

# reach

## The art of prevention

Rosecrance sparks conversations  
about substance abuse

See story on page 4.



Rosecrance prevention exhibit at the Thompson state building in Chicago.



# Heroin crisis requires specialized care and attention



*Phil Eaton*

Philip W. Eaton  
President/CEO

You’ve seen the headlines, and they’re true. A heroin epidemic is sweeping the nation. At Rosecrance, we see firsthand the family devastation caused by this highly addictive and often fatal illegal drug. We also know that recovery is possible, and we think strategically about prevention, intervention and treatment.

Truthfully, in our decades of experience providing treatment for substance abuse, we’ve never seen anything like this heroin crisis. Most of the young adults in inpatient services, men and women alike, are with us because of heroin addiction. A growing number of teens are coming into treatment citing heroin as their “drug of choice.”

A little background: Heroin is an opiate, and opiates can be quickly and deeply addictive. Opiate addicts are a challenge to treat because of the strong pull of these drugs and the significant and unpleasant withdrawal symptoms. The relapse rate is high among those clients who come in solely for detoxification and don’t follow up with a treatment plan. Detox is just the beginning, a baby step toward recovery.

Treating heroin addiction is not “business as usual” at Rosecrance. We’ve created new programs to meet the challenge and move more individuals toward lasting recovery. At the same time, we are devoting more resources toward prevention to try to discourage young people from going down a path that could lead to potentially fatal behaviors such as heroin use.

At the Harrison Campus, where we treat adult clients, we have created a new opiate-specific program using half of our detox beds. Clients who are admitted to detox for heroin use are immediately placed on a treatment track with the goal of keeping them engaged in services after detox. Where appropriate, we use medication to support treatment therapies; all programs are evidence-based and grounded in the 12 Steps. In addition, we have expanded case management and continuing care for opiate clients.

To meet the growing need for appropriate services among the teenagers we serve, Rosecrance applied for and received Illinois’ first license for adolescent detox at a treatment center. That program, which started in September, has been tremendously effective in engaging teens in treatment and helping them complete it successfully.

As for prevention, we have paired with a community outreach group called Your Choice, a family that is featured in this issue. The Lyberts have a compelling story to tell about how heroin use nearly destroyed their family. Also we have developed parent-friendly products to help parents talk to their kids about substance use. Go to our website at [rosecrance.org](http://rosecrance.org) to download or request copies.

Meanwhile, the challenges created by the heroin crisis make all of us here redouble our commitment to our mission of help, hope and lasting recovery.

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

reach

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**On the cover:** The “In My Shoes” exhibit debuted at the Thompson Center in Chicago.





A crowd of people view the “In My Shoes” exhibit at the Thompson Center in Chicago (left). Close up photos of a few shoes in the exhibit (right).

# The art of prevention

Rosecrance sparks crucial conversations about substance abuse

Everyone makes conscious decisions at some point about substance use.

Did John pass on marijuana the first time it was offered, or did he drink a beer as an underage teen at a weekend party? Was college when Sally experienced binge drinking for the first time? Or maybe Brenda stood strong on her resolve to just say no.

We all know our decisions have consequences, but a new generation of adolescents and young adults face the

added pressure of making good choices while marijuana legalization efforts are active across the country.

Accordingly, Rosecrance has taken steps to improve our clients’ chances for success in their treatment and recovery, from adding detoxification services at our adolescent campus to bolstering post-treatment care.

But we’re also focused on being a resource for parents and families with the hope that they can avoid ever knowing

the pain of addiction. Rosecrance’s “In My Shoes” art exhibit is touring the Midwest to help educate the public about the pressures teens face, and new publications are available to help parents talk to their kids about alcohol and other drugs.

“Prevention is an important piece of the puzzle and has grown increasingly more so as more states aim to legalize marijuana and as our communities grapple with the growing epidemic of heroin addiction,” Rosecrance President/CEO Philip

Eaton said. “We’ve upped our game at Rosecrance to compete with the mixed messages out there being delivered to teens and families. It’s our responsibility, as much as it is theirs, to educate about substance abuse and inform people that successful recovery is possible.”

## The art of communication

The “In My Shoes” exhibit launched in October at the busy atrium mall of the Thompson Center in Chicago.

From there, it traveled to the Naperville Municipal Center, the Metra Ogilvie Transportation Center in downtown Chicago and the Robert Crown Center for Health Education in Hinsdale. Stops are also planned in Wisconsin and Indiana.

The shoes featured in the exhibit were donated by Rosecrance staff and then painted white to create blank canvases for teens in substance abuse treatment to tell their stories. The project is part of Rosecrance’s comprehensive art therapy program.

Jennifer Thammavong, art therapist at the adolescent Rosecrance Griffin Williamson Campus, attended several of the exhibit showings and talked to visitors about the process.

“It’s really cool to see it out there on display and to see other people’s reactions,” Thammavong said. “I see and hear what our clients are going through on a daily basis, but when you bring it to the public, it allows other people to relate to the struggles of addiction. Our hope is that it will prevent some individuals from either starting to use or at least help (continued on page 6)

# Rosecrance joins forces with “Your Choice” to address substance abuse with teens and adults

Rosecrance has partnered with Your Choice, a drug and alcohol awareness program, to provide more opportunities for prevention education across the region.

