



reach

2025

Healing Communities



rosecrance®
BEHAVIORAL HEALTH

Providing hope and healing in our communities



Welcome to the 2025 edition of Reach! Join me as we celebrate the moments that have inspired, united, and made us a caring and compassionate community.

At Rosecrance Behavioral Health, we are dedicated to removing barriers to behavioral healthcare. Some of our readers may be aware that many communities have limited or no access to behavioral health providers. We are committed to expanding services to provide greater access to care, as demonstrated by our recent affiliation with North Central Behavioral Health Systems in central Illinois. We know that a community—large or small—with access to behavioral healthcare is a healthier community. But achieving good health often begins with a journey of individual healing, which we understand takes courage. We are committed to supporting members of our communities every step of the way.

Every day we engage with thousands of clients, each at different stages of their healing process, and they are all woven into larger communities that shape their experiences. These can take many forms—a physical location or a gathering of like-minded souls with similar challenges and aspirations. Clients who find healing with us often return that transformative energy to their families, friends, and communities. This initiates a powerful domino effect; our clients begin to cultivate a landscape of hope and reconciliation, inspiring others to find their paths toward healing. And we've made it our mission to meet them there.

Our amazing staff are a part of this healing, not just within a Rosecrance location but also in their own communities. This past summer, we encouraged our teams to engage in the Champions in Service initiative, and they responded with enthusiasm and dedication. Whether actively volunteering in schools, nurturing young minds, or selflessly dedicating their time to ensure families receive warm Thanksgiving meals, our staff exemplify what it means to inspire hope. Their efforts demonstrate a commitment to building a better community for all.

Communities thrive through the collective effort of individuals working toward a common goal. In the Rosecrance community, this effort would be impossible without the support and encouragement of our dedicated staff, boards of directors, generous supporters, loyal friends, and invaluable community partners. Please know how much your connections matter. Every individual whose life you touch sparks optimism and hope far beyond the initial interaction. Your contributions are vital to the restoration of health and vitality in our communities, and I am truly grateful to work alongside you in this important mission.

A handwritten signature in black ink that reads "Dave Gomel". The signature is fluid and cursive, with a long, sweeping underline.

Dave Gomel, Ph.D.
President and CEO

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Building resilience among our most critical workers

Some professions come with a heavy emotional price tag, often taking a toll on mental health.

The intense pressure and fast-paced environment faced in these jobs can be exhausting, especially for those who encounter traumatic events repeatedly or experience a single, life-altering incident. The emotional burden can feel overwhelming, impacting mental health in ways that may not be immediately visible.

Rosecrance Behavioral Health understands the unique challenges faced by those in high-stress professions and is dedicated to providing expert, specialized care to meet their unique needs.

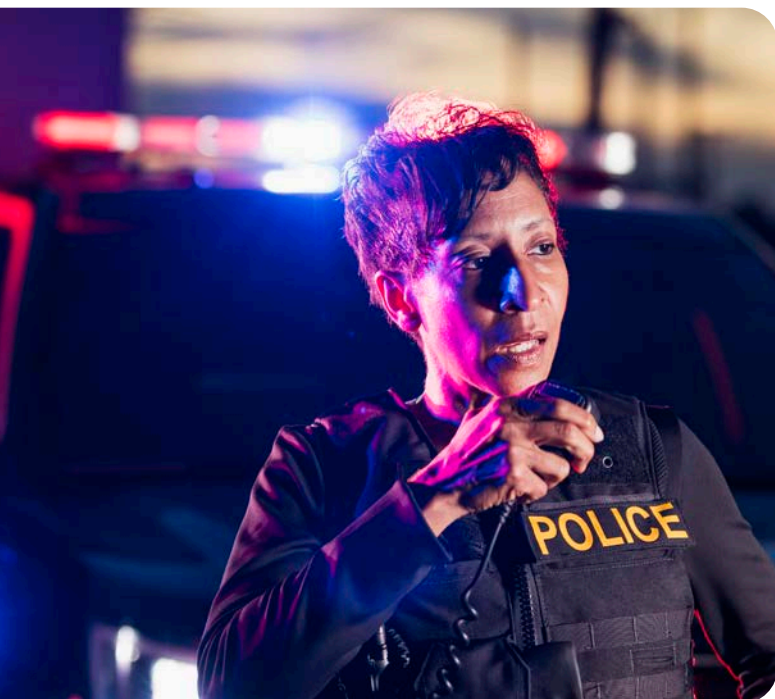
An innovative initiative to meet those needs is the Rosecrance Resilience Program. This transformative program empowers individuals in high-stress roles, providing them with the tools and support to build resilience and thrive.

"We truly appreciate the incredible challenges our critical workers encounter daily," said Traci Kerzich, Clinical Director of the Rosecrance Resilience Program. "We believe caring for their mental health is just as important as their work. By offering timely and compassionate support, we can help them navigate tough times and smoothly return to their vital roles in their community."

The Rosecrance Resilience Program is a comprehensive initiative that provides support to several key populations who often face significant challenges in their professional and personal lives:

FIRST RESPONDERS & LAW ENFORCEMENT. These professionals, including police officers, firefighters, and emergency medical technicians, regularly encounter high-pressure situations that can lead to stress, trauma, and burnout.

FRONTLINE WORKERS. This category includes a diverse range of essential workers, such as healthcare providers. These individuals play a vital role in society, often working in stressful conditions, especially during public health crises and other emergencies.



SKILLED TRADES/LABOR. This sector includes skilled workers in construction, manufacturing, and other trades. They are essential in building and maintaining infrastructure, yet their jobs can be physically and mentally taxing.

VETERANS. Individuals who have served in the military may encounter various challenges when transitioning back to civilian life, including mental health conditions such as PTSD, depression, and anxiety.

Through a supportive atmosphere, clients who begin healing through the Rosecrance Resilience Program can engage in residential or outpatient care settings, allowing flexibility based on their needs. Clients can build relationships with others who share their struggles, fostering a sense of solidarity and encouraging shared learning. They are invited to share their experiences, support one another, and celebrate each other's successes in a safe and accepting space.

