

Across the Spectrum

Celebrating Recovery



RECOVERY WALK PARTICIPANTS

In September, Spectrum celebrated National Recovery Month with a number of events at its programs around the country, including the 5th Annual Worcester Cares About Recovery Walk & Celebration and a free screening of the feature documentary film *The Anonymous People* at the Hanover Theater for the Performing Arts in Worcester, Massachusetts.

These free, open-to-the-public events brought together over 1,000 individuals and families who support a lifestyle of recovery. The Recovery Walk & Celebration is a day-long event featuring free

THE ANONYMOUS PEOPLE

RECOVERY IS OUT - TO CHANGE THE ADDICTION CONVERSATION FROM PROBLEMS TO SOLUTIONS

BBQ, music and family fun. *The Anonymous People* is a story told through the faces and voices of the citizens, leaders, volunteers, corporate executives, public figures and celebrities who are all sharing their stories to save the lives of others just like them. This new public recovery movement aims to transform public opinion, engage communities and elected officials, and finally shift problematic policy toward lasting solutions.

Each September, Spectrum Health Systems, in partnership with the federal government's Substance Abuse and Mental Health Services Administration, sponsors National Recovery Month, which celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Spectrum Welcomes New COO



KURT A. ISAACSON

After a national search, Spectrum is pleased to announce the hiring of **Kurt A. Isaacson** as Chief Operating Officer.

"It is a pleasure to join Spectrum, which has an outstanding track record of smart growth based

on innovative thinking and relationship-building as it strives to set the highest standards in the treatment of addiction and mental illness," said Mr. Isaacson.

"Kurt brings the right type of leadership to successfully steer the organization well into the future," said Spectrum President & CEO **Charles Faris**.

With more than 25 years of experience in the industry, Mr. Isaacson most recently served as the vice president and executive director of Diamond Healthcare, a six-hospital, 1,000-bed healthcare system in Georgia where he led the growth of the behavioral healthcare division through careful resource management, advances in customer service and the adaptation of new technologies, including telemedicine. Previously, Mr. Isaacson was 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.

Mr. Isaacson holds a master's degree in business administration from the University of New Haven and a bachelor's degree in health services administration from the University of Arizona.

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Building better lives...

one
step at a
time

President's Message



CHARLES J. FARIS

Our mission at Spectrum Health Systems is to provide the highest quality of services to individuals seeking treatment for substance abuse and/or mental health issues. We assist our clients in achieving sobriety, sustaining recovery, and fulfilling personal goals in order that they may lead healthier, more productive lives.

Staying true to that mission, Spectrum's management team spent a considerable amount of time during the summer months planning for the future, ever mindful of the changing healthcare environment and evolving field of addiction treatment.

Looming large is the advent of the Affordable Care Act—legislation that will give Americans without insurance the ability to choose the coverage that works best for them in a new open, competitive insurance market. This and other health reform changes will have some anticipated as well as unanticipated impacts on how services are delivered and how organizations like Spectrum are reimbursed.

Our planning includes several exciting projects I am pleased to share with you.

We are currently in the process of planning the construction of a new state-of-the-art residential treatment facility on our Westborough Campus to meet the demands of diverse populations and

intend to break ground on the project this spring. At the same time, Spectrum continues to bring essential outpatient treatment to underserved areas such as Waltham, Massachusetts, and Sanford, Maine.

In order to assist us in positioning Spectrum for these significant changes, we are pleased to announce the addition of **Kurt Isaacson** as Chief Operating Officer and **Brad Greenstein** as Senior Vice President of Business Development. You can read more about Kurt and Brad in this issue and the very important roles they will play as we move forward.

Our mission guides our work. How we do our work dictates the success of the clients in our care. I firmly believe that Spectrum consistently goes above and beyond what is required when performing this important work and offers our clients the best possible chance at achieving a successful long-term recovery—today and well into the future.