Your Choice was founded by the Lybert family—Sandi, Rick, Ashleigh and Tyler. The Lyberts work with families, speak at schools and give presentations about their own experiences involving substance abuse. The family is still accepting speaking invitations for 2015.

Tyler started using drugs in sixth grade as a way to make friends and fit in. He was overweight, and other students teased him about it.

“I wanted people to like me, I wanted to feel accepted,” he said. “And the easiest way to find that was with people who partied because they don’t care about you at all. As long as you’re partying, you’re good to go.”

Tyler’s drug use escalated, from alcohol and marijuana to pills and heroin. He was in and out of jail. His family life deteriorated from the stress of his drug use.

During presentations, Ashleigh speaks about the pressure to be the perfect sister in light of her brother’s addiction and feeling neglected by her parents. Rick talks about being angry that his son couldn’t conquer his addiction, and Sandi explains how she enabled her son to the point that her marriage nearly crumbled.

(continued on page 7)



The Lybert family (L-R: Rick, Tyler, Ashleigh and Sandi) founded Your Choice, a nonprofit group dedicated to educating teens and families about substance abuse.





The “Teens and Weed: Still a Big Deal” brochure is featured in outreach ads in the Chicagoland area to help parents talk to their kids about drugs.

families have that conversation to help prevent any kind of future issues.”

Thammavong said art therapy is used in treatment to give clients a safe space to not only create artwork, but also to express themselves without being judged. She said the clients were excited to share their stories.

“They’re so open to letting people know their story when they know it’s going to help someone else their age or younger,” Thammavong said.

In addition to the Rosecrance exhibit, the show at the Robert Crown Center featured a special addition: shoes decorated by students from Westmont Junior High in Westmont, Park Junior High in LaGrange and LaGrange Highlands Middle School Art Club.

Zenia McBride, an art teacher at Park Junior High, stopped by a January open house to see the show. Her art club students contributed shoes for the event. McBride said she was surprised

and impressed by the final products the students created.

“I think some of my students are not necessarily exposed to drugs, but they are exposed to the pressures. And there are a lot of pressures on kids—homework, activities, etc.—and it’s trying to fit it all in and still be a kid,” McBride said.

Guiding the conversation

Rosecrance published two significant guides that can help parents and families talk to teens about drugs.

The first is a pamphlet called “Teens and Weed: Still a Big Deal.” The name says it all: Just because marijuana has been legalized in states such as Colorado, Washington and Alaska doesn’t mean it’s harmless.

“Like it or not, there are a lot of things that influence kids that aren’t parents,” said Dr. Thomas Wright, Rosecrance’s Chief Medical Officer. “As teens become more independent—which is the goal

of being an adolescent—they’re going to share less with you. So you have to be more and more wary about signs and symptoms of some of these substance abuse issues and intervene when you see them.

“Virtually all kids are going to, at some point in time, be put in a situation where they are going to be exposed to drugs or alcohol. You need to talk through it, talk through what their responses might be. Use what’s going on around you, whatever current events are happening in your family, your community, even nationally.”

A second brochure called “Teens & DXM” provides facts and data about cough and cold medicine abuse. It includes a true story of a former Rosecrance client. Here’s an excerpt:

“I was a freshman in high school, 14 years old, and a friend came up to me with these little pink pills. I took 12 or 14. It made me feel like I was in a dream, and I loved it. I loved it more than reality. It made me feel really euphoric and disassociated from what was going on around me. After he introduced me to it, I just never stopped.”

Both brochures were developed with input from Rosecrance staff and clients and can be downloaded or ordered through [rosecrance.org](http://rosecrance.org).

Rosecrance also has participated in three successful presentations in Wisconsin called “Stairway to Heroin.” Heroin use has claimed the lives of several teens in the Oconomowoc, Wis., area outside of Milwaukee, so the community has ramped up substance abuse prevention education efforts. [i](#)

Recovery highlighted during Wisconsin event

Speakers stressed the importance of changing the conversation about substance abuse and addiction during a special event March 6 in Waukesha.

The presentation featured messages by Wisconsin Attorney General Brad Schimel, Flo Hilliard, director of Wisconsin Voices for Recovery, and Your Choice, a substance abuse prevention education group founded by the Lybert family. Rosecrance assisted with planning and sponsored the event.

Wisconsin Voices for Recovery is a statewide organization that brings together people in addiction recovery, their families and allies to advocate as a recovery community organization. The group, which is part of the national Faces & Voices of Recovery movement, aims to eliminate the stigma around addiction and recovery, remove barriers to treatment and promote positive policy changes at the local and state levels.

Wisconsin Attorney General Brad Schimel lauded the event, saying similar events and efforts need to happen to change the conversation about addiction and “get people to move away from the notion that being addicted means you’re morally flawed or weak.”