“We want to empower our critical workers to truly thrive.”

—Traci Kerzich, Clinical Director of the Rosecrance Resilience Program

Taking the courageous step to seek support through the program allows individuals to focus on developing resilience—skills that empower them to navigate daily stressors and thrive in their personal and professional lives. Clients learn to embrace their thoughts and feelings without judgment through peer support, therapeutic activities, and engaging individual and group counseling sessions rooted in Acceptance and Commitment Therapy. This powerful approach encourages them to commit to actions that align with their core values, enabling them to lead a more fulfilling and meaningful life, even in the face of challenging emotions and circumstances.

“Our mission goes beyond guiding our critical workforce toward recovery and improving worker safety,” said Kerzich. “We want to empower our critical workers to truly thrive. By fostering their well-being, we can help them lead healthy lives and continue making a positive impact in their communities.”



Uncovering hope in communities of all sizes

Rosecrance Therapies | Chicago-Norwood Park

Rosecrance Therapies in Chicago-Norwood Park supports individuals at every stage of life. The therapists at this location are uniquely positioned to assist the behavioral health needs of critical workers—first responders, nurses, healthcare, and veterans—and their families through the Rosecrance Resilience Program. This program connects eligible clients to a comprehensive continuum of care that meets them where they are, regardless of their level of need. Additionally, this convenient location offers one-on-one therapy for individuals aged 3 and older, group therapy, psychiatric and medication treatment, and virtual services.

Rosecrance Therapies | Chicago-Beverly

Rosecrance Therapies in Chicago-Beverly clients are welcomed into a therapeutic environment designed to help them navigate and solve their everyday challenges. Individuals can access one-on-one therapy or group therapy to improve their quality of life, reduce stress and anxiety, overcome substance dependence, and learn coping strategies. These therapies can also include psychiatric support and medication treatment for mood disorders such as major depression and bipolar disorder. In addition to serving the immediate community, therapists at Beverly collaborate with the many local Employee Assistance Programs, providing outpatient services to first responders, their families, and other frontline workers through the Rosecrance Resilience Program.

Rosecrance Kankakee

Rosecrance Kankakee provides outpatient mental health and substance use treatment services for teens, adults, and families in Kankakee County, Illinois. An individual can explore one-on-one therapy, and an intensive outpatient program (IOP) is available to adolescents. Rosecrance Kankakee also supports intensive case management through Illinois' Pathways to Success program and provides local crisis services, including mobile crisis response through the Illinois CARES line and the national 988 Suicide and Crisis Lifeline.

Rosecrance Quad Cities

Rosecrance Behavioral Health proudly serves the Quad Cities through its two convenient locations in Moline, Illinois, and Davenport, Iowa. Comprehensive outpatient services are thoughtfully designed and offer a variety of evidence-based treatments that include individual or group therapy, medication management, or psychiatric services, ensuring that everyone can find the support they need. Offerings also include DUI/OWI and IOP services.

Connections Counseling, by Rosecrance Therapies

Connections Counseling is a distinctive provider in the Madison, Wisconsin, community, and across the state, offering both in-person and virtual services. What truly sets Connections Counseling apart is its specialized focus on outpatient care, encompassing personalized one-on-one therapy, dynamic group sessions, and innovative treatments such as transcranial magnetic stimulation (TMS) for those experiencing difficult-to-treat depression. Additionally, the practice provides dedicated mentorship for individuals in recovery, ensuring that they receive tailored support to address their unique needs and foster lasting growth.

