

ACROSS THE SPECTRUM



MEET SPECTRUM'S NEW PRESIDENT & CEO

Kurt Isaacson has been named Spectrum's new president and chief executive officer effective July 1, 2016. Isaacson succeeds retiring Spectrum President and CEO Charles "Chuck" J. Faris, who joined Spectrum in 1971 and led the organization through a period of significant evolution.

"As the opiate addiction epidemic continues to impact so many lives, we are committed to responding to the crisis by expanding access to treatment and

providing the highest quality of care that sets individuals on the path to long-term recovery," said Isaacson.

“ I AM HONORED TO HAVE BEEN SELECTED AS SPECTRUM'S NEXT PRESIDENT AND CEO AND LOOK FORWARD TO CONTINUING TO WORK WITH THE TALENTED TEAM OF PROFESSIONALS HERE. ”

Since joining the organization as chief operating officer in 2013, Isaacson has spearheaded numerous growth initiatives, including the opening of six new outpatient facilities and two new residential treatment facilities, the New England Recovery Center and the Charles J. Faris Recovery Center, both in Westborough.

"Kurt's 30 years of national healthcare experience combined with his unwavering commitment to the delivery of quality services make him the perfect choice to lead Spectrum," said David Felper, chairman of the board of Spectrum.

Prior to joining Spectrum, Isaacson served as the CEO of two psychiatric hospitals in Mississippi and Indiana, as well as the senior vice president of operations for a behavioral healthcare system in Vermont, where he planned, developed and helped implement 12 new services.

"Kurt is a remarkable leader who has been responsible for much of our success over the past three years," said Faris. "I'm confident that Spectrum will continue to be at the forefront of substance abuse and mental health treatment under his leadership."

BUILDING BETTER LIVES...
ONE STEP AT A TIME.



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PRESIDENT'S MESSAGE

Change is never easy, but it's inevitable if we are to move forward and make progress. Every individual in recovery knows this, as change becomes the foundation upon which to build a life free of addiction. Every day Spectrum helps thousands of individuals maintain the positive change needed to sustain long-term recovery. Every day we work with civic leaders and policymakers to enact change that ensures more people have access to life-saving addiction treatment. In fact, more has been done over the last few years to combat addiction and increase access to treatment than in the previous decades.

Over the last year or so, Spectrum Health Systems has experienced monumental change -- from significant growth on our Westborough treatment campus, to the addition of three new outpatient treatment centers, another peer recovery support center plus expansion into the State of Virginia.

We've also seen changes in our leadership as two industry pioneers, Chuck Faris and Peter Paolantonio, retired from their roles as Spectrum's chief executive officer and chief clinical officer. The legacy they leave behind sets the stage for the next generation of leaders to pick up the baton and help advance the field in new ways.

Needless to say, change has defined the beginning of my tenure as Spectrum's new president and CEO. The addiction treatment industry is evolving to meet the growing numbers of individuals suffering from the



disease of addiction. I look forward to continuing our leadership role in helping guide this evolution and changing the public's perception of addiction from a moral failing to a chronic disease with proven and effective treatments.

A HEARTFELT THANK YOU

My husband and I would like to extend a heartfelt "Thank You" for helping us in our time of crisis. Our daughter has been battling addiction for the last six years. She has been in and out of rehabilitation centers from Connecticut to New Mexico.

My husband and I soon realized that addiction is a family disease and we were just as sick. We started attending NarAnon meetings on a regular basis and have attended many seminars across the country.

Our daughter Melissa entered Spectrum after being arrested for possession of a loaded syringe. At first, she didn't want to be there and was adamant about ONLY staying the 30 days that was recommended by the court. As time went

on, however, we saw a change in Melissa's attitude which we'd never seen before. She started participating in treatment and making progress.

Throughout her treatment, Melissa's counselor was always very helpful, responding whenever we had a concern and helping us learn to communicate better as a family. When Melissa had thoughts of leaving, her counselor reminded her how far she'd come and the hard work that she had already accomplished. Melissa eventually decided to stay for 90 days. She even convinced some of the other clients to stay in treatment when they wanted to leave.

When Melissa was ready for discharge, her counselor made sure everything was

in place, including housing arrangements, outpatient treatment appointments, medical care and job interviews. Melissa has never been this motivated after being discharged from rehab. She actually feels proud of herself and said if it wasn't for her counselor sticking by her through all her ups and downs and the support she received from the other treatment team members, she wouldn't be doing as well as she is.

This is the first time we feel confident that Melissa is on a positive path to recovery, and we want to share our story with the hope that it will inspire and motivate others.

~ Melissa's Mom & Dad

RECOVERY IS POSSIBLE.