Rosecrance has an office in Waukesha County that offers a variety of substance abuse treatment programs for adolescents, young adults and families. Your Choice, a Rosecrance partner, closed the program with an emotional testimonial about the family’s own experience with addiction. [i](#)



Rosecrance staff, Your Choice and local and state Wisconsin officials participated in the “Three Voices Making a Difference for Recovery” event in Waukesha, WI.

Your Choice

(continued from page 5)

“I was the standard enabling mom. I protected him, I tried to fix him. I loved him to death. He stole, he lied, and I didn’t tell Rick a lot of it,” she said. “And every family that we’ve met with, we always see that division. We are very fortunate. Tyler could have chosen to go the other way.”

Tyler entered treatment at age 21 and has been sober for six years. The Lyberts are passionate about communicating their story and removing the stigma of teen substance abuse in hopes of helping other families.

“We know what we’re doing is working,” Tyler said. “It’s affecting everybody, and people are finally starting to open up and try to figure out what we can do about this.”

Your Choice partnered with Rosecrance to expand its prevention education efforts in 2015. The Lyberts visited 32 schools during the 2013-14 school year and reached 12,399 youth and 827 parents through those and various other presentations.

Visit [yourchoice-live.org](http://yourchoice-live.org) for more information or call Kelly Dinsmore, Rosecrance’s Director of Business Development, at 815-222-2946 to inquire about Your Choice. [i](#)





Opiate-specific program supervisor Beck Johanning (left) and unit counselor Kaitlyn Winfrey review program schedules in the Rosecrance Health Center unit at Rosecrance Harrison Campus.

# Rosecrance opiate program sees steady admissions

An opiate-specific inpatient program that Rosecrance created at its Harrison Campus continues to be near capacity after launching last year.

The program started in October and offers specialized treatment for the growing number of clients battling heroin addiction in surrounding communities.

The project didn’t require new construction at the Harrison facility. Rather, staff shifted and part of the second-floor inpatient unit was rearranged so patients being treated for heroin and other opiate addictions could stay in the same area. Twelve detox beds were converted for the program’s use.

“We’ve been at capacity for most of the time since we launched. That reinforces why we’re doing what we’re doing and tells us we’re doing the right thing,” said Rebecca Johanning, supervisor of the opiate-specific program and the Health Center at the Harrison Campus.

The opiate-specific program is a 12-bed unit that’s designed to be coed. When it first launched, most of the clients were women. In mid-February, the majority of beds were filled with men. Clients vary in age, though many fall into the young adult category of ages 18 to 26.


The typical stay is 14 to 21 days. The program is designed to be a short-term residential stay for clients looking for some kind of medically assisted therapy or sober living arrangement.

“It’s for some of our clients who chronically relapse and have been to treatment a few times,” Johanning said. “It focuses really heavily on relapse prevention, as well. If something before didn’t really click that well, we work on how they’re going to stay sober.”

Many clients choose to use medication-assisted therapy as part of treatment. A grant to help pay for Vivitrol injections is available to those who meet income requirements. Vivitrol helps clients overcome the cravings to use opiates.

Part of the opiate-specific program includes a medication-assisted therapy group that meets four times a week. Clients can leave campus to participate in sober activities such as concerts and plays, church and 12-step meetings. They also do therapeutic recreation activities that include art therapy, drumming, yoga and walking through a labyrinth to practice mindfulness.

More clients are also choosing to live in sober-living residences once they leave treatment, Johanning said. Rosecrance has Greendale Recovery House and the McHenry County Recovery Home available to clients.

Harrison Campus employees work closely with staff at the Rosecrance Mulberry Center, which opened four detox beds in February for clients with co-occurring substance abuse and mental health disorders. Clients can be transferred between the two facilities, depending on their needs. 

# Detox beds open at Rosecrance Mulberry Center

The Rosecrance Mulberry Center, home to crisis residential and triage programs, started welcoming clients who need detoxification services in February.

The 7,000-square-foot center opened in October and is named for its location at 605 Mulberry St. It’s a one-of-a-kind facility in Illinois for people experiencing psychiatric crisis.

Mulberry has four detox beds available to clients with co-occurring mental health and substance abuse disorders. The crisis residential program has 12 more beds for people who need ongoing stabilization but not hospitalization. The triage program has space for seven people who need immediate evaluation during a psychiatric crisis.

Though detox just launched, Rosecrance Ware Center Administrator Annie Fridh said staff is already starting to see more collaboration between referral sources.


“This continues to let us treat the whole person,” Fridh said. “It also boosts our ability to address co-occurring disorders in

a way that we haven’t been able to before and help clients work through their psychiatric crises and then refer to outpatient and/or inpatient care, if needed.”

The detox beds are located in two rooms, with two beds to a room. They’re nearest to the nurses’ station so clients can be closely monitored.

Fridh helped train local police departments on how to use the Mulberry Center, and she said law enforcement officials are excited about the launch of the detox beds.

“We’d have folks come in before who were intoxicated, and we had to send them to the emergency room,” Fridh said. “Now, the police can bring them here and know that they’re getting the care they need, and the officers can get back on the street and do their jobs rather than linger in the ER for hours waiting for clearance.”