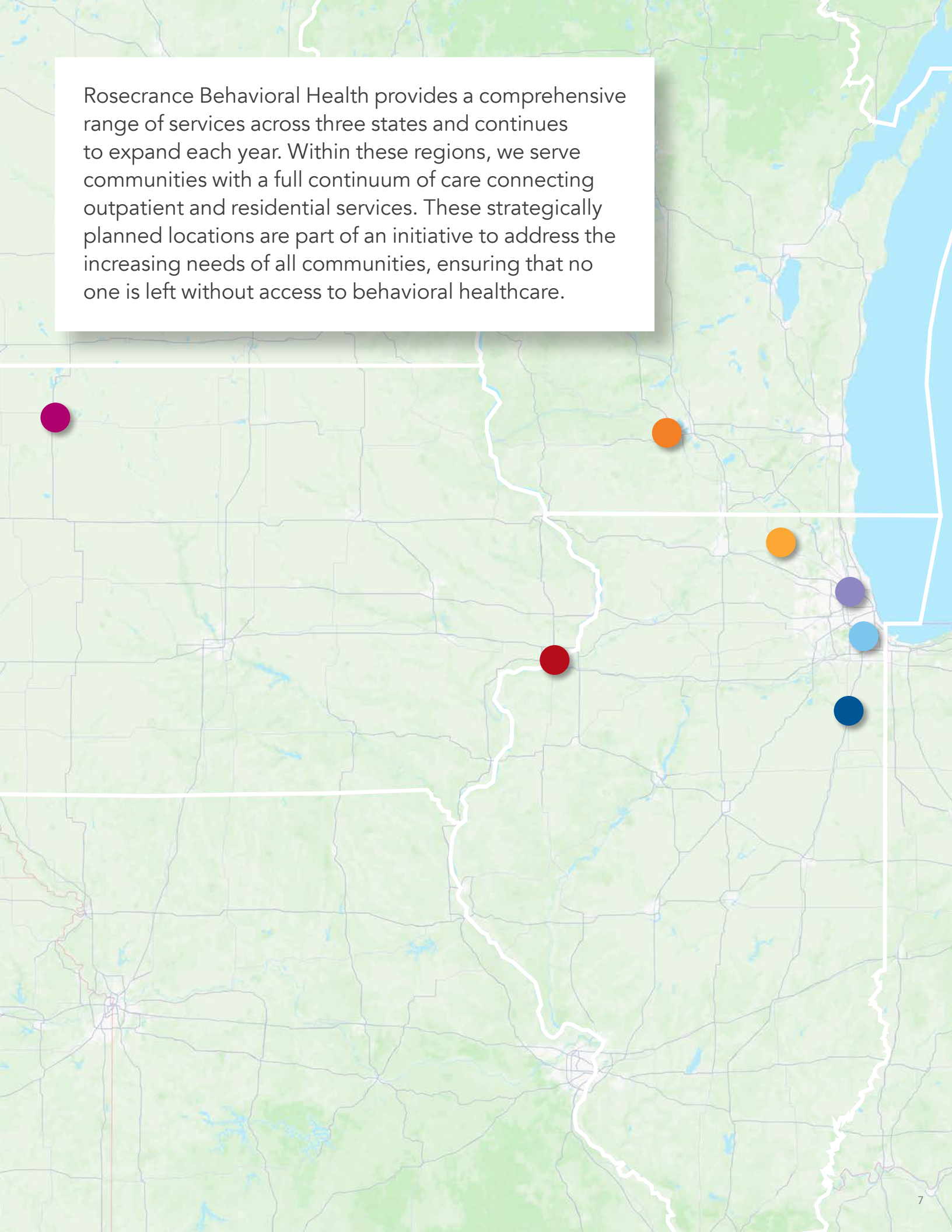
Rosecrance Woodstock Recovery Home

The Rosecrance Woodstock Recovery Home in McHenry County, Illinois, is one of several Rosecrance Living sober homes that provide a supportive environment for individuals transitioning from residential treatment back to their communities. Residents enjoy a sober, alcohol- and substance-free atmosphere that fosters peer support and personal growth. Clients are connected to resources to ensure their long-term success, such as assistance with job searching, furthering education, and budgeting guidance to promote financial stability. Additionally, 12-Step program support helps residents build a solid foundation for ongoing recovery.

Rosecrance Jackson Centers – Spencer

Rosecrance Jackson Centers – Spencer offers compassionate outpatient substance use and mental health treatment in Clay County, Iowa. Teens, adults, and families can access treatment either in-person or virtually. Services available at the location include behavioral health screenings, individualized therapy, supportive group therapy, and medication management. Family education programs assist loved ones and provide preventative education to help maintain well-being.

Rosecrance Behavioral Health provides a comprehensive range of services across three states and continues to expand each year. Within these regions, we serve communities with a full continuum of care connecting outpatient and residential services. These strategically planned locations are part of an initiative to address the increasing needs of all communities, ensuring that no one is left without access to behavioral healthcare.



Bouncing back stronger: Kyle S.'s inspiring journey

The day before Kyle S. was to leave Rosecrance residential treatment, his phone buzzed with a lengthy text message from a friend he once held dear—a friend he hadn't heard from in years because of a painful separation caused by addiction.

Kyle and Ben first crossed paths in high school, quickly forming a solid bond. After Kyle purchased his first house, he invited Ben to move in. As they settled into this new living arrangement, Kyle started to notice that Ben was struggling with substance use.

"I loved the kid, so I needed to know what was going on," Kyle said.

Kyle felt a growing urgency to address Ben about his troubling behavior, but he patiently waited for the right moment to speak up. When that moment finally arrived he laid out his concerns with Ben's mom, hoping to bring the truth to light.

"He was really mad at me for going to his mom, but at the end of the day, I thought I was doing my best to look out for him," Kyle said.

For years, silence had stretched between them until Kyle's phone buzzed with that unexpected text from Ben. It came the evening before Kyle was successfully discharged from Rosecrance. Ben revealed that he was in California, undergoing treatment as well, and they both shared that they would be leaving their respective facilities the next day.

As they exchanged texts, memories flooded—long hours spent playing golf, tie-dyeing, and working out. They began making plans, discussing reviving their old fitness routines. More importantly, they vowed to be each other's sober support, ready to face the outside world together and determined to navigate their new sober lives with strength and accountability.

"I would have loved nothing more than that," Kyle said.

The reunion between Kyle and Ben never happened. Just as Kyle was filled with hope for their fresh start, he received the devastating news that, upon landing, Ben had died as a result of his addiction.



The plans they had made to meet and embark on their recovery journey together vanished in an instant.

"I wish he were with me more than anything, but I think it was another huge eye-opener for me, just how serious addiction is. I lost my best friend the day after rehab. The only way out of this is to get sober, or you're going to die. I'm not thankful that happened, but that's one of the main reasons I'm sober today," Kyle said.

After the loss of Ben, Kyle was one of many loved ones eager to pay tribute to Ben's legacy while supporting a worthy cause. Kyle teamed up with another close mutual friend of Ben's to brainstorm an annual golf outing that would not only celebrate Ben's life but also raise awareness and funds for those struggling with substance use. They decided to name the event "Birdies for Ben," a heartfelt nod to Ben's passion for golf and something he and Kyle frequently enjoyed together in their younger years before addiction impacted their lives.

Each year, the event continues to grow. Now in its third year, Kyle has decided to donate all the proceeds from the outing to Rosecrance.

This event not only honors Ben but also provides Kyle with an opportunity to give back to those who supported him during his struggle with addiction. Additionally, it raises awareness about addiction, highlighting that many people are living in active addiction without realizing it.

"I wanted to reach at least one person, just to help one person realize there is a way out of it and there is help out there if you put your ego and pride aside and just go get the help you need," Kyle said.

As a new father and soon-to-be husband, Kyle is focused on growing Birdies for Ben. He feels fortunate to be living a life he once thought was unattainable. While he continues to work on his recovery, he also serves as a beacon of support for others who are ready to seek help.

"The day after this year's event, someone reached out to me saying I had inspired them. They realized their addiction was more serious than they thought and that they were checking themselves into Rosecrance. I think it's important for me to be involved in the recovery community for my recovery and Ben. That's why I do it," Kyle said.

"I wanted to reach at least one person, just to help one person realize there is a way out."



Reshaping mental health treatment: How TMS and Spravato are changing the game

There's encouraging news for individuals struggling with difficult-to-treat depression: a growth in innovative treatments offering hope and new possibilities.

While many people benefit from traditional medication therapies, there are cases where medication alone does not provide sufficient relief. In such circumstances, additional treatment options may be necessary. Rosecrance Therapies offers two innovative, FDA-approved treatment alternatives: transcranial magnetic stimulation (TMS) and Spravato.

