

Across the Spectrum

Spectrum Tapped for Expertise in Opiate Crisis Response

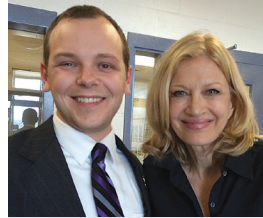
With more than 45 years of experience treating addiction in the community, Spectrum was poised to act as a resource for state officials, members of law enforcement and community groups in responding to the current opiate abuse epidemic. Local communities have been hit hard by an influx in drug use and overdoses in recent months. In Worcester alone, police reported more than 300 overdoses just this year.

As one of the largest addiction treatment providers in New England, Spectrum has led the conversation on substance abuse treatment for decades. Spectrum's residential facility was one of the first to offer medication-assisted treatment, and the organization now offers a comprehensive continuum of treatment services to support individuals throughout every stage of their recovery. The recent surge in opiate use is an alarming trend, though Spectrum has the expertise and resources to respond.

Gov. Deval Patrick pledged \$20 million to increase treatment and recovery services and invited Spectrum President and CEO Charles Faris to serve on the Commonwealth's Interagency Council on Substance Abuse and

Prevention. Mr. Faris helped shape recommendations for responding to the opiate crisis including advising on better coordination of addiction treatment services. Additionally, Spectrum clinicians have held public education forums at local hospitals and in partnership with community groups.

Members of the media regularly turn to Spectrum leadership when reporting on the opiate crisis, funding for behavioral health and a number of other related issues. In recent months, Charles Faris has been quoted in the *Worcester Telegram & Gazette* and *Worcester Business Journal*, Romas Buivydas, Vice President of Clinical Development, has been quoted in the *MetroWest Daily News*, and Kristin Nolan, Executive Director of Outpatient Services, appeared in the *Boston Herald*. Spectrum has also taped segments with WCVB Channel 5 and most recently Tennessee State Director Ryan McMahon spoke with Diane Sawyer of ABC News.



RYAN MCMAHON AND
DIANE SAWYER

President's Message



CHARLES J. FARIS

I am happy to report that the Governor of Massachusetts, Deval Patrick, signed into law this past summer legislation designed to remove barriers to treatment for individuals battling addiction. Provisions include removing

prior-authorization requirements for outpatient substance abuse treatment, providing for coverage of up to 14 days in an inpatient setting and giving the Department of Public Health (DPH) new authority to reduce abuse of opioids and

emergency scheduling powers to temporarily ban dangerous substances like bath salts.

State Senator Jennifer Flanagan championed this groundbreaking legislation and is credited with encouraging her fellow legislators with supporting its passage. It will increase access to treatment for those facing addiction and offer appropriate and effective treatment to patients at all levels of care. There is still a rising epidemic of substance abuse and addiction—the number of deaths due to opioid overdoses has increased by 90 percent from 2000 to 2013, according to data from the Massachusetts Department of Public Health—but this legislation is an important step in reducing that number and saving people's lives.

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Building better lives...
one step at a time.

Furthering the Field, Sharing Best Practices

The American Correctional Association recently published two Spectrum-based articles in their publication *The State of Corrections*. “Is There Value to Providing Treatment in Administrative Segregation Units?” was authored by Vice President of Clinical Development Dr. Romas Buivydas and Director of Massachusetts Correctional Services Earl Warren. “Integrating Gender-Responsive and Trauma-Informed Services into Your Program Model” was written by Vice President of Clinical Operations Susan Moitozo, Regional Director of Massachusetts Correctional Services Jaime O’Neil and Earl Warren.

“Two articles appearing alongside the latest ideas and concepts from experts in our field shows that Spectrum really is on the cutting edge of correctional treatment,” said Christopher Petrozzi, Senior Vice President of Correctional Services.

New Outpatient Treatment Center Opens in Haverhill, Mass.



Spectrum is now providing clients with medication-assisted treatment services at its new Outpatient Treatment Center in Haverhill, Massachusetts. The 100 Plaistow Road address is Spectrum’s eighth outpatient center located in Massachusetts.