Mulberry accepts public and private insurance for all of its services. Fridh said staff is working on more collaboration with area hospitals to increase referrals for clients who don’t need inpatient care. 



A bedroom at the Rosecrance Mulberry Center, which opened in October 2014


# Rosecrance a partner in new care connection program

Rosecrance joins several community partners for a new federal grant-funded pilot program that aims to connect people with the right resources so they can maintain independence and avoid institutionalization. The goal is to improve access to home and community-based services from the hospital or from a short-term nursing home stay.

The grant partners help connect people—the elderly, people with disabilities and/or mental illness — with needed services such as housing, counseling, mental health services and more.

Rosecrance provides behavioral health counseling and therapy for patients leaving hospitals or nursing homes. If the person is homeless, the organization will provide the support needed to find housing.

“When you’ve just had a heart attack, or you’re in psychiatric crisis, you don’t have time to make multiple phone calls,” said Kathy Grossen, Rosecrance’s coordinator of homeless services. “Having a case manager who’s right at your bedside who can link all these things up for you before you leave will make your life so much easier.”

Visiting Nurses Association in Rockford wrote and is facilitating the grant. Other grant partners are RAMP, Northern Illinois Area Agency on Aging, Rockford Housing Authority and Rockford Memorial Hospital. 





Dan DeGryse is interviewed for an information video about the Rosecrance Florian Program at a local firehouse.

## Awareness of Rosecrance Florian Program growing

Staff with the Rosecrance Florian Program has a busy year planned with visits to fire departments and fire service officials across the country.

Florian launched last year with the hiring of Dan DeGryse, an active-duty battalion chief with the Chicago Fire Department, to direct the program. An eight-bed inpatient unit at the Rosecrance Harrison Campus in Rockford is dedicated to treating firefighters and paramedics for substance abuse and job-related mental health issues such as post-traumatic stress disorder, depression and anxiety.

Rosecrance hosted a successful first “Reading Smoke” seminar in December in the Chicago suburb of Naperville that was attended by 120 firefighters, fire chiefs, chaplains and other personnel. The event stressed the importance of peer support and education about suicide prevention and post-traumatic stress disorder.

DeGryse completed behavioral health awareness trainings for the Rockford Fire Department in February. Harrison Campus staff hosted members of the Milwaukee

Fire Department also in February to learn about the Florian Program.


“These guys couldn’t be more excited about the program,” DeGryse said. “That whole connection, the peer support and education are huge to let people know who they can trust, who they can talk to and know how to identify who those people are.

“When we give them information, they want more. We came on the job as firemen, not counselors. So there needs to be more collaboration with professionals. And that’s why when they come here to an organization like this, they’re in awe already, and then they get to meet the clinicians and hear that we’re here to help train them.”

**“These guys couldn’t be more excited about the program.”**

**-Dan DeGryse**

In March, DeGryse traveled to California as a member of the International Association of Fire Fighters Labor/EAP Committee to discuss peer-to-peer awareness. He and Kelly Dinsmore, Rosecrance’s Director of Business Development, also visited fire departments in Boston, Rhode Island and New York in March.

DeGryse will participate in a May roundtable discussion with the Illinois Fire Chiefs Association about suicide prevention and awareness. Also that month, the Harrison Campus will host peer support training with Illinois Fire Fighter Peer Support. 

For more information about the Florian program, visit [rosecrance.org](http://rosecrance.org)

## Colorful stained glass installed at Ware Center chapel

Brightly colored stained glass lines the chapel windows at the newly relocated Rosecrance Ware Center, thanks to a generous donation and the work of a board member and local artist.

Rosecrance Foundation Board Chairwoman Lisa Lindman spearheaded the project, which was made possible by the Gloyd Family Foundation.

Lindman, herself an artist, created the design, which is comprised of 12 panes. Though the windows are separated by wooden frames, a wave design can be seen flowing throughout the windows. The wave mimics the feel of a relief wall that resembles a sand dune also inside the chapel.


“It was challenging from the standpoint that there was no natural daylight,” Lindman said of the chapel, which sits further back in the building, away from the front entrance. “But you’d never know it when you’re in there, which is really cool.” Lindman collaborated with local artist Frank Houtkamp of Houtkamp Art Glass Studio. He created the stained glass.



Colorful stained glass lines the windows of the chapel at the newly relocated Rosecrance Ware Center in Rockford.

“It was fun. We started with thumbnail drawings, and it just grew from there. And Frank was really easy to work with in terms of adapting the original concept,” Lindman said.

The new Ware Center opened in November, relocating a few miles north from its previous location in downtown Rockford. Moving to a new facility presented the perfect opportunity to add a chapel. The Rosecrance Griffin Williamson Campus and Harrison Campus also have chapels for clients and families to use.

“Chapels are signature components of our treatment facilities because spirituality is at the core of recovery,” Rosecrance President/CEO Philip Eaton said. 


## Pavilion, dining expansion planned for Rosecrance campuses

One of two large construction projects for 2015 is already taking shape at Rosecrance.