TMS therapy, which received FDA approval in 2008 and has been available through Rosecrance Therapies since 2010, emerged as a groundbreaking treatment for depression. Since then, research has demonstrated its effectiveness in addressing a variety of other conditions, including obsessive-compulsive disorder (OCD) and aiding in smoking cessation.

TMS therapy stands out for its noninvasive nature, employing a precisely targeted magnetic field to engage specific areas of the brain. During treatment, magnetic pulses create small electrical currents that effectively stimulate underactive neurons, promoting increased brain activity where needed.

One of the most appealing aspects of TMS therapy is its safety profile; it is generally well-tolerated and does not require anesthesia, making it a convenient option for those who have not found success with medications. Overall, TMS offers a promising approach for adults and now teens looking to regain control over their mental health in a nonsurgical, effective manner.

Aaron T. experienced a profound transformation after undergoing TMS to treat his depression at Rosecrance Therapies in Chicago-River North. The people closest to him noticed a remarkable shift in his demeanor, and Aaron felt the change deep within himself.

“It really is like a rebirth.”

—TMS client Aaron T.

He began to respond to challenges with an optimistic outlook that he had previously struggled to maintain. The world around him appeared brighter, and he found joy in moments that once felt overwhelming.

"It really is like a rebirth," Aaron said.

Spravato is an exciting new alternative for those struggling with difficult-to-treat depression and suicidality. This innovative treatment contains esketamine and offers a flexible approach by being effective alongside traditional oral antidepressants or as a stand-alone option.

Michelle R. spent nearly five decades managing her chronic depression until she began Spravato treatment at Aspen Counseling, a behavioral health group of Rosecrance Therapies. Spravato felt like her final effort to escape from the exhausting, daily routine of managing her mental health. And to her delight, it worked—quickly.

Ketamine has been recognized since the 1970s, but esketamine's journey is more recent and significant. In 2019, the FDA approved Spravato specifically for treatment-resistant depression. The next year, its use was expanded to address broader issues, such as major depressive disorder and suicidal ideation in adults.

What distinguishes Spravato is its fast-acting formula, which is delivered via nasal spray. During the treatment, clients are monitored by medical professionals for about two hours. This careful supervision is crucial, especially since individuals may begin to experience positive effects within just a few hours of administration.

Part of what Michelle values about her Spravato treatment is "feeling good and safe" at the same time. She appreciates the behavioral health provider with her during the treatment, noting it feels like "it was set up for me to succeed, and I wouldn't change that."



Rosecrance Jackson Centers expansion welcomes a new era of healing

Thanks to the generous support of a community dedicated to fostering hope, the Rosecrance Jackson Centers residential campus in Sioux City, Iowa, now has dedicated space to offer activities designed to enhance the treatment experience and promote overall well-being.

In spring 2023, the residential campus launched a building expansion to support individuals overcoming substance use and co-occurring mental health disorders. The expansion was designed to provide clients with the best possible care and the tools for lasting recovery. By integrating experiential and recreational therapies and creating a dedicated space for holistic care, the environment helps to empower clients to achieve sustained recovery.

Rosecrance Jackson Centers was awarded a grant from the state of Iowa to support the expansion project. The campaign to expand this community resource also received significant support from local individuals and businesses, all dedicated to nurturing hope and facilitating recovery for those in need. Their contributions have played a crucial role in turning this vision into a reality.

“This initiative, which has been in the works for years, has come to fruition.”

“We are fortunate to have so many individuals who have stood by our side. Their contributions were more than financial assistance, providing us with moral encouragement during this campaign and beyond,” said Ellen Nichols, Chair for the Rosecrance Iowa Board of Directors.

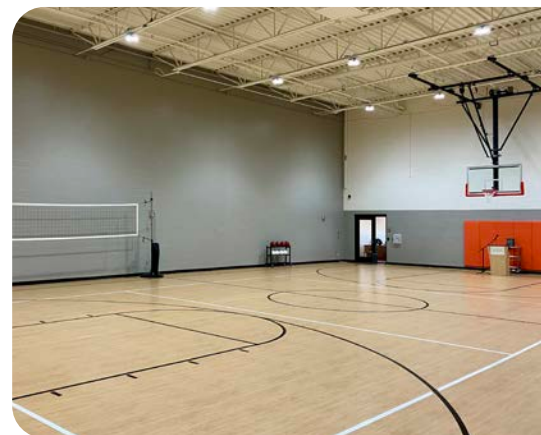
Marilyn Hagberg, the Chair of The Rosecrance Foundation Iowa Regional Board of Directors, said that the necessity for a therapeutic recreation center was recognized long before the facility was even built. The aspiration to create a dedicated

space for therapeutic recreation has persisted, reflecting a long-standing commitment to enhancing mental health and wellness in the community.

“To me, the therapeutic recreation center is a revival of something that we recognized and planned long ago,” Hagberg said. “This initiative, which has been in the works for years, has come to fruition.”

The campus has evolved significantly over the past decade since it was built. Clients now have access to the therapeutic recreation resource center, inspiring them to rediscover the joys of being active. Connected walking paths provide opportunities for individual reflection and group connection in nature, while a new chapel offers a serene space for meditation, prayer, and quiet contemplation.

“In Sioux City, we have witnessed a remarkable demonstration of community commitment in supporting this expansion project to enrich the experiences and overall well-being of individuals brave enough to begin recovery,” said Dr. Dave Gomel, the President and CEO of Rosecrance Behavioral Health. “This collaboration exemplifies our shared dedication to fostering recovery and contributes to creating a healthier, more resilient community. I couldn’t be more grateful.” ■



Two behavioral health leaders join forces to strengthen care

“Together, we can grow our influence and contribute to positive change in the community.”

—Jodi Mahoney, President,
North Central Behavioral
Health Systems

Healing communities is a mission that often benefits from partnership. Rosecrance Behavioral Health and North Central Behavioral Health Systems (NCBHS) are demonstrating what can be achieved through such collaboration.

In January 2025, the two behavioral health providers officially joined forces in an exciting affiliation to significantly enhance the quality of care and resources available to individuals and families in central Illinois.