Spectrum’s Outpatient Treatment Centers provide counseling and medication-assisted treatment to the rising number of individuals addicted to heroin and other opioid drugs, such as OxyContin and hydrocodone.

“Medication-assisted treatment is very effective in reducing illicit opioid use, reducing crime, enhancing social productivity and reducing the spread of diseases such as hepatitis,” said Dr. Jeff Baxter, Spectrum’s Chief Medical Officer.

Q&A with Director of Adolescent Services Mark Brown

You’ve been a part of Spectrum’s Adolescent Division since 1997 when you started as an assistant program director, what adolescent programs do you currently oversee?

I oversee Bright Futures, a 16-bed residential program in Methuen, Massachusetts, and the REACH program (Recovery through Education, Adventure, Commitment and Health), a 15-bed residential program in Grafton, Massachusetts.

Funded by the Department of Youth Services (DYS), both programs serve male adolescents ages 11 to 19, utilizing evidence-based treatment approaches and proven interventions. Bright Futures is the first state-wide adolescent substance abuse treatment program for DHS. The REACH program also includes a Project Adventure course that helps kids develop confidence, self-esteem and trust.

Family education and engagement are an integral part of both programs. Wrap-around aftercare services are coordinated in conjunction with other levels of care within Spectrum or with outside agencies if needed. At REACH, we also have an aftercare specialist who works with adolescents and their families after the program is completed.

What are the unique needs of adolescents with substance use disorders?

These adolescents are usually facing a number of issues in their lives, many of which have led to their substance use and abuse. Mental health issues, trauma, behavioral disorders, low self-esteem—these are all part of a package that needs to be treated. These are kids whose brains are still developing and they can be very impressionable and very impulsive.

Additionally, many have issues such as poor discipline, family conflict and parental drug abuse that need to be addressed by engaging families in the treatment process.

How do we treat adolescent substance abuse?

Individually. Every one of these kids has their own individual issues. To address those needs, every kid has an Individual Treatment Plan. Important components of the plan typically include education, relapse prevention, job



COO KURT ISAACSON (L) AND MARK BROWN

readiness and, again, family involvement—but each plan is different.

What are some of the trends you’ve seen in the last ten years?

Kids are getting younger, which to me means that they are starting to use drugs at an earlier age. I would say that there are less positive role models, as well as a greater sense of entitlement for this population. They’re also more knowledgeable about the system and they use that to their advantage, or disadvantage depending on how you look at it. And, it seems for many of these kids their actions are more money driven and they base a lot of their decisions in life on that.

What do you like best about your job with Spectrum?

Working with kids and seeing positive results. The success we have with a very challenging population makes me appreciate what I have and it makes me a better person. Plus, I work with great people who all want to make a difference in the lives of these kids.

Construction Progresses at New Residential Facility



Progress continues as scheduled on Spectrum's new 100-bed residential substance abuse treatment facility at the Westborough, Massachusetts, campus. On September 5, 2014, Spectrum held a "topping off" ceremony as the structure's main steel beam was hoisted into place.

Spectrum clients and employees signed the beam before a crane lifted it to its symbolic position at the center of the structure.

"I'm grateful for places like this," said client Sean R. after signing the beam. "It gives you a chance to be with a group of people in recovery who want to see you succeed."

“

"This brand-new state-of-the-art facility will provide a positive and welcoming atmosphere in a dignified environment."

”

PRESIDENT AND CEO CHARLES FARIS

The 40,000 square-foot three-story building will consist of four 25-bed stand-alone residential units, a centralized intake area, family meeting space, fitness room, outdoor courtyard, a central dining area and great room, and commercial-grade kitchen facilities. Completion is set for summer 2015.



Spectrum Receives Grant from Mass. AG's Office

A new two-year grant from the Massachusetts Attorney General's Office will help opiate-dependent individuals being released from the Massachusetts state prison system access drug counseling and medication-assisted treatment in the community as soon as they are released.