Contract Awarded to New Spectrum Program for Young Adults

Spectrum was recently awarded a contract from the Massachusetts Department of Public Health's Bureau of Substance Abuse Services to provide residential treatment and recovery services to young adult (ages 18 to 25) males at its new program in Leicester, Massachusetts.

"Young adults represent a growing population in need of substance abuse treatment," commented **Susan Moitozo**, Spectrum's vice president of clinical operations. "This contract award allows us the opportunity to provide specialized programming designed specifically for this age group."

Spectrum's 18-bed residential treatment program is designed to teach young people the skills necessary to function effectively in the community, while facilitating access to community-based services and fostering engagement with the recovery community. Length of stay varies, ranging up to six months, depending on individual needs.

Brad Greenstein Joins Spectrum as Senior VP of Business Development



BRAD GREENSTEIN

Spectrum is pleased to announce the addition of **Brad Greenstein** in the newly created position of senior vice president of business development. In this role, Mr. Greenstein will be responsible for identifying and developing new business opportunities as a result of ongoing changes in the field of behavioral healthcare.

"I was attracted to Spectrum based on their level of comprehensive services, their mission and the opportunity to focus on operational excellence and strategic growth," said Mr. Greenstein.

"Brad's experience, track record of accomplishments and passion for the recovery field should be a great addition to our team," said **Charles Faris**, Spectrum's president and CEO.

Mr. Greenstein has held a number of high-level positions in the recovery treatment field, most recently as CEO of the Central Recovery Treatment Center in Las Vegas, Nevada.

Spectrum Opens New Clinics to Address Unmet Needs



SANFORD, MAINE

Spectrum's outpatient treatment clinics provide counseling and medication-assisted treatment to the rising number of individuals addicted to heroin and other opioid drugs, such as OxyContin and hydrocodone. The abuse of these drugs is reaching epidemic proportions according to the Centers for Disease Control and Prevention. According to the US Substance Abuse and Mental Health Services Administration, there has been a 430 percent increase in the rate of treatment admissions for the abuse of prescription pain relievers among those 12 and older in the U.S. over a 10-year period.

"By increasing access to services, we are able to assist more individuals in achieving sobriety, sustaining recovery, and fulfilling personal goals so that they can lead healthier, more productive lives," said **Kristin Nolan**, Spectrum's executive director of outpatient services.

First Out-of-State Clinic

Sanford, Maine, is the location of Spectrum's newest outpatient treatment clinic, which is scheduled to open this fall. The Sanford location represents Spectrum's first clinic located outside of Massachusetts, as well as the first opioid addiction treatment clinic in York County, Maine. Construction of the clinic was completed in August, 2013. Most recently, Spectrum opened an outpatient clinic in Pittsfield, Massachusetts, in the fall of 2012 which currently serves over 300 individuals daily.

New Massachusetts Clinic

Based upon an unmet need for a substance abuse treatment program in Waltham, Massachusetts, as determined by the Massachusetts Department of Public Health, Spectrum is in the process of opening an outpatient clinic in this community. The clinic will be located in an existing location and is scheduled to open by the end of this year.



WALTHAM, MASSACHUSETTS

Spectrum Staff Receive Awards



MICHAEL STUART

Michael Stuart, Spectrum's executive director of inpatient and residential services, was recently named a 2013 Behavioral Healthcare Champion by Behavioral Healthcare magazine, one of the leading publications in the mental health and substance abuse treatment industry.

As executive director of inpatient and residential services, Mr. Stuart provides leadership and oversight to a broad continuum of care including seven programs and 250 treatment beds located throughout Massachusetts.

Mr. Stuart attributes the success of these programs to two key factors. The first is client-focused programming. "We constantly change the way we do business based on the changing environment, the changing needs of our clients," he says. He also credits his hard-working and responsive staff. "We have really strong directors at the programs. I'm

astounded on a daily basis at how hard they and their staff work and how much they give," he explains.