Visitors to the adolescent inpatient Griffin Williamson Campus can already see a new pavilion taking shape near the front of the building. The 26-by-40-foot heavy timber structure will provide a roof over picnic tables that can seat 48 people. The perimeter stone wall will offer additional seating for clients and staff.

Brad Carlson, Rosecrance’s Director of Facilities, said the pavilion’s design and masonry match the overall design of the main RGW facility to provide a cohesive look. Rosecrance President/CEO Philip Eaton said the pavilion will honor the memory of longtime Rosecrance Board Member John Mink, who died in 2013 and whose service to Rosecrance spanned four decades.

This spring, construction will start on a first-floor expansion and renovation at the Harrison Campus, which celebrates its 20th anniversary this year. Harrison is a 94-bed inpatient facility for adults receiving substance abuse treatment.

About 3,000 square feet of space will be added to expand the dining area and kitchen. Lobby renovations are also planned. 





Rosecrance psychiatrist Dr. Michael Kuna speaks with nurse Wendy Hall via a TV and camera before patient telepsychiatry appointments start at the Ware Center.

## Telepsychiatry increasing access at Rosecrance facilities

Mental health clients are seeing doctors in a whole new way thanks to new technology in place at the Rosecrance Ware and Mulberry centers.

Staff started integrating the use of telepsychiatry in November at the Mulberry Center and in January at the Ware Center. Clients communicate with doctors in real time via a flat-screen TV and a video camera. The mobile setup is called a computer on wheels, or COW.

The COWs help address a psychiatrist shortage that's affecting treatment facilities across the country.

Rosecrance psychiatrist Dr. Michael Kuna set up a space in the basement of his Naperville home where he telecommunicates with patients at the Ware Center. He

still sees patients weekly in person, but telepsychiatry allows him to see even more patients, minus the 90-minute drive.


Kuna, a self-proclaimed "technical guy," enjoys using the COWs and said Rosecrance information technology staff and administration have been integral in making telepsychiatry successful.

"This technology is very important. And psychiatry is totally amenable to this sort of technology because it's one of the few areas in medicine where a doctor doesn't have to physically touch the patient to assess him or her," Kuna said. "I have someone on the other end who can be my eyes and ears on the ground, but yet I can still use my skills as a psychiatrist to see and talk to the patient."

Nurse Wendy Hall sits in on telepsych appointments with clients and Dr. Kuna. She can share with him any physical issues that clients might present and process medication or laboratory orders. She said clients are excited to be part of the new technology.

"Some of the patients have heard about Skype, so this is similar to doing that. Two of the patients have asked, 'When can we do this at our house?'" Hall said.

Dr. Dennis Brightwell telecommunicates with clients at the Mulberry Center. Ware Center Administrator Annie Fridh said staff calls them the "TV doctors."

Fridh said Rosecrance is researching ways to increase the use of telepsychiatry by partnering with external companies. Doing so would further meet the increasing need for mental health services. 

## Rosecrance Alumni program in growth mode

It started with one.

One alumnus attended the first Alumni Café Support Group in 2013, and since then, the Rosecrance Alumni Program has experienced tremendous grassroots growth.


Alumni Coordinator Melissa Garrison said the program now counts a membership of more than 530 people, which includes alumni and family members. Rosecrance for many years has done alumni outreach, but a more formal program was launched in summer 2013.

The program is "alumni-driven to meet alumni needs," which is a reflection of the 12-step tenant of service and giving back.

Alumni groups are most active in Rockford, where Rosecrance is based, and the Chicago suburbs. The suburban Crystal Lake group is organizing its advisory committee, and focus group work is happening in Naperville and Madison, Wisconsin, to determine the direction of alumni efforts in those cities.

Alumni Café Support Groups now take place monthly in Rockford, Crystal Lake, Naperville and the Lincoln Park neighborhood of Chicago. Signature alumni events include a summer picnic, a fall campfire and a holiday-themed meal and presentation. Garrison said there's interest in adding a spring event, as well as more workshops throughout the year.

Rosecrance alumni are spread out across the country, so Garrison encourages people to contact her for help organizing a group.

"I tell them, 'If you find more than one person, let me know.' That's all it takes," Garrison said. 

The alumni program has its own page at [rosecrance.org](http://rosecrance.org) with information about events, frequently asked questions and how to get involved. You can also find copies of the program's e-newsletter and the new "Tales of Triumph" publication, which features alumni-produced stories, pictures/drawings, poems and other content.



Alumni Coordinator Melissa Garrison (front, second from right) poses with members of the Alumni Advisory Committee during a December event.


## AA & alumni members step up for Rosecrance adolescent clients

The Rosecrance Griffin Williamson campus hosted 12 hours of Alcoholics Anonymous (AA) Marathon Meetings once in December 2014 and again in February 2015. Each treatment unit attended a 50-minute meeting chaired by several alumni and community AA members. Both Rosecrance alumni and the clients stated they enjoyed the marathon meetings.

This was a great opportunity for the Rosecrance alumni members to give back while enriching their recovery as well. One alumnus took a step back in time to his adolescent days: "I saw myself from years ago. It was troubling, yet truly showed me how far I'd come. My heart and prayers go out to the clients," shared Mike D. (RGW/RHC).