"We found that there was a gap in services for those with opiate addictions between the time of their release and when they could begin receiving treatment in the community," said Kristin Nolan, Executive Director of Outpatient Services. "Bridging this gap will lower relapse and recidivism rates and ultimately save lives," she said.

The program utilizes a recovery navigator model which has demonstrated success in engaging and retaining high-risk populations. Recovery navigators are non-clinical service providers who engage, educate and support individuals seeking treatment.

Each participant is assigned a recovery support navigator who meets with them several times prior to their release. The recovery support navigator makes certain that the participant connects with an outpatient treatment program within twenty-four hours of release. Regular contacts, weekly then monthly, continue for a full year to ensure ongoing treatment compliance and continued support.



SPECTRUM'S PROFESSIONAL BUILDING IN WORCESTER IS ONE LOCATION THAT WILL PROVIDE SERVICES

Personal Story

Like many parents of children with substance abuse, we saw the signs but did not want to acknowledge that this was happening to our child. We are the first to admit that we were enablers and rather than ask the really tough question about her problems, instead we supported her financially when she could not pay her bills even when we thought that the money was not being used as intended.

We eventually made the decision to go to court to get her admitted to the treatment she needed. We had tried treatment once before, utilizing another treatment facility but Sara did not respond to the treatment in the way we had hoped. Sara likes to be in control and surrendering her rights in order to receive treatment was a difficult decision for her. Needless to say, Sara was apprehensive but eventually agreed to receive treatment for her addiction.

Through sharing our concerns with family members, we found and contacted Spectrum on Labor Day 2013 looking for help for our daughter. Rather than go through the court process which would require Sara to be treated at a state-run facility, it was decided to get her into Spectrum's long-term residential program.

The first few weeks of the program were especially challenging for Sara. She wanted to go home and struggled with wanting to leave the challenging and demanding program, but Sara



stuck it out with the help of staff and her peers and has grown in many ways. Sara has developed new coping skills to deal with emotions and feelings that had previously led her to use opiates. She has also worked on her impulsivity and now responds better to day-to-day stressors and triggers.

Today, Sara is a leader and role model in the program, always taking on new responsibilities and helping her peers. Furthermore, Sara was accepted into the re-entry phase, and is now working locally, paying treatment fees and saving money in order to transition into her own apartment or sober housing.

We have re-established our relationship with her and could not be happier with her progress. We know this is a life-long journey, but seeing the results that Sara has achieved, we know that she is on the right track to getting her life back in order.

Spectrum Wins Statewide Contract in Massachusetts

Spectrum Health Systems was recently awarded a contract by the Massachusetts Department of Correction to deliver in-prison substance abuse and recidivism reduction treatment throughout the state's correctional system. Spectrum provides a comprehensive statewide continuum encompassing residential, non-residential and aftercare treatment services for male and female inmates.

"A recent evaluation conducted by the Massachusetts Department of Correction showed Spectrum program completers with a recidivism rate twenty-eight percent less than the recidivism rate for offenders overall," said Earl Warren, Director of Massachusetts Correctional Services. "We look forward to building upon our long-standing partnership with the Department to continually enhance programming and further reduce recidivism rates, he said.

Spectrum takes special pride in its longstanding success in the organization's home state. Spectrum was awarded its first contract by the Massachusetts Department of Correction in 1993. Services have expanded significantly over time and the contract has since been re-awarded to Spectrum three times.

Contract Renewals in Georgia

Spectrum was once again selected by Georgia's Department of Corrections and Board of Pardons and Paroles to provide treatment for criminal and addictive thinking. This marks the beginning of a third decade for Spectrum's Georgia operations.

"The state expects a return on investment," said Christopher Petrozzi, Senior Vice President of Correctional Services. "We are able to do that very successfully with our time-tested curricula and by producing quantifiable reductions in recidivism," he continued.