LISA BLANCHARD AND CHARLES FARIS

Outpatient Program Director **Lisa Blanchard** was recently honored by the Massachusetts Department of Public Health, Bureau of Substance Abuse Services with an Individual Staff Recognition Award. Lisa was one of just three individuals statewide

to receive the award, which recognized individual contributions to innovations in prevention, intervention, recovery, treatment and research.

In nominating her for the award, **Kristin Nolan**, Spectrum's executive director of outpatient services said, "More people are engaged and retained in high-quality, consumer-friendly treatment services today because of Lisa's leadership and forward-thinking."

Home Office Staff Take to the Field

A new program offers the opportunity for staff who typically work in Spectrum's corporate office in Worcester, Massachusetts, to spend a day out in the field working at a Spectrum treatment program.

"Spectrum believes it is important that all employees have a thorough understanding of the nature of the services that we provide to our clients and how those services are actually provided," said Spectrum Vice President for Human Resources **Stacy Flanagan**, adding, "To help accomplish this we have created the Work Day Program."

Here is feedback from two employees who have already participated in the program:



LINDA EURENUS

Linda Eurenus, Receptionist
"My work day was at Primary Care (Spectrum's 45-bed inpatient detoxification program which provides 24-hour medical supervision and nursing care to ensure safe

withdrawal from alcohol and other drugs for physically addicted adults) in Westborough, Massachusetts. My experience was enjoyable as well as informative. I felt very welcomed and comfortable; the staff treated me as if I was a regular member of their team. More important, I witnessed the dedication and respect that the staff has for clients and each other. I am thankful for having been given the opportunity and to be part of the daily operations."

Alex Tovar, Payroll Specialist

"My work day was at Spectrum's Correctional Services program at the Massachusetts Correctional Institution in Shirley. The experience was amazing. I saw how our program is well recognized by inmates and also by Department of Correction personnel. It was a good way to meet with employees that I otherwise wouldn't interact with. Also, I was able to recognize their effort and importance to our company on what they do daily to run our program, even though they do it in an environment that is not the most comfortable."



ALEX TOVAR

New Doctor in Behavioral Health Division



DR. LORI DILORENZO

Spectrum is pleased to welcome **Lori DiLorenzo, M.D.** as the organization's new physician for inpatient programs. Dr. DiLorenzo brings 15 years of medical experience to her position, which serves all inpatient behavioral health programs in Massachusetts.

"Dr. DiLorenzo has a wealth of experience in providing medical treatment and care to the population we serve," said Spectrum's Executive Director of Inpatient and Residential Services, **Michael Stuart**.

Dr. DiLorenzo specializes in family medicine and obstetrics at the Gardner Community Health Center in Gardner, Massachusetts. She earned a bachelor's degree from Cornell University and Doctor of Medicine from the University of Pennsylvania.

Spectrum Exhibits at National Training Event

Spectrum's Tennessee State Director **Ryan McMahon** and Massachusetts State Director **Earl Warren** recently attended the 2013 Residential Substance Abuse Treatment (RSAT) National Training Workshop held in Boston, Massachusetts. In addition to sponsoring a much enjoyed Duck Boat tour for workshop participants, Spectrum exhibited at the event, sharing the organization's demonstrated expertise in substance abuse treatment and recidivism reduction with all of the 46 states and 3 territories in attendance.

Additionally, Mr. McMahon and Mr. Warren interacted in many of the training discussion forums with other states. According to Mr. McMahon, "This was a great opportunity for us to strengthen existing relationships and make connections with new potential partners."

Expanding Affordable Drug-Free Housing

Spectrum continues to expand its capacity to provide drug-free housing, as seen by the recent purchase of two eight-unit apartment houses at 4 and 6 Marston Way in Worcester, Massachusetts. Four years ago, Spectrum opened a 14-unit rooming house on Marston Way in Worcester that has helped a number of individuals maintain their recovery.

