

ACROSS THE SPECTRUM



SPECTRUM OPENS SPECIAL COVID-19 UNIT

With support from the Massachusetts Department of Public Health and Bureau of Substance Addiction Services, Spectrum has created a separate unit at the company's inpatient treatment campus in Westborough, Mass. which offers detoxification and clinical stabilization services to individuals testing positive for the coronavirus. Clients receive 24/7 medical monitoring while maintaining ongoing contact with Spectrum's counseling staff via iPads.

"Addiction doesn't stop for a pandemic and Spectrum knew that we needed to enact an emergency response plan to provide the essential services our clients need," said Kristin Nolan, Senior Vice President of Behavioral Health. "In a matter of days, our Westborough leadership team was able to create a space and comprehensive treatment model for individuals with COVID-19 seeking addiction treatment. It's been inspiring to witness the tenacity of our clients and a privilege to provide these life-changing and life-saving services at a time when they are so desperately needed."

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Building better lives...
one step at a time

PRESIDENT'S MESSAGE



What will you tell your young children and grandchildren about the times we now live in? Will the severe disruptions to our lives due to a worldwide pandemic from the novel coronavirus soften over time? How will we describe the events that led up to the Black Lives Matter movement that rightfully brought racial justice to the forefront of America's consciousness? What will we objectively say about the current political scene?

The answers to these questions matter as they will help shape the next generation's values, belief systems and view of our country. The answers matter because we should be formulating them now, to preserve our perceptions in the moment.

We need a leader. We need a transformational, charismatic national leader who will thoughtfully tackle these issues in a big tent, all-are-invited way. I am confident one will emerge, but the need for this sooner rather than later looms large for me. We need a leader to arise soon enough to make a difference in the near term.

Spectrum Health Systems has proudly weathered these storms better than most. A terrific and committed staff, a great leadership team and a smart, guiding Board of Trustees have taken on these difficult times as a personal challenge to provide continued high-quality care and to innovate on the fly. We have met that challenge. In six days, for example, we opened a COVID-19 unit for those testing positive for the virus in need of substance use disorder treatment. We creatively sourced PPE to ensure that our staff and clients remained safe. We never closed admissions – how could we, morally and ethically – during a pandemic that creates the very kind of environment (isolationism) that is antithetical to sustaining recovery or seeking treatment in the first place?

For more than fifty years Spectrum has led. We were early adopters of evidence-based treatment, we have steadily increased the extent and variety of services we offer to provide greater access to treatment, and we remain on the forefront of innovation for addiction treatment within the criminal justice system. The fruits of this leadership are evident in the expansive number of clients served by Spectrum along with our healthy financial status that allows us to continue investing in our staff and creating innovative ways of reaching and treating people with substance use disorders.

That is *The Spectrum Way*.

Sincerely,

Kurt Isaacson

President & CEO

Spectrum Health Systems

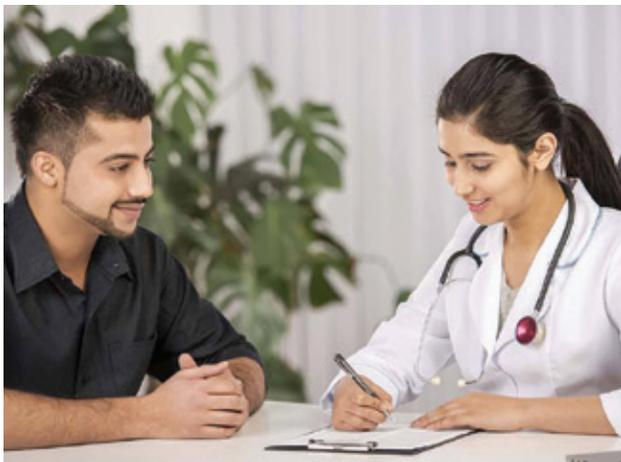


*If you or a loved one is struggling with drug or alcohol addiction, Spectrum Health Systems is open and available to help. Please call **1-877-MyRehab** and speak to our staff before arrival.*

Start your recovery journey today!



REDEFINING ADDICTION



Language nuances change over time as society gains greater awareness and sensitivity regarding the struggles experienced by various groups of people. In the addiction treatment community, we're well aware of the stigma often associated with the disease and its related vocabulary. The concepts of alcohol and drug dependency weren't considered an illness until 1956. In fact, addiction wasn't officially classified as a disease until 1987. The definition of addiction was revised in 2011 and the American Society of Addiction Medicine (ASAM) recently produced an updated definition yet again.

In the newest definition of addiction, which was in development for four years and includes opinions of more than 80 experts in addiction, ASAM focuses heavily on brain circuitry and how one's behaviors react to their new chemical makeup.



“Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.”

“Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.”

ASAM's new definition is a positive step in defining addiction not as a moral failure or the result of poor decision making, but rather as a chronic brain disorder that deserves the same care and treatment as diabetes, cancer or heart disease.

For many loved ones of someone struggling with addiction, it's easy to solely focus on the behaviors associated with addiction. Erratic behavior, financial issues, and frequent disappearances can all cause conflict with family and friends.

Whether or not addiction is a choice has been debated for years. Until recently, society focused on the moral implications and social taboos of addiction. Dr. Michael Miller, former president of ASAM, oversaw the development of ASAM's new definition and noted:

“At its core, addiction isn't just a social problem or a moral problem or a criminal problem. It's a brain problem whose behaviors manifest in all these other areas. Many behaviors driven by addiction are real problems and sometimes criminal acts. But the disease is about brains, not drugs. It's about underlying neurology, not outward actions.”