Even alumni members from the adult campus were enlightened at the event. Lisa T's (RHC) experience brought her to a deeper level of what happens in treatment.

"I was able to remember the pain I felt, express my gratitude for how beautiful and happy life is today, and let the clients know it just gets better."

By being a part of these meetings, alumni and AA community members had an opportunity to exemplify an AA saying "Suit up and show up" and be of service to others. 





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1) Mary Ann Abate, VP of Public Policy; 2) Dr. Thomas Wright, Chief Medical Officer; 3) Dr. Raymond Garcia, Medical Director/Harrison Campus; 4) Dan DeGryse, Florian Program Director

NEWS BRIEFS

# The latest

## Mary Ann Abate appointed to state task force

Illinois House Speaker Mike Madigan appointed Mary Ann Abate, Rosecrance’s vice president of public policy, to a new state Mental Health Task Force in January. Madigan prioritized the project in light of a report addressing the December 2012 shooting at Sandy Hook Elementary School in Newtown, Connecticut. Abate has more than 35 years of experience in the community mental health field. She helped lead the former Janet Wattles Center alongside the late Frank Ware before the facility merged with Rosecrance. The state task force will research mental health in an attempt to prevent school shootings.

## Rosecrance doctors recognized with state, national attention

Doctors at Rosecrance spent time in the spotlight during the past few months. Chief Medical Officer Dr. Thomas Wright appeared on the SiriusXM satellite radio show “Freewheelin” with host Meredith Ochs in December. The live interview discussed teen substance abuse and how parents can address it, especially parents who travel and are often away from home for work. Wright was also appointed to the board of directors of the Illinois Council of Child and Adolescent Psychiatry. Dr. Raymond Garcia, medical director of the Rosecrance Harrison Campus, was featured in January in a Behavioral Healthcare magazine article. The article discussed the differences and benefits of evidence-based and patient-centered health care. A link to the article can be found at [rosecrance.org](http://rosecrance.org).

## Dan DeGryse to speak at fire conference

Rosecrance Florian Program Director Dan DeGryse will be a featured presenter in April at FDIC International, the largest fire service conference. DeGryse joined Rosecrance in summer 2014 to lead the Florian Program, which is the first program in the country with an eight-bed inpatient unit geared toward firefighters and paramedics to address substance abuse and mental health issues. DeGryse, an active-duty battalion chief with the Chicago Fire Department, will speak about behavioral health issues in the fire service April 25 at the conference in Indianapolis.

## Young adult program active at Rosecrance Northbrook Office

Rosecrance launched an outpatient substance abuse support program for young adults ages 18 to 26 in January at its Northbrook office. Groups meet Wednesday and Friday evenings. Services include peer support, therapeutic intervention, random drug testing, and group, individual and family counseling. People can access the program by calling for an initial assessment—even if they’ve never been to treatment or if their substance use doesn’t require more intensive residential treatment. For others, it will be a step-down, transitional level of care after leaving Rosecrance’s residential facilities in Rockford or other treatment centers.

**Substance abuse assessments and consultations for all ages are also offered at the Rosecrance Northbrook office, 1200 Shermer Road, Suite 104. Call 815-387-5615 to schedule an appointment or for more information.**



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5) Rachel Ridge, Community Relations Coordinator; 6) Donna Gillette; 7) Gigi Cairo and Jason Chess (center) of First Midwest Bank present a check to Allison Gorczowski (left) and Anne Boccignone (right) of Rosecrance.

## EAP conference to feature Rosecrance’s Rachel Ridge

Rachel Ridge, Rosecrance’s community relations coordinator, is slated to speak at the Northern Illinois Employee Assistance Professionals Association 37th Annual Conference, taking place June 2 in Oak Brook. Ridge’s presentation is titled “Addressing Grief in the Recovery Process.” She joined Rosecrance in 2014 and is a licensed clinical social worker and certified alcohol and drug counselor. Ridge also has certifications in grief counseling and pathological gambling, as well as a Type 73 school social work certificate.

## New scholarship available for clients, alumni

The Gillette family of Rockford has generously provided resources to Rosecrance in loving memory of Donna Gillette that will be used for three annual \$1,000 scholarships for current and past clients. Donna worked for more than 20 years as a psychiatric and addiction nurse. She was director of nursing for adolescent services when she retired in 2010. Donna passed away in 2014, and she and her family wanted to establish a memorial that would help adolescents and young adults with the cost of continuing education after treatment. Qualified scholarship applicants must be current or past inpatient clients of a Rosecrance substance abuse treatment facility and/or recovery home, age 26 or younger and planning to further their education by attending a two- or four-year college or university, through a career or through a technical program. **Applications can be found at [rosecrance.org](http://rosecrance.org) and emailed to [dlynde@rosecrance.org](mailto:dlynde@rosecrance.org) or mailed to Denita Lynde, Rosecrance, 1601 University Drive, Rockford, IL, 61107. The deadline to apply and postmark an application is May 1.**

## Grant supports McHenry County Recovery Home

First Midwest Charitable Foundation, a division of First Midwest Bank, awarded a \$5,000 grant to Rosecrance in January to support women at the new McHenry County Recovery Home. Rosecrance Vice President of Development Anne Boccignone and Recovery Home Supervisor Allison Gorczowski accepted the check from Gigi Cairo and Jason Chess of First Midwest Bank. The recovery home opened in October and features 16 beds split between two duplexes in Woodstock. Rosecrance opened its office in McHenry more than two years ago and started offering services last year in Crystal Lake.