Recognizing the shortage of such options, Spectrum purchased two additional properties across the street to increase the availability of affordable housing for individuals in recovery.

"Spectrum's drug-free housing provides a safe, stable and dignified environment for people in recovery from addiction," said Spectrum Housing



4-6 MARSTON WAY

Specialist **James Meola**. "In addition, the location is easily accessible to public transportation, employment centers and treatment facilities, including Spectrum's peer recovery support center and outpatient clinics—all of which are important elements to sustained long-term recovery."

Key Contract Re-Awarded in Iowa

Spectrum was recently re-awarded a key contract by the Iowa Department of Corrections (DOC) to administer substance abuse assessments for all offenders entering the state's criminal justice system.

Spectrum has operated the assessment program on behalf of the Iowa DOC since 2008. This comprehensive assessment process screens and refers thousands of offenders to appropriate treatment programs every year based on their individual risk/need levels—a practice that is positively correlated with reductions in future criminal behavior.

"The Department's commitment to employing nationally recognized best practices is highly complementary with Spectrum's evidence-based assessment and treatment programming," said **Christopher Petrozzi**, Spectrum's senior vice president of correctional services. "We are proud to continue our partnership with the Iowa Department of Corrections in their efforts to provide state-of-the-art assessment, treatment, and community reentry services to offenders."

Personal Story



BRAEDON

Braedon has been a resident at Spectrum's program for young adults in Leicester, Massachusetts, for six months. At 20 years old,

he is approaching one year of sobriety after spending nearly half of his life addicted to drugs and alcohol.

"I did a lot, and I did it all the time," says Braedon of his drug use, which began when he started abusing his prescription attention deficit hyperactivity disorder medication. "I was mixing all kinds of drugs through high school," he says, but methamphetamine and alcohol were his favorites.

His family doesn't have a history of addiction, and Braedon's parents, while aware he was most likely using alcohol and marijuana in high school, did not realize the depth of their son's problems until he began selling all of his possessions to fund his addiction, and then when his possessions were gone, stealing from them.

"My family was loving and supportive, but what I did strained that," he says. "I went to numerous programs, and my parents paid a lot of money for

a high-end program, too. I was using again the day I got out."

Braedon's last "run" on methamphetamine ended when his parents petitioned the Massachusetts court to involuntarily commit him in a process called a Section 35 because his alcohol and drug use put him at risk. "At that point, I think I had about a month left in my life if something hadn't happened," says Braedon.

"If it wasn't for coming here...it saved my life. The kids who were here when I got here were a huge part of that. I got support that I didn't have—or wouldn't take—from them," Braedon says.

"Now I am in the position to give the support I can to new guys, which helps me, too," he says. "I'm 20 years old, I live in a halfway house and work at Walmart. And I'm grateful for that. I feel better than I ever did."



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Founded in 1969, Spectrum Health Systems, Inc. is a nonprofit substance abuse and mental health treatment provider serving more than 45,000 individuals each year. Spectrum currently operates more than 125 programs in eight states, including MA, RI, ME, TN, GA, IA, FL and WA.

CARF Accreditation in Pittsfield

Spectrum's recently opened outpatient substance abuse and mental health treatment program in Pittsfield, Massachusetts, has earned a three-year accreditation from CARF International, a well-respected and independent accrediting body in the health and human services industry. Accreditation comes less than a year from the opening of the clinic at 42 Summer Street.



According to **Kristin Nolan**, Spectrum's executive director of outpatient services, "This is a mark of our ability to deliver high quality services. We had no recommendations (for improvements), which is something less than three percent of all surveyed programs achieve."

The Pittsfield clinic currently serves more than 300 clients in medication-assisted treatment and substance abuse and mental

Achieving accreditation from CARF International requires demonstrated conformance to proven standards for business and service delivery practices, a commitment to continuous quality improvement and ongoing performance monitoring.

health counseling. Prior to the new clinic, many local residents had to travel an hour or more to get treatment, deterring many from accessing services.