SPECTRUM WELCOMES NEW BOARD CHAIR



Spectrum Health Systems, Inc. is pleased to announce the appointment of Andrew Salmon, Director of Network Development at SALMON Health and Retirement, as its new board chair. Previously a Trustee, Mr. Salmon was invited to join the board six years ago, at a time when the opioid crisis was just coming into prominence.

"Andrew brings a wealth of knowledge that will be extremely valuable to our work at Spectrum," said Kurt Isaacson, President and CEO of Spectrum Health Systems. "He's worked in health

care for his entire career and spent most of that time in management and directorship roles. We're excited to welcome someone who is so talented at bringing people together and has such great experience and personal connections to the work that we do."

"I am excited and honored to assume this role at Spectrum," said Salmon. "Addiction treatment is a vital and evolving part of health care, and I hope to use my relevant management experience to help advise and guide Spectrum into a new era of addiction treatment. One that is good for the people we serve, those that love and care for them, and our amazing staff."

SPECTRUM'S NEW ENGLAND RECOVERY CENTER EARNS BLUE DISTINCTION® CENTER DESIGNATION

Blue Cross Blue Shield of Massachusetts recently recognized Spectrum's New England Recovery Center (NERC) as a Blue Distinction® Center for Substance Use Treatment and Recovery – one of the first facilities in the state to receive this designation.

Since 2006, the Blue Distinction® Specialty Care program has helped patients find quality specialty care in the areas of bariatric surgery, cancer care, cardiac care, gene therapy, knee and hip replacements, maternity care, and more. In January 2020, Blue Cross Blue Shield added a **new Blue Distinction® Center designation for Substance Use Treatment and Recovery**. Research for many programs has shown that, compared to other providers, those designated as Blue Distinction® Centers demonstrate better quality and improved outcomes.



Founded as a subsidiary of Spectrum Health Systems in 2015, the New England Recovery Center provides individualized, client-centered treatment using a variety of interventions such as motivational interviewing, individual and group therapy, cognitive-behavioral therapy, medication-assisted treatment, family engagement, relapse prevention and continuing care planning. NERC's multifaceted approach and strong commitment to providing efficient, comprehensive care helped earn this recognition.



SPECTRUM HIRES VP OF INFORMATION TECHNOLOGY



Jonathan Miller recently joined Spectrum Health Systems as Vice President of Information Technology. In this newly created position, Miller is responsible for developing, implementing, and managing the company's information technology strategy.

Miller brings more than 19 years of experience in the IT field, including 17 years working in the non-profit sector. Most recently, he served as the Chief Information Officer and Compliance

Officer at Y.O.U., Inc., a leading child welfare, behavioral health and education agency in Worcester, Mass. Previously, he was the Director of Information Technology at Lighthouse Academies where he developed solutions to meet the data, technology and communication needs of the company, including 11 school sites across five states.

"I am very excited to join such a mission-driven, business-savvy organization," said Miller. "I'm really looking forward to working with Spectrum's leadership and staff to further advance the company's IT systems and solutions."

SPECTRUM DONATES \$150,000 TO WESTBOROUGH AND WEYMOUTH FIRST RESPONDERS

Earlier this year, Spectrum made donations totalling \$150,000 to the police and fire departments in Westborough and Weymouth, Mass. in recognition of the critical services first responders provide each day as the Commonwealth continues to combat the opioid epidemic.

"Police and fire personnel are often first on the scene of dangerous and demanding situations, including overdoses – which continue to occur at an alarming rate," said Kurt Isaacson, President and CEO of Spectrum Health Systems. "Alongside treatment providers, first responders are on the front lines of the opioid epidemic. The police

and fire departments in Westborough and Weymouth help ensure that townspeople receive the help they need, and we're pleased to be able to contribute to their programs and continued success."

"We know first-hand how devastating the opioid epidemic has been in our community and how addiction affects our friends, neighbors and families," said Patrick Purcell, chief of the Westborough Fire Department. "Working with Spectrum allows us to build a bridge between our communities and meet the need for accessible treatment. We're thankful for our partnership with Spectrum and their generous donation."



President and CEO Kurt Isaacson presenting checks to Weymouth Police Chief Richard Fuller, Weymouth Fire Chief Keith Stark, and Weymouth Mayor Robert Hedlund.



Isaacson is presenting checks to the Westborough Fire Chief Patrick Purcell, Westborough Police Chief Jeffrey Lourie and Westborough select board members Leigh Emery, Ian Johnson, Shelby Marshall and Allen Edinberg.



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General Information
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SpectrumHealthSystems.org

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NEW PROGRAM ANNOUNCEMENTS



New Outpatient Treatment Center in Great Barrington, MA

Spectrum Health Systems continues to expand geographically to improve treatment access and address unmet need. The company recently opened its fifteenth outpatient treatment center at 290 Park Street in Great Barrington, Mass. Across the state, Spectrum's outpatient network provides a range of services including medication-assisted treatment, individual and group counseling, mental health services and more.

Spectrum was also awarded a contract by the Norfolk Sheriff's Office (NSO) to provide medication-assisted treatment to offenders with substance use disorders. For the first time ever, NSO is able to offer methadone in addition to buprenorphine through its partnership with Spectrum.

In addition, Spectrum was recently selected by the Massachusetts Department of Correction to provide comprehensive medication-assisted treatment, utilizing all three FDA-approved medications, to inmates with substance use disorders at fifteen facilities across the state. The new contract is set to begin October 2020.

Founded in 1969, Spectrum Health Systems, Inc. is a private, non-profit substance use and mental health treatment provider serving more than 80,000 clients per year. Spectrum's comprehensive continuum of addiction treatment includes inpatient detoxification, residential rehabilitation, outpatient services, medication-assisted treatment and peer recovery support.