“We are proud to welcome North Central Behavioral Health Systems. They bring a wealth of expertise to our network, particularly in regions where we currently lack representation,” Rosecrance President and CEO Dr. Dave Gomel said.

Much like Rosecrance, NCBHS has a rich, established history of serving communities of Illinois, with a particular focus on the north-central and west-central regions. As a nonprofit organization, NCBHS is committed to a singular mission: empowering children, adults, and families to realize their fullest potential.

To achieve this, they offer robust programs, including educational programs on mental health and substance use, personalized counseling sessions, and specialized behavioral health services. Additionally, NCBHS provides critical crisis intervention services, ensuring that individuals and families can access the support they need during challenging times.

“I am incredibly proud to be a part of this moment between two mission-driven organizations united in their commitment to ensuring the residents of Illinois have access to behavioral health resources,” said NCBHS President Jodi Mahoney. “Together, we can grow our influence and contribute to positive change in the community.”

Rosecrance has a long, successful history of forming significant partnerships in behavioral healthcare with other agencies that share a common mission and core values. As it expands the continuum of care for clients at eight NCBHS locations in Illinois, there is more opportunity to create stronger, healthier communities for everyone.

“This is fantastic news for everyone involved, especially for the communities that stand to benefit significantly from this affiliation,” Gomel said. ■

At Rosecrance Behavioral Health, every call is met with compassion and expertise, ensuring that individuals find the help they need as quickly as possible and experience the reassurance of knowing they are not alone.



Empowering recovery from the very first encounter

At Rosecrance Behavioral Health, every call is met with compassion and expertise, ensuring that individuals find the help they need as quickly as possible and experience the reassurance of knowing they are not alone.

Clients find their way to Rosecrance through a variety of pathways. Professionals like doctors or counselors may refer them, or they may reach out through someone close to them, such as a parent, spouse, or other loved ones. Often, the individuals take the courageous step to make that first call for their own treatment.

"Sometimes they've waited years to call us. We need to be ready to answer every call because we never know how long it has taken someone to ask for our help," said Meghan Cook, Director of Access for Rosecrance Illinois. "So, it's important that our teams are always ready to receive those in need."

We recognize the importance of having our skilled staff available to assist each type of journey. To ensure we provide help to as many people as possible and expedite their path to success, we expanded our Access department. In just four years, the number of staff on the Rosecrance Access team has doubled, allowing us to help more people than ever on their journey to recovery.

FIRST ACT OF COLLABORATION

The healing begins with the Access team, the first friendly voices a caller encounters. This team is available 24/7 and ready to listen. With patience and empathy, they learn more about the reasons for reaching out, providing the space to express feelings and needs. This empathetic approach helps to ascertain the nuances of the situation while laying the foundation for the tailored support and guidance a person needs during their treatment experience.

“We need to be ready to answer every call because we never know how long it has taken someone to ask for our help.”

— Meghan Cook, Director of Access, Rosecrance Illinois

Once the next critical step of the behavioral health screening is completed, callers are guided toward the treatment options that resonate most with their individual needs, ensuring their feelings are understood and honored throughout the process.

The team is committed to helping callers navigate and eliminate any barriers that may prevent them from accessing the treatment they deserve. Working in close partnership with a diverse group of Rosecrance professionals, a holistic and supportive experience is created to swiftly connect people with the treatment that best fits their needs.

Among the group is the medical representative, an ally who seamlessly gathers essential medical records. The caller is then connected with a knowledgeable financial advisor to navigate the insurance and financial questions and options. With experience in insurance coverage, payment plans, and potential financial assistance programs, this advisor ensures that clients are well-informed and supported.

The Access team can also coordinate transportation for clients who need additional support to arrive at residential treatment. By carefully arranging schedules and ensuring safe and timely travel, they work to ease any logistical worries.

“Clients look to our staff for guidance on the steps they need to take,” Cook said. “For those seeking treatment for the first time, our goal is to provide comfort and support while clearly explaining everything. This way, they can feel confident and alleviate any concerns that might prevent them from successfully entering treatment.”

When someone decides to make that first call to Rosecrance to begin treatment, they are empowered to embark on their journey without additional stress. From that first interaction, they are embraced by a caring team ready to listen and understand their unique situation so that they can focus on what truly matters: their healing and recovery.



Introducing Champions in Service



Service work has always been an important aspect of the Rosecrance employment experience. Throughout the year, teams often volunteer together within their communities for organizations such as Habitat for Humanity, local food banks, Special Olympics, and more.

Now, the Champions in Service initiative, launched in the summer of 2024, encourages Rosecrance staff to dedicate up to eight hours to make a difference in their communities, championing equality and justice through service.



“Happiness is seeing other people not starving or struggling, seeing children get what they need.”

—Benita Rollins-Gay, Mobile Crisis Services Coordinator

Since introducing the Champions in Service hours, Rosecrance staff have jumped into action, participating in impactful projects that truly matter. From distributing food boxes to those in need during the holiday season in Chicago to taking on the role of chef instructor in cooking classes for seniors in Wisconsin, they are creating lasting change.

Benita Rollins-Gay is the kind of person who sees a need and fills it, not just once but again and again, dedicating what seems like several lifetimes to making her community a better place.

Currently serving as the mobile crisis services coordinator at the Rosecrance Walnut location in Champaign, Illinois, Rollins-Gay's journey into supporting those in need began in her teenage years.

Inspired by her parents, she joined her father in his efforts to feed the unhoused and veterans in Champaign and Danville. This early exposure ignited a passion for volunteer work, shaping her into the compassionate advocate she is today.

“Happiness is seeing other people not starving or struggling, seeing children get what they need,” Rollins-Gay said.

Her understanding of the complex needs within her community developed throughout various stages of her career. Initially, she worked as an educator and later as a licensed social worker. Her awareness of these needs deepened during her time on the Urbana School Board, a volunteer position to which she was elected.

Through her service to others, she witnessed the significant struggles many families faced, including food insecurity, housing instability,

and behavioral health challenges. These issues were often interconnected and compounded the difficulties of daily life.