## First-ever Twitter chat covers tough teen topics

Rosecrance hosted its first live Twitter chat Jan. 27 at the Rosecrance Griffin Williamson Campus. Chief Medical Officer Dr. Thomas Wright moderated the chat, which addressed a variety of tough topics, from talking to teens about alcohol and drug abuse to peer pressure. Parents, educators and additional participants interacted with Wright and each other on Twitter about the issues, oftentimes sharing advice from their own personal experiences. The chat used the hashtag #InMyShoes to index the tweets and draw attention to the “In My Shoes” art exhibit, which was on display at the Robert Crown Center for Health Education in Hinsdale at the time.



# Rosecrance’s Lynne Vass receives heartfelt retirement send-off

Family, friends and colleagues honored longtime Rosecrance development leader Lynne Vass in December during a retirement party at Rockford Country Club.

Vass started working for Rosecrance in 1991 after serving as a board member and board chairwoman. She oversaw The Rosecrance Foundation, advertising, public relations, strategic planning and church relations for more than two decades.

Anne Boccignone joined Rosecrance in October to take the reigns as the new vice president of development. She and Vass worked together for a few months to help ease the transition before Vass retired at the end of 2014.

Rosecrance President/CEO Philip Eaton joked at the retirement party that he wasn’t celebrating Vass’s retirement. He spoke warmly of his coworker and friend, crediting her for helping make Rosecrance what it is today. “It’s so important for us to recognize someone who has made such a tremendous contribution to so many lives in our organization,” Eaton said.

“We have a saying that this is God’s work. And I know that Lynne has felt that passion of mission in her heart that entire 23 years. It has been my joy to share that with her.

“Quite frankly I will tell you: I doubt we would have achieved what we have today without Lynne Vass. I’m so honored to have been associated with her for 23 years. I could not be prouder of her, in how she conducts herself as a professional, how she represents us as an organization and how she conveys the passion of our mission to so many people throughout the United States.”



President/CEO Philip Eaton pays tribute to friend and colleague Lynne Vass.



The Rosecrance Foundation Chair Lisa Lindman (left) and Lynne Vass watch the commemorative video at the retirement celebration.



Lynne Vass (in pink) is seen here with her children, (L-R) Greg, Brian and Lindsey, during her retirement celebration.

# Annual benefit gets a country kick

The 2015 Rosecrance Foundation Benefit carried a country theme for the second year on April 27 with headlining band Lonestar.

This year’s theme “One Pretty Good Day at a Time,” was a nod to Lonestar’s hit song “Pretty Good Day.” The multi-platinum country music quartet is known for merging its country roots with strong melodies and rich vocals. Other hit songs include the crossover hit “Amazed,” “I’m Already There” and “Front Porch Looking in.”

Proceeds from the benefit support The Kinley Charity Fund, which helps youth, adults and families who seek treatment for substance abuse and mental illness. Since 1984, the fund has provided more than \$7 million in charity care.

The benefit raised more than \$500,000 for clients who need financial assistance for services. More than 800 guests attended the event at Giovanni’s Restaurant & Convention Center.

The event included stories of hope from Rosecrance alumni and distribution of the 2015 Castle Award, created in 2007 to honor the legacy of exemplary leadership shown by Clarence and Millard Castle. The Castles gave more than 100 years of service to Rosecrance, and the award recognizes people who



Lonestar was the guest entertainment at the 2015 Rosecrance Foundation Benefit.

demonstrate a truly inspirational level of personal dedication and philanthropic leadership to our mission.

The 2015 recipient was John J. McDonough, Chair of the Rosecrance Foundation Chicago Board.

This was the first benefit for new Rosecrance Vice President of Development Anne Boccignone.

“It’s exciting to see all the people who come out to support Rosecrance because there is a lot of loyalty and generosity in the community,” she said.


## Rosecrance Flower Day at Gensler Gardens

Thursday, May 7 • 8 AM to 7 PM

**Two Gensler Gardens locations:**

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

Choose from the entire greenhouse selection of annuals and perennials and gorgeous hanging baskets. Proceeds from sales benefit Rosecrance programs and services.





# People we can't do without

Thank you to the people, businesses and organizations who gave to Rosecrance in 2014.

## A

Michael and Mary Ann Abate  
ABT Associates  
Ace Coffee Bar Inc.  
Ack Ack Nursery Co.  
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Mr. and Mrs. Tom Eddie  
Mr. and Mrs. James F. Egan  
Gordon and Georganne Eggers

## Looking back at 2014

Last year was a busy one for Rosecrance. On the following pages, we'll share photos from some memorable moments.



