward recovery.”

Rosecrance provides free, confidential substance abuse assessments, consultations and early intervention services at each office. Also, Rosecrance is partnering with local schools to provide education and training for school personnel, parents and students on alcohol and drug use, intervention and prevention.



Claudia Evenson, CSADC was recently appointed the Director of Outreach for the three Chicago area offices.

“We have been very thoughtful of our approach in the Chicago area,” says Janis Waddell, Senior Vice President of Marketing. “We reach out to families and adults with substance abuse concerns. We strive to be their first-step resource toward recovery.”

In addition to assessments and presentations, the Rosecrance Community Relations team connects with referral sources — such as social workers, school counselors and physicians — to keep them abreast of current trends, and provide information on signs and symptoms of adolescent substance abuse. ■

Rosecrance News Briefs

Sponsored Forum on Alcohol-based Energy Drinks

Rosecrance hosted a community forum on the topic of alcohol-based energy drinks in April in conjunction with The Southwest Coalition of Substance Abuse Issues and Illinois Alcoholism and Drug Dependence Association (IADDA). Energy drinks like Red Bull, Rockstar and SoBe are predominately consumed by and marketed to teenagers and young adults. Alcohol producers are taking a cue from the popularity of these drinks to manufacture alcohol-based energy drinks whose packaging is indistinguishable from their non-alcoholic counterparts which is confusing to parents, law enforcement and school officials. The forum was attended by a number of local leaders and legislators. ■

Rosecrance featured in *Northwest Quarterly Magazine*

In the latest edition of the *Northwest Quarterly*, a high-gloss, regional publication, Rosecrance was the featured contributor in the Health & Fitness section with a four-page spread titled “Keeping Kids off Drugs.” The focus of the article was helping parents understand the role they play in prevention and early detection of substance abuse problems. The article featured Dr. Thomas Wright, Chief Medical Officer, who specializes in adolescent issues and Staff Education Coordinator Jocelyn Boudreau. Boudreau has also been recently featured in a number of newspaper articles in the north suburban Chicago area. ■



By demonstrating compliance with The Joint Commission’s national standards for health care quality and safety, Rosecrance once again earned **The Joint Commission’s Gold Seal of Approval™** following an unannounced survey from May 7-9. The survey team measures compliance with national patient safety and quality improvement goals. Accreditation shows that Rosecrance makes a significant investment in quality on a day-to-day basis at every level of the organization.

An Evening of Recovery & Rock 'n' Roll

When the relatively unknown performer Michael Cavanaugh was booked for this year's benefit, Lynne Vass, Senior Vice President of Development, wondered how he was going to be received.

"In the past we have had very well-known celebrities, and that draws its own kind of attention," explains Vass. "Michael Cavanaugh is a Broadway performer, relatively unknown, but a genuine showman." That training and talent came to life on stage, and the audience couldn't help but be drawn in by his energy.

"The response to Michael has been phenomenal. I've even heard from people who couldn't attend due to other commitments who were hearing from their friends that it was the best night's entertainment ever," says Vass. "That's great, but how are we going to top that next year!"

Cavanaugh took the time to pose with benefactors for portrait shots, and earlier in the day visited the teens at the adolescent campus. Upon request, he even performed a song for the teens after borrowing one of their guitars. Cavanaugh shared with them the fact that a close family member has struggled with addiction and how he feels about their willingness to look at their problems. "I applaud you. The fact that you are here is a big step... Never give up because you have every reason to go on," Cavanaugh stated.



Performer Michael Cavanaugh encourages the crowd to sing along at the Rosecrance Foundation Benefit. Cavanaugh was the lead performer in the Broadway musical "Movin' Out."



Rosecrance Alumni Mike M. and Kim M. shared their journeys of recovery and thanked benefactors for the support that enabled them to receive the treatment they so desperately needed.

The more than 800 donors and friends who attended the 2008 Rosecrance Foundation Benefit in April were treated to a night of amazing entertainment and heart-felt stories.