“I knew what was happening with my families and why these kids were getting in trouble, which made me reach out to the families. It was mainly about food, housing, and mental health,” Rollins-Gay said.

Beyond her work at Rosecrance, her latest contribution to the community is reflected in her efforts with the Daily Bread Soup Kitchen. She and her longtime friend, Del Elaine Wilson-Owens, have been dedicated to this cause for the past decade.

“Working on the crisis line at Rosecrance, I got to meet more people because I was the person out in the needy areas trying to get them mental health services. That’s where I developed the idea that the soup kitchen is the main place everybody goes,” Rollins-Gay said.

Rollins-Gay understands the needs of her community and actively looks for opportunities to help at various intersections. As a true champion of service, she has inspired others, particularly her children, to engage in efforts that enhance their communities.

Rollins-Gay hopes that others can use the time to try volunteering for organizations local to them so they, too, can find another purpose that resonates.

“I was glad they were given the opportunity to do this work,” said Rollins-Gay. “It’s something that I feel is going to work to get people to see the need in their communities.”

A new model of care: Peer support specialists leverage experience to promote recovery

Overwhelmed by a whirlwind of emotions—
anxiety, hope, and determination—John
stepped into the lobby of the Rosecrance
Ware Center, guiding his son, who was strug-
gling with addiction.

The son, Mark, had seen a Rosecrance clini-
cian the previous day. During the appoint-
ment, Mark minimized the extent of his
substance use, leading to a recommendation
for intensive outpatient therapy.

John wanted Mark to receive the comprehen-
sive help he needed and truly deserved, but
knew his son was avoiding detox treatment.
Yet, John was determined, knowing detox
was important for Mark's recovery journey.

Mark met with Alex Richoz, the team leader
of the peer support specialist team, which
was formed as part of Rosecrance's commit-
ment to serving as a Certified Community
Behavioral Health Clinic (CCBHC).

Right from the start, Richoz made Mark feel
truly heard and understood. He focused on
Mark's needs and engaged him in meaningful
conversations. With a blend of patience and
genuine empathy, Richoz found common
ground with Mark, helping him see the
potential for positive change.

This support empowered Mark to take a
pivotal step and enter detox treatment at the
Rosecrance Harrison Campus.

MEETING A COMMUNITY'S NEEDS

Responding to evolving community needs,
Rosecrance enhanced services by expanding
its team of peer support specialists. This
growth is designed to ensure that individuals
seeking support receive the understanding



and assistance they need from trained profes-
sionals who have firsthand experience in
overcoming challenges.

"In my previous role, everyone experienced
the concern of a client falling through the
cracks," Richoz said. "We want to offer all the
support and assistance we can, but there are
times when we are limited in our ability to
help. What I appreciate about being part of
the peer support team is that we are devel-
oping a program focused on providing the
best support for our clients by keeping them
engaged."

Peer support specialists, who have their own
lived behavioral health experiences, are not
just trained professionals; they are guiding
lights for those navigating the complexities of
the clients they serve. They bring a personal

touch that's difficult to replicate. Their ability
to connect and empathize makes all the
difference in encouraging individuals to take
charge of their health.

In the world of recovery, every journey begins
with a single step, and sometimes that step
requires a little extra support. Mark's experi-
ence highlights the incredible impact that
peer support specialists can have: reaching
those who may feel overwhelmed or hesitant
to begin their recovery.

"We encourage change through shared expe-
riences, which isn't something counselors
typically do on a daily basis. As peer support
specialists, we can demonstrate to clients the
benefits of participating in a program and
motivate them to enroll by highlighting how
it will genuinely help them," Richoz said. ■

Clients succeed at Rosecrance

When it comes to treating mental health and substance use disorders, each journey is unique. Rosecrance has a successful record of treating clients using an outcomes-based approach to meet these individual challenges.

Monitoring client success has demonstrated that treatment at Rosecrance leads individuals to transform their attitudes, behaviors, and lifestyles. Throughout their time in services, they experience a noticeable enhancement in their mental health, regardless of their primary diagnosis.

“We pride ourselves on upholding the highest standards in the industry.”

How do we know our clients are experiencing positive outcomes? Each client’s treatment begins with evidence-based practices, and their progress is tracked through periodic surveys. This allows the team to modify treatment in real-time, ensuring each client receives the best possible opportunity for a positive outcome based on their individual needs. Using two industry-standard surveys, a team supporting each client’s outcomes measures their success:

1. The Patient Health Questionnaire (PHQ-9) measures depression and mental health. It is scored on a 0–27 scale, with 27 indicating the most severe level of depression.
2. The Brief Addiction Monitor (BAM) measures a person’s risk factors for substance use, protective factors that support sobriety, and actual substance use.

“We pride ourselves on upholding the highest standards in the industry. We’re dedicated to continuously innovating our methods to ensure our clients have the best chance for lasting recovery,” said Dr. Dave Gomel, President and CEO of Rosecrance Behavioral Health.

TRACKED PROGRESS

Scores from the PHQ-9 indicate that Rosecrance clients experience a decrease in depression throughout treatment, enhancing their coping abilities and reducing relapse risk. Residential clients (Fig. 1) show significant improvement from mild to nearly minimal symptoms by discharge, while outpatient clients (Fig. 2) achieve minimal depression levels by the end of their treatment.

Similarly, residential (Fig. 3) and outpatient (Fig. 4) clients demonstrated a significant improvement in their BAM Use Score percentage related to protective factor scores from admission to discharge. This progress indicates that individuals successfully strengthened their social support networks and adopted practices that contribute to lasting recovery.

At Rosecrance, we’re passionate about transforming lives. Our holistic, evidence-based, and outcomes-focused treatment methods not only support recovery but also significantly enhance the quality of life for those we serve.