Clients at the Rosecrance Harrison Campus participated in the Heart Art Show in February.

Ms. Phyllis Eklund  
The Power Connection /IBEW-NECA  
Chuck and Marge Elliot  
Mr. and Mrs. Steven C. Elliot  
Ms. Judy Emerson  
Ms. Angela Encheff  
Rick and Lana Engen  
Craig and Bonnie Erdmier  
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Euclid Ave. UMC/Oak Park  
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Mr. and Mrs. Hanife Evliyaoglu  
Judith K. Jobe Ewers and Steven Ewers  
Exelon/Commonwealth Edison Company  
ExxonMobil Fuels Marketing

## F

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Faith UMC/Freeport  
Ms. Kathleen L. Fauth  
Ms. Rachel M. Fauth  
Mr. and Mrs. James Federighi  
Mr. John Feilen  
Dr. and Mrs. Jorge Fernald  
Ms. Karen Ferre  
Ms. Ann Field  
Mr. Christopher Fike  
Fire It Up Taco Fusion Grill  
First Congregational Church of Western Springs  
First Midwest Bank  
First UMC/DeKalb  
First UMC/Evanston  
First UMC/Forreston  
First UMC/Kirkland  
First UMC/McHenry  
First UMC/Woodstock  
First UMC UMW/Dixon  
First UMC UMW/Freeport  
First UMC UMW/Forreston  
Mrs. Mabelann C. Fisher

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Mr. and Mrs. Jeffrey A. Frake  
Mr. and Mrs. John Frana  
Francesca's Passaggio  
Gregory and Laurel Franchini  
Ms. Michelle R. Francis  
Frankel/Mirman Charitable Fund  
Freeport Community Foundation/John M. Drogosz Youth Substance Abuse Prevention/Treatment Memorial Fund  
Ken and Carol Frey  
Mrs. Barbara A. Friday  
Mr. Josh Friday  
Dr. Annie and Brandon Fridh  
Mr. and Mrs. Gene R. Frieders



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Grace UMC/Naperville  
Grace UMC/Maple Park  
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Ms. Janet Graf



Country music artist Mo Pitney sings for clients at the Rosecrance Griffin Williamson Campus. Pitney is from Cherry Valley and is signed to Curb Records in Nashville.

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Ms. Cynthia E. Grantz  
Mr. and Mrs. Clifford H. Gray  
Mrs. Betty Greenlee  
Mr. and Mrs. Robert Gregori  
Ms. Marlena Grenke  
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H

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Chuck and Ardi Howard  
Howells and Hood  
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Mr. and Mrs. Mark W. Huffman  
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I

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ILL-Wis Antique Doll Club/Peggy  
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J

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Christopher Gleason (front left) and Philip Eaton (front center) cut the ribbon at the McHenry County Crystal Lake open house in April.

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(Left to right) Julie Seymour, Lisa Lindman, Tom Fahey, Dr. June Parks and Michael Parks mingle at the Pleeztameecha on the Plaza event held in August at Howells & Hood in Chicago.

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November 16, 2014 - March 18, 2015

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Illinois Appellate Judge Kathryn Zenoff gives a special message at the first Rosecrance Forum in November at the Rosecrance Ware Center.



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*Every effort has been made to list our donors correctly. If we have misspelled, inadvertently omitted or listed your name incorrectly, please call Anne Boccignone at 815.387.5636 so we can correct our error. Thank you!*



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## Mission

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

## Vision

Rosecrance will offer the best opportunity for lasting recovery.

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**Anne Boccignone**, Vice President of Development

**Ann Bown**, Executive Assistant

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Rockford, IL Permit 2949

## Upcoming events

To register or learn more about these and other events, visit: [Rosecrance.org/events](http://Rosecrance.org/events)

### **Rosecrance Flower Day 2015 at Gensler Gardens**

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

**Thursday, May 7, 2015**  
**8:00 a.m. - 7:00 p.m.**

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

For more information, see page 17  
or email [dyoungberg@rosecrance.org](mailto:dyoungberg@rosecrance.org).

### **The Role of Experiential Therapies in Addiction and Behavioral Health Treatment**

This interactive training will help professionals understand how activities and projects such as art, and music are incorporated in the recovery process.

**Monday, May 21, 2015**  
**Wednesday, September 9, 2015**

Rosecrance Griffin Williamson Campus  
1601 North University Drive  
Rockford, IL

**Cost:** Free. Visit [rosecrance.org/events](http://rosecrance.org/events) to register.

### **Understanding Adolescent Addiction Training**

Learn the signs and symptoms of abuse and dependency, prevention strategies and much more.

**Monday, June 15, 2015**  
**Wednesday, July 15, 2015**

Rosecrance Griffin Williamson Campus  
1601 North University Drive  
Rockford, IL

**Cost:** Free. Visit [rosecrance.org/events](http://rosecrance.org/events) to register.

**Reach** is published by Rosecrance Health Network to inform friends about events, programs and services. Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. More than 16,000 children, teens, adults and families receive help each year.

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

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

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



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