Attendees listened supportively as Rosecrance alumni spoke about their struggle with addiction, experiences in treatment and their newfound joy in recovery. Kim began using drugs in high school in an attempt to cope with self-pity, sexual and mental abuse and fill the emptiness in her life. She continued using for 24 years before coming to Rosecrance.

"The Rosecrance staff told me to take from the program what I needed. I needed everything," says Kim, who found direction and hope in treatment. "Change is what it took and I was finally willing to change everything about Kim. I had to change to live." Today, the mother of two has opened her own recovery-based store and runs support meetings.

Mike's life changed when his parents divorced and the separation and loss he felt could not be expressed, so he turned to drugs. The first time he entered Rosecrance he was in denial and felt that he didn't need to make adjustments in his life. He shortly relapsed.

"When I returned to Rosecrance, I knew I needed to change because I realized that my addiction took everything away from me: my senior year, sports, prom, family and friends and my morals and values," says Mike, who is attending college.

Both Kim and Mike are enjoying their lives in recovery, but they also recognize that this a lifelong journey that requires work and gratitude. "Recovery is priceless, but freedom is not free," reminds Kim.

Proceeds from the event go to The Verna T. Kinley Patient Assistance Fund which helps youth and adults who seek treatment but require financial assistance.

Rosecrance friends show their support

Through the generous donations of many friends of Rosecrance more than \$300,000 was raised to support the Kinley Patient Assistance Fund, which provides financial support to youth, adults and their families seeking treatment for substance abuse.

As The Honorable Paul Logli pointed out in his welcoming remarks, this year's audience was comprised of more benefactors than any year before and seating was at maximum capacity. "We were trying to find places to fit in one more table up to the very last possible moment. That's both a good problem and a bad one," notes Lynne Vass, Senior Vice President of Development. "We are thankful for everyone who has been so supportive of us this year and throughout the years."

We would like to recognize all of our supporters, and extend a special thank you to our major benefactors: Aqua-Aerobic Systems and Bob and Ingrid Wimmer, Goellner, Inc., Kelley Williamson Company, Dave and Cherry Beto, Wally Beville, CHASE, John and Kim Griffin, Dr. and Mrs. W. Stephen Minore and Rockford Anesthesiologists Associated, LLC, and SwedishAmerican Health System. ■



(left to right) Dietmar Goellner chats with Board Members Bill Brenner and John Mink.



Guest performer Michael Cavanaugh (center) poses with Dr. and Mrs. Kris Tumilowicz.



Bob and Cathy Wright (left) and Jane and Mark Sudderberg (right) show their support.



Rosecrance CEO/President Philip Eaton (center) mingles with Board Member Scott Twigg (left) and George Bates (right).



(left to right) Dave and Liezel Carlson, guests of Jane Carlson, pause for a photo at the reception.



(left to right) Board Member Lisa Lindman, Mary Kuller and Laurel Franchini enjoy visiting at the benefit.

If you would to make a donation to Rosecrance programs, please visit www.rosecrance.org/donations.html.



A Mustard Seed of Faith

Thoughts on Recovery by Chaplain Lenters

*“It is like a mustard seed,
which is the smallest seed you plant in the ground.
Yet when planted, it grows and becomes the largest of all
garden plants, with such big branches that the birds of the air can perch
in its shade.” Mark 4:30-32*

Coming to believe in a power greater than self who is able to restore us to sanity is a process. It is a process in which our understanding moves from a dim awareness of God's presence to an unmistakable acknowledgement of God and gratitude for His presence. This is the meaning behind the second step of the 12-Step program.

What most of us have are tiny mustard seeds of faith and the smallest understanding of power of God. We hang on to these tiniest seeds of knowledge—sometimes it is a single seed we cling to desperately—and from them we can experience spiritual growth.

Spiritual growth is not about finding a God who is our rescuer. The story of the drowning fool who refused a hand into the boat because he was waiting for his God to come to the rescue is apropos here. If you are drowning, grab hold of the hand that reaches out to rescue you. It's just common sense. God's mission as described through Alcoholics Anonymous (AA) is to restore us. Through a growing understanding of God we can find

a faith to live by, a faith to live with, and a faith to cling to. This “restoration mission” is three dimensional offering us direction, meaning, and a center.