NERC CELEBRATES ONE-YEAR ANNIVERSARY

A year ago, Spectrum Health Systems launched the New England Recovery Center™ (NERC) for privately insured clients at the newly renovated Giblin House on Spectrum's Westborough Treatment Campus. Nearly 1,000 clients have been served in

just one year of operation. Beginning in November, NERC clients will receive inpatient detoxification services at the Giblin House facility and residential treatment in two designated units atop the hill at the Faris Recovery Center.

SPECTRUM HOSTS FIRST WORLD CAFÉ EVENT, COLLECTS VALUABLE FEEDBACK FROM WOMEN IN RECOVERY

Spectrum recently held its first World Café Event in Worcester, Massachusetts to help identify gaps in services and supports available to women in recovery in the local area. The World Café model is a growing business practice used to access the collective intelligence of key groups of stakeholders. It is based on open, small group discussions.

Using the World Café model, Spectrum collected valuable feedback from a cross-section of women on the tools and resources needed to support their long-term success. The project was designed to help shape a strategic action plan over the coming months.

Unfortunately, stigma still remains a significant barrier to accessing treatment and recovery support services. Participants expressed particular concern

about meeting basic needs, specifically finding affordable housing, educational opportunities and CORI-friendly employment. Many women also showed interest in learning new life skills.

"We received very positive feedback from World Café participants," stated Angela Dalessio, program director of The Recovery Connection – Spectrum's Peer Recovery Support Center in Marlborough, Massachusetts. "They were so full of ideas and inspiration. I'm looking forward to analyzing the information gathered and brainstorming ideas as we move forward."

Additional information on the World Café model is available at: <http://www.theworldcafe.com/key-concepts-resources/world-cafe-method/>



“AS HUMAN BEINGS, OUR GREATNESS LIES NOT SO MUCH IN BEING ABLE TO REMAKE THE WORLD AS IN BEING ABLE TO REMAKE OURSELVES.”

~ Mahatma Gandhi



HEALING GARDEN

Planning is now underway to create a Healing Garden on the grounds of the Charles J. Faris Recovery Center.

The garden will include beautiful plantings, lighted pathways, a soothing water feature, gathering places and areas for private reflection.

Spectrum wishes to express its appreciation to Waterman Design

Associates, Inc. in Westborough, MA for generously donating landscape architectural services to develop the preliminary garden design.

Spectrum also received a \$10,000 grant from the Stoddard Charitable Trust in support of the project.

Fundraising activities continue with the goal of breaking ground early next year

PLEASE CONSIDER MAKING A DONATION TO THIS IMPORTANT PROJECT. CHECKS MAY BE SENT TO:

**SPECTRUM HEALTH SYSTEMS, INC.
10 MECHANIC STREET, SUITE 302
WORCESTER, MA 01608**

**DONATIONS ACCEPTED ONLINE AT
SPECTRUMHEALTHSYSTEMS.ORG**

SPECTRUM PRESENTS AT NATIONAL CONFERENCE

Spectrum's Director of Female Services Jennifer Zachary joined a panel of experts from the Massachusetts Department of Correction (MA DOC) and Northpointe, Inc. for a recent presentation at the American Correctional Association's (ACA) 146th Congress of Correction held in Boston.

The presentation entitled, "Pathways to Change: A Blueprint for Developing Successful Gender-Specific, Trauma-Informed Correctional Programs"

showcased the new evidence-based approach to female correctional services now being utilized in Massachusetts.

Pathways to Change is predicated on research that classifies women's unique pathways to criminal behavior. The new approach organizes guidelines for improved assessment, management, housing, classification, treatment and reentry protocols into a single, integrated approach to managing and treating the

MA DOC female offender population throughout their stay. New treatment tracks allow the Department to provide evidence-based treatment designed to address each offender's specific pathway, streamline treatment services, and allocate resources based on risks and needs.

Launched in 2015, Pathways to Change has served nearly 1,000 individuals as of July 2016.

HIGHLIGHTS FROM RETIREMENT CELEBRATIONS FOR CHARLES J. FARIS AND PETER PAOLANTONIO



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Central Outpatient Admissions

1-800-464-9555 x1161

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Founded in 1969, Spectrum Health Systems, Inc. is a private, non-profit substance abuse and mental health treatment provider, serving more than 80,000 individuals across the country each year. Spectrum's continuum of addiction treatment includes inpatient detoxification, clinical stabilization services, residential rehabilitation, outpatient services, medication-assisted treatment and peer recovery support.



AIRING ADDICTION

Every Sunday morning, from 10 to 11:00 am, Spectrum's Vice President of Business Development Donna Pellegrino hosts Airing Addiction -- a weekly talk radio program about addiction on WTAG 580/94.9. Topics include everything from education and awareness to treatment options and client testimonials.

Listen live Sunday mornings at 10 am on **WTAG 580/94.9**.

If you miss the weekly radio show, check out the podcasts available at **wtag.ihart.com/media/podcast-spectrum-health-systems-AiringAddiction/**

TUNE IN TODAY.