

Across the Spectrum

Bright Futures for Bay State Youth



BRIGHT FUTURES PROGRAM SITE
IN METHUEN, MASSACHUSETTS

Spectrum Health Systems is pleased to announce the opening of Bright Futures—a youth-centered, family-focused residential substance abuse treatment program located in Methuen, Massachusetts.



Funded by the Massachusetts Department of Youth Services (DYS), Bright Futures is a first-of-its-

kind, statewide program with a primary goal of reducing adolescents' risk of relapse to drugs and alcohol while teaching pro-social skills that assist youth in maintaining a healthy and productive lifestyle. Programming targets the numerous issues that are known contributors to substance abuse and delinquency, such as family functioning, co-occurring mental health disorders, interpersonal relations, impulse control, and responses to authority.

Highlighting the need for such services, a recent federal report showed that 12 percent of Massachusetts youth reported using illicit drugs within the past month, a rate above the national average and higher than other contiguous states including Connecticut, Maine, New Hampshire and New York.

According to Spectrum's Director of Youth Services and Peer Recovery, Mark Brown, "A key component of Bright Futures is the program's emphasis on families and their role in the

recovery process. Interventions are designed to encourage family communication and teach parents behavioral management skills with the ultimate goal of improving the quality of family interrelationships."

In addition to the family component, all youth participate in a structured weekly schedule consisting of individual counseling, group meetings, life skills training, academic instruction and recreational activities. Emphasis is also placed on relapse prevention strategies and continuing care planning in order to facilitate successful community reintegration. A concrete and practical aftercare plan is developed by all youth to ensure sustained recovery and positive community living upon discharge.

Bright Futures has a capacity to serve twelve DYS-committed males, averaging 16-18 years of age. The typical length of stay at the program is three to four months.

Treating Juveniles with Co-Occurring Disorders

Funded by a grant from the U.S. Department of Justice, Spectrum will soon implement new programming designed to reduce juvenile delinquency and criminal activity among male youth with co-occurring mental health and substance use disorders committed to the Massachusetts Department of Youth Services (DYS).

The goals of this innovative pilot project are to deliver integrated mental health and substance abuse treatment for youth in secure custody, while engaging their family members and providing continuing care and coordinated referrals to support pro-social community living upon release.

The program involves a partnership between Spectrum, the Massachusetts DYS, UMass Medical School and UMass Boston. Up to eighty youth will be served in the two year project period.

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Building better lives...

one
step
at a
time

President's Message



CHARLES J. FARIS

Across the country, more work is needed to prevent and treat drug addiction. The number of overdose deaths involving heroin increased by 45 percent between 2006 and 2010, according to the

White House Office of National Drug Control Policy. Recently, the U.S. Attorney General called the dramatic increase in opioid-related deaths an “urgent and growing public health crisis.” Bringing it closer to home, the number of deaths by overdose now exceeds traffic fatalities. The Boston Globe reported on March 26th that Massachusetts had recorded 185 fatal heroin overdoses in the past three months. These represent only those recorded as death by overdose. Remarkably the 185 fatal overdoses recorded do not include Boston, Worcester or Springfield—our three largest cities in the Commonwealth.

This impacts the lives of Americans in every state, in every region, and from every background and walk of life. Astonishingly, it is the field of addiction treatment that historically—and still currently—is one of the first to see funding cuts and budgets underfunded. To compound matters, new state and federal health insurance laws and rules are creating uncertainty for both patients and providers.

Fortunately, the selflessness of our volunteers and the humbling generosity of our donors help Spectrum in its mission to provide the highest quality of services to individuals seeking treatment for substance abuse and/or mental health issues and assist our clients in achieving sobriety, sustaining recovery, and fulfilling personal goals in order that they may lead healthier, more productive lives.

Perhaps you're a long-time donor, or perhaps this newsletter is the first that you've heard about Spectrum Health Systems, or maybe you're somewhere in between. Whatever your situation, I hope you will consider at this time how important it is to confront this ongoing crisis and make a donation of your time or money. Your help is necessary. Thank you.

Mindfulness Matters

by Romas Buivydas, Ph.D., LMHC, Vice President of Clinical Development and Training

Mind over matter. This old adage encouraged us to believe that the mind is more powerful than the body, but is this actually true? What difference could a few positive thoughts possibly have in your daily life? The answer is much more than we could have anticipated. Research has shown the practical and statistical benefits behind meditation, or mindfulness, as an addiction recovery technique. Let's take a look at some of the most fascinating finds from these studies.

Mindfulness as a Supplemental Form of Prevention and Recovery

One of the most highly cited studies is *Treating and Preventing Alcohol, Nicotine, and Drug Abuse Through Transcendental Meditation: A Review and Statistical Meta-Analysis*. The study finds that:

- Mindfulness physically alters the brain. We often credit mindfulness for its calming effect, but very few people know that it physically changes our brain as well. You see, cells and neurons make chemical connections in response to stimuli, which is medically referred to as neuroplasticity. Because practicing mindfulness reduces stress, the interconnections between neurons in the brain will change over time.
- Health benefits are extensive. Reduced stress triggers a host of physical benefits for young adults who practice mindfulness on a regular basis. For instance, 75 percent of insomniacs are able to fall asleep within a half hour of practicing mindfulness, and mindfulness provides up to a 44 percent reduction in medical symptoms.



- Productivity gains an incredible boost. Did you know that 40 minutes of practicing mindfulness refreshes you more than a 40-minute nap? Brain scans show that mindfulness shifts where activity occurs in the brain, thereby slowing aging, improving memory, and boosting productivity. And the best part? These benefits are exaggerated among young adults.