As we come to understand God, we discover he has a purpose in our lives. He offers direction by teaching us how to love one another and to be kind to others for we know not the troubles our neighbors are facing along their path. Learning patience, tolerance and empathy for the other guy, even the one we resent, are all a part of our spiritual growth.

We are reminded that meaning is given to our lives when we are being good stewards and caring and tending to the world around us. In its 12th step, AA suggests a spiritual awakening that takes place when we carry the message of recovery to others and practice the principles. Finally, through our growing understanding of God we have an anchor for our souls. Just as a child turns to his parents for assurance, God becomes present to us walking by our side as we go through the valley of the shadow.

As written in Matthew 17:20, “I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’ and it will move. Nothing will be impossible for you.” So from this beginning mustard seed of understanding, the recovery journey begins as do all journeys of faith. ■

Women's Treatment Issues *from cover*



Denita Lynde (left) and House Manager Rebecca Palin review the curriculum for the Monarch program

groups provide the atmosphere of safety and trust that these women need in order to grow and flourish in recovery.”

Gender-specific treatment must also be sensitive to the unique barriers that hinder women from entering and completing treatment. Project SAFE is a program designed to address these obstacles.

“Project SAFE removes some of the traditional barriers by providing transportation to our facility and childcare services while the women are in classes,” says Kraft.

Housing, transportation, employment, life skills, childcare and relationship issues are crucial to the recovery progress for women. HomeBase Recovery Home for single women and women

with children address these issues and others to further strengthen the women's foundation in recovery.

“We stress how important it is (for women) to stay focused on themselves and maintain balance in early recovery,” says Jo Lazzarini, HomeBase Coordinator. “Women who stumble in recovery usually focus on their peers' recovery, thus neglecting their own, or get involved in things they are not ready for like intimate relationships.”

The Monarch and HomeBase programs teach life skills through day-to-day activities. During their six to twelve month stay, the women develop budgeting, job hunting, time management and relationship building skills. The Monarch program also includes a holistic component which includes yoga and other recreational activities and continuing education.

A fulfilling life, free of drug and alcohol use, is the goal of treatment and recovery programming. Although mixed-gender programs may be helpful, research shows gender-specific programs that are sensitive to the dynamics of use, treatment and recovery of women are more effective. ■

Memorials and Honorariums

(February 1, 2008 - June 15, 2008)

The Rosecrance Boards of Directors, the staff, and the youth, adults and families we serve gratefully acknowledge the generosity of the following philanthropists. Your compassion and commitment do make a difference!

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In honor of Jason Soriano

David and Rosalie Whitehouse

RoseTech Launches Website

RoseTech Industries L.L.C., an affiliate of Rosecrance Health Network, launched its new website at www.rosotechindustries.com in May. RoseTech is a subcontracting business that provides real-life work experiences to individuals in recovery who need to re-establish their connection to the work force.

“The website should help us spread the word about RoseTech,” says Tim Leaf, Business Development Manager, as he views the website. “It will answer the questions of what we do, who we are and how we can help regional businesses.”

The website provides easy access to information about RoseTech’s services and the benefits of outsourcing plus a photo gallery highlighting its facility and operations. Businesses can send inquires to RoseTech through a convenient on-line form.



Tim Leaf, Business Development Manager, (left) and Darrell Palmer, Production Manager, (right) review the new website.

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FYI Vol. XXIV, No. 2

Director of Public Relations: Susan Rice
Communication Design Coordinator: Michelle Francis

FYI is a newsletter published three times per year to inform friends of Rosecrance about events and programs at Rosecrance. Rosecrance is a not-for-profit organization that has been serving families since 1916.



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* as of June 1, 2008

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Adolescent Campus



Rosecrance Harrison Campus
Adult Campus



Monarch Hillman House
Recovery Home for Female Adolescents



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Recovery Home for Female Adolescents



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