We take great pride in partnering with our clients on their journey to recovery, empowering them every step of the way. ■

Residential Clients Show Improvement in Depression Levels

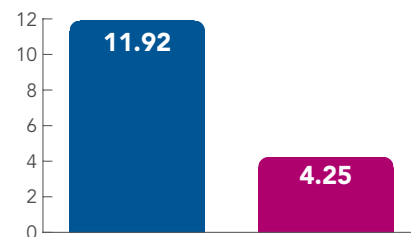


Figure 1

Outpatient Clients Show Improvement in Depression Levels

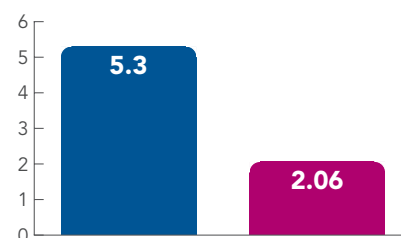


Figure 2

Residential Clients Showed Improvement in Protective Factors

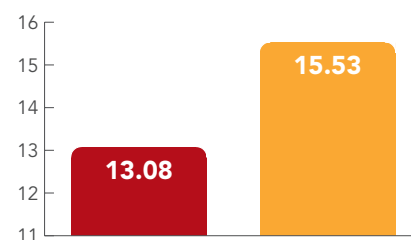


Figure 3

Outpatient Clients Showed Improvement in Protective Factors

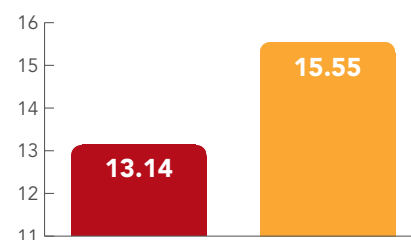
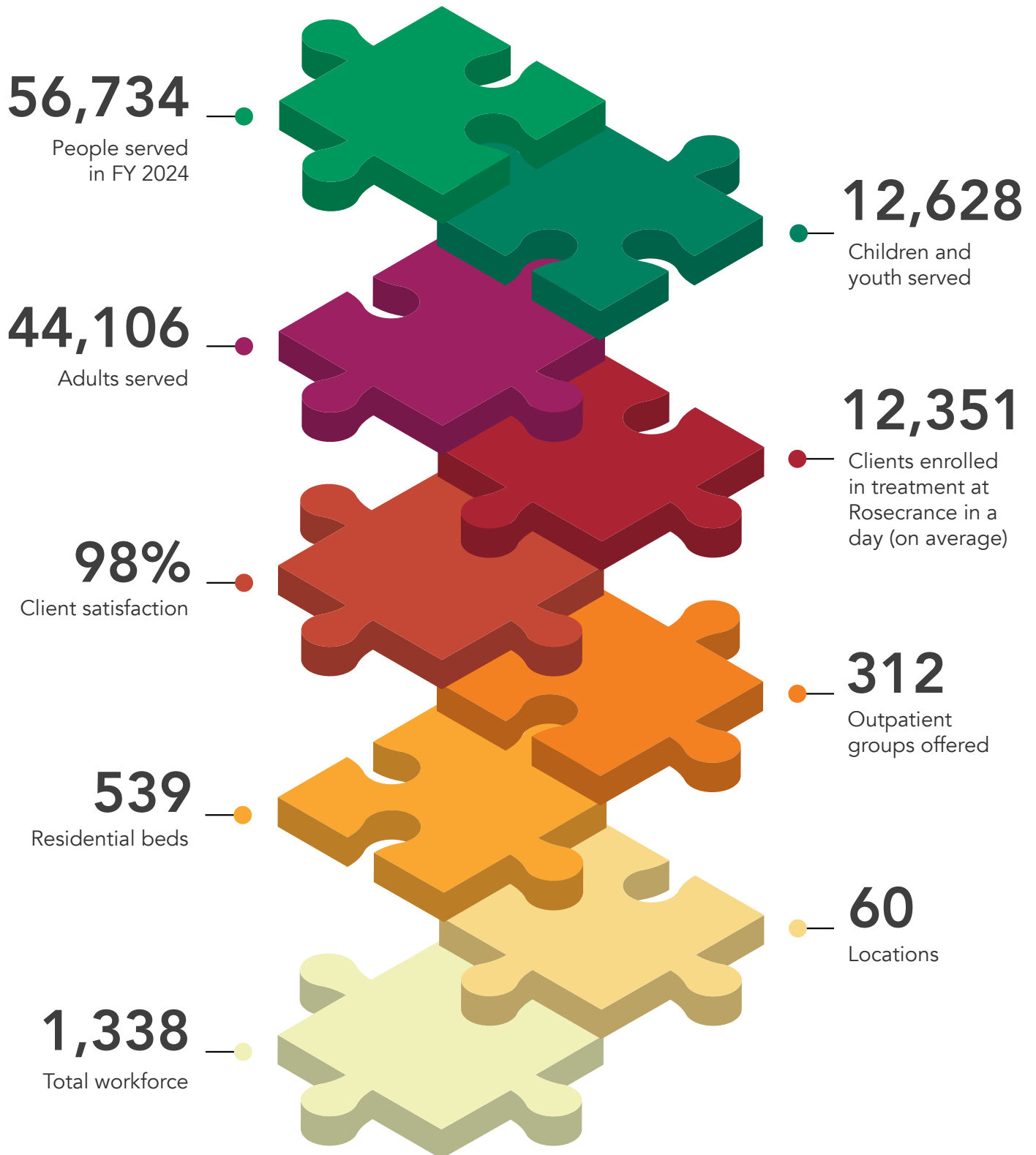