The \$6.3-million Residential Substance Abuse Treatment (RSAT) contract commenced on September 1, 2014, for one year with four annual renewals. Spectrum's RSAT program provides in-prison residential treatment at ten state facilities to more than 4,000 offenders per year.

Beginning July 1, 2014, the \$1.1-million Board of Pardons and Paroles contract provides community-based treatment to over 9,000 offenders per year. The contract is for one year, plus four annual renewals.

Looking for information on addiction and treatment?

Spectrum Offers Free Public Education

Spectrum is pleased to offer free presentations to the public on a variety of substance abuse and behavioral health-related topics. A recent presentation to the Patient & Family Advisory Council at Milford Hospital was followed by a tour of Spectrum's Westborough Treatment Campus where participants saw first-hand the continuum of care that Spectrum offers.

Dr. Romas Buivydas, Vice President of Clinical Development, also recently presented to the Learn to Cope support groups for parents and family members dealing with a loved one addicted to opioids or other drugs in Lowell and Brockton, Massachusetts.

Dr. Buivydas and other experts in the field are available to speak to interested organizations. Presentations are tailored to the needs and interests of each group. For more information, please contact Andrew Strecker, Development Associate, at (508) 792-5400 x7113 or streckera@spectrumsys.org.

Announcing the New England Recovery Center™



Spectrum Health Systems is excited to announce its new innovative private residential treatment facility for adults with substance use disorders opening in January 2015.

Located in Westborough, Massachusetts, Spectrum's New England Recovery Center™ will offer individualized, cutting-edge services, including medically managed detoxification and inpatient rehabilitation, all in a state-of-the-art free-standing facility.

Spectrum's new program features low client-to-staff ratios, exercise and media rooms, complementary and holistic services such as massage, acupuncture, Reiki, as well as

comprehensive programs for family members, loved ones and children.

Extensive discharge and aftercare planning, which begins at the onset of treatment, ensures a seamless transition to lower levels of care or return to the community. Spectrum can design custom monitoring programs in collaboration with businesses, HR departments, EAPs, health plans, and individual families to create the best possible outcome for all parties involved.

For more information, please contact Kate Toomey, Regional Outreach Representative, at (508) 792-5400 x7143 or kate.toomey@spectrumsys.org.

Spectrum Hires Regional Outreach Representative



community-based programs and developing relationships with referral sources.

"Kate will be an integral part of Spectrum's ongoing expansion, chiefly with Spectrum's

Kathleen (Kate) Toomey was recently hired by Spectrum Health Systems to serve as Regional Outreach Representative for New England. In this newly created role, Ms. Toomey is responsible for promoting Spectrum's

New England Recovery Center™. Her extensive work in the community and previous experience in the health care field make her ideally suited for this position," said Kurt Isaacson, Chief Operating Officer.

Ms. Toomey was previously the Vice President of Community and External Affairs for Autumn Village Skilled Nursing and Rehabilitation Center in Worcester, Massachusetts. She is serving her fifth two-year term as a Worcester City Councilor and previously served three two-year terms as a member of the Worcester School Committee. Ms. Toomey is a graduate of Regis College in Weston and earned graduate credits in Public Administration from Northeastern University.

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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 seven states, including Massachusetts, Rhode Island, Maine, Tennessee, Georgia, Iowa and Washington State.

New Recovery Center to Open in Lawrence, Mass.



programs are led and driven by “peers”—that is, individuals who have experienced addiction and recovery, either directly or as a family member or friend.

“I first came to Everyday Miracles four years ago,” said a current member. “I saw a bunch of happy people and I was like, something’s got to be going on in here. And I just kept coming. There’s a little bit of everything here, but the main thing is to support you in your recovery.”

Six years ago, Spectrum opened two very new programs: Everyday Miracles in Worcester and The Recovery Connection in Marlborough, Massachusetts. Called Peer Recovery Support Centers, all activities and services at these

The programs operate under contract with the Massachusetts Bureau of Substance Abuse Services, which recently re-awarded funding for both centers, as well as a new center which is scheduled to open this fall in Lawrence.