Figure 4

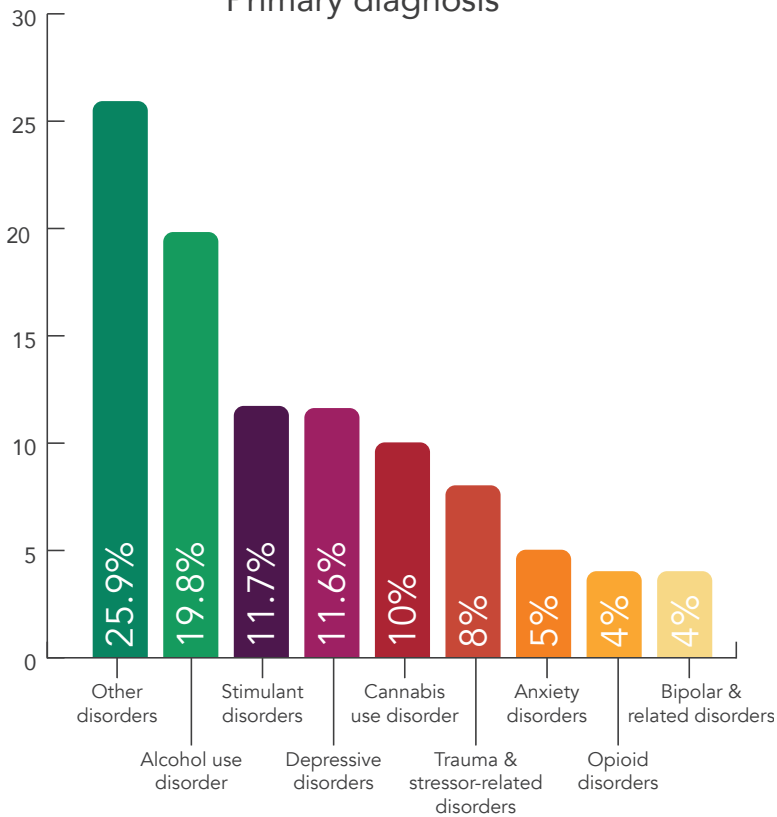
Rosecrance by the numbers

Rosecrance Behavioral Health had another record year with the clients served in FY 2024. The amazing staff that supports and guides clients to recovery made these efforts possible.



Diagnoses & demographics

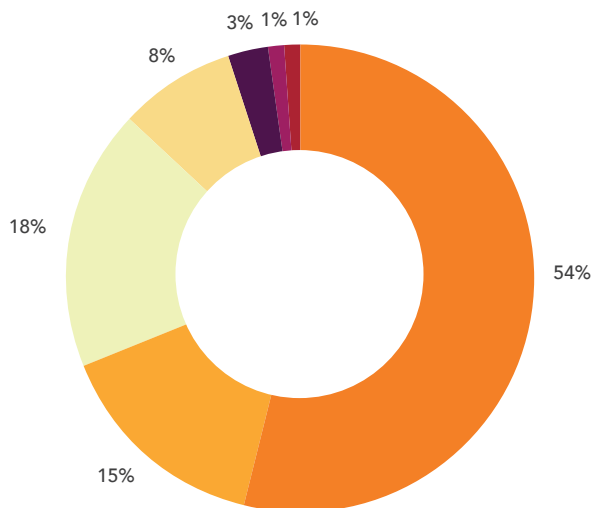
Primary diagnosis



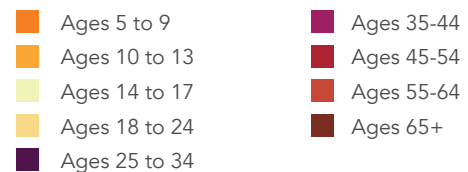
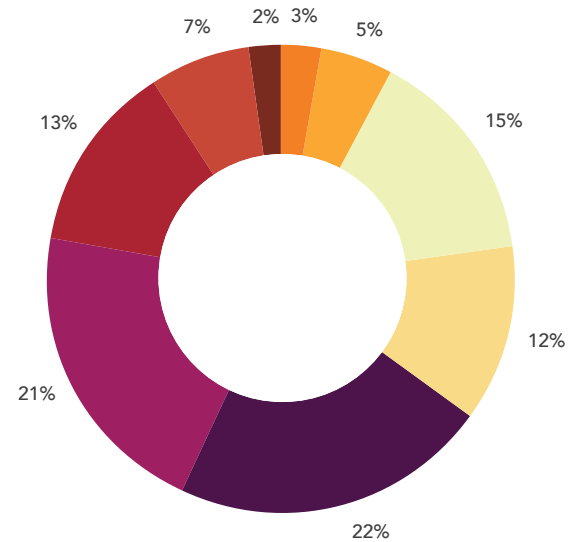
Rosecrance locations



Racial/ethnic demographics



Age of clients





Honorariums & memorials

January 13, 2024 - January 13, 2025

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“No act of kindness, no matter how small, is ever wasted.”
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**Navin and Premkata Shah, my
dear parents**

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The Rosecrance 2024 Benefactor Society recognizes valued supporters who have contributed \$1,500 or more during the period of January 1, 2024 through December 31, 2024.*

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Lisa Lindman, a Board Member of The Rosecrance Foundation, and Jennifer Furst, an Executive Board Member of Rosecrance Behavioral Health, were excited to speak with WIFR reporter Aaron Wilson at the 2024 Rosecrance Flower Day annual fundraiser at Gensler Gardens in Rockford, Illinois. Always the Thursday before Mother's Day, the sale supports the vital work of The Rosecrance Foundation.



Emily Lipinsky rejoined the team in 2025 as the President of The Rosecrance Foundation, bringing nearly 25 years of experience in donor development, community fundraising, and corporate partnership experience. She recently served as VP of Development at a national nonprofit organization, leading fundraising initiatives to drive mission impact. Lipinsky earned a bachelor's degree from Columbia College of Missouri.

Valued Supporters

People making a difference in the communities we serve

Removing barriers to access quality, evidence-based behavioral health services is possible thanks to our generous donors and supporters. Their dedication to Rosecrance's mission and the communities we serve is invaluable. We are deeply grateful for their contributions, which help ensure that everyone has the opportunity to start their journey toward lasting recovery.

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Former NFL quarterback Ryan Leaf attended the "Get To Know Rosecrance" event in Champaign, Illinois, to support Rosecrance and behavioral health. Leaf shared his story of resilience and hope during this premier event on November 4.

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Members of The Rosecrance Foundation's President's Leadership Council showcased their best sneakers at the Sneaker Ball on May 2 in Chicago. Their contributions were instrumental to the event's success, and they are eager to start planning for 2025.

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Attendees at “An Artful Evening with Rosecrance” enjoyed artwork created by clients during the event held in Rockford on June 18. The gathering celebrated art and recovery, showcasing creations by staff and former clients. It emphasized the significance of therapeutic recreation in the recovery journey.

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