When utilized in a holistic treatment program, mindfulness soothes the path to sober living. For instance, just as drugs and substance abuse alter the brain, mindfulness changes the brain's connections, except this time the alteration and growth is positive in nature. The result is less anxiety and depression, which are often some of the reasons that drug addiction begins in the first place. As recovery continues, the productivity gained from practicing mindfulness allows young adults the opportunity to rebuild their lives and explore new passions and hobbies.

The overwhelming benefits of practicing mindfulness couldn't be more apparent.

Legislator of the Year



STATE REP. JAMES O'DAY (L),
SPECTRUM PRESIDENT & CEO CHARLES FARIS

Spectrum's 2013 Annual Meeting was held at the Beechwood Hotel in Worcester, Massachusetts. Notable attendees included Worcester District Attorney Joseph Early Jr., Worcester County Sheriff Lewis Evangelidis, and Worcester's acting Commissioner of Public Health, Dr. Michael Hirsh.

State Rep. James O'Day was presented with the Legislator of the Year award at the meeting for his work and strong support of legislation that raises the age of juvenile jurisdiction from 17 to 18, opening up more opportunities for Massachusetts's at-risk youth population.

Q&A with Chief Operating Officer Kurt Isaacson



BOARD MEMBER KIMBERLY HARMON AND COO KURT ISAACSON

You've been with Spectrum for over half a year now. What can you say about the organization now, that you didn't know before?

“What has been reinforced for me is the strength of the management team, their devotion to our mission and the entrepreneurial focus. Coming in, I knew there was a core team of executives who had been with Spectrum for many years and it is both exciting and comforting to see how well this team works together to solve problems and move the organization forward in a challenging environment.”

One of your main goals has been the development of a strategic plan, which was recently approved by Spectrum's Board of Trustees. What can you tell us about that?

“The plan has its genesis in a number of planning retreats that occurred over the last year. Out of those meetings came a focus on three key areas: growth, both organically through product line extension and by developing new services; a formal, structured leadership development program to assure we have the talent pool required for our growth and expansion; and, finally, a process for program evaluation and expense management. Spectrum is already well

positioned in the marketplace and is poised to strengthen that position with new outpatient centers—three new sites in the past few months—and a new 100-bed residential program under development.”

Most recently, Spectrum has been at the forefront of the addiction treatment field with innovations like integrated primary and behavioral healthcare and implementing electronic medical records. In what areas do you see Spectrum leading the industry in the future?

“Spectrum has for years been a leader in utilizing evidence-based best practices in our services—those therapies and treatments that have proven results. In the future, I believe we will expand on that practice by integrating modalities such as trauma-informed care, gender-specific treatments and spirituality into our programming. Medication management is another area that holds great potential. The pharmaceutical pipeline is brimming with potential breakthrough drugs for treatment of addiction disorders and mental health issues, including use of a patient's DNA to match them with the most efficacious medication and the potential for preventive medications such as vaccines for these diseases.”

The opioid abuse epidemic and the legalization of medical and recreational marijuana are big issues right now. Will they continue to be? Are there other substances out there that we should be paying more attention to now?

“Certainly the opioid abuse epidemic is showing no signs of abating, and we can't criminalize our way out of the situation. Education, prevention and ready access to treatment will be the only pathway out of this problem. We also have to be mindful of new and potentially harmful drugs such as Zohydro, a powerful new opioid pain medication with no anti-abuse protections that is several times more powerful than medications currently on the market. As we know, these medications are often gateway drugs to using cheaper and more readily available heroin.

When states legalize marijuana use, they are making an economic decision and not necessarily the right decision for their residents. Colorado reportedly took in \$2 million in marijuana tax revenues in January, the first month it was legalized in that state. With pressure on state budgets across the country, I think you'll see more states looking at medical marijuana and legalized marijuana as a new source of tax revenue—and that's sad.”

A Ray of Light in Fight Against Prostitution



Spectrum Health Systems, Inc. was recently awarded more than \$45,000 by The Health Foundation of Central Massachusetts to help launch a project entitled A Ray of Light by Spectrum on behalf of the Worcester Alliance Against Sexual Exploitation, a coalition formed by the Worcester Division of Public Health in 2012 to address the serious health implications of sex trafficking in the local community. Other organizations serving on the Steering Committee for this project, along with Spectrum and the Worcester Division of Public Health, include the YWCA of Central Massachusetts and Community Healthlink.

The grant is being used to build a broader network of organizations capable of identifying and responding to victims and survivors of sexual exploitation in Worcester and to engage, motivate and connect adult women involved in sex trafficking with appropriate programs and services. The City of Worcester is providing funding for a street outreach worker to aid in these efforts.

“Sex trafficking is a serious problem here and we’re in a position to make a real difference,” stated Athena Haddon, Program Director of Spectrum’s Everyday Miracles Peer Recovery Support Center and Project Director for A Ray of Light. “We have an opportunity to improve our interactions with women who come to our center, to better help them identify their needs and connect them to more appropriate people and places.”

This project will capitalize on the array of existing programs and services available in the Worcester community by providing sustainable evidence-based training, using a train-the-trainer approach, and key resources to better equip front-line staff working with women involved in sex trafficking.

A Ray of Light will also partner with Project REACH, a program of the Justice Resource Institute in Boston to develop these training materials. Project REACH provides direct client services, as well as technical assistance and capacity-building on behalf of trafficking victims across the United States. Project REACH is a training and technical assistance resource for anti-human trafficking identified by the U.S. Department of Justice’s Bureau of Justice Assistance and Office of Victims of Crime.

Athena Haddon – 2014 Woman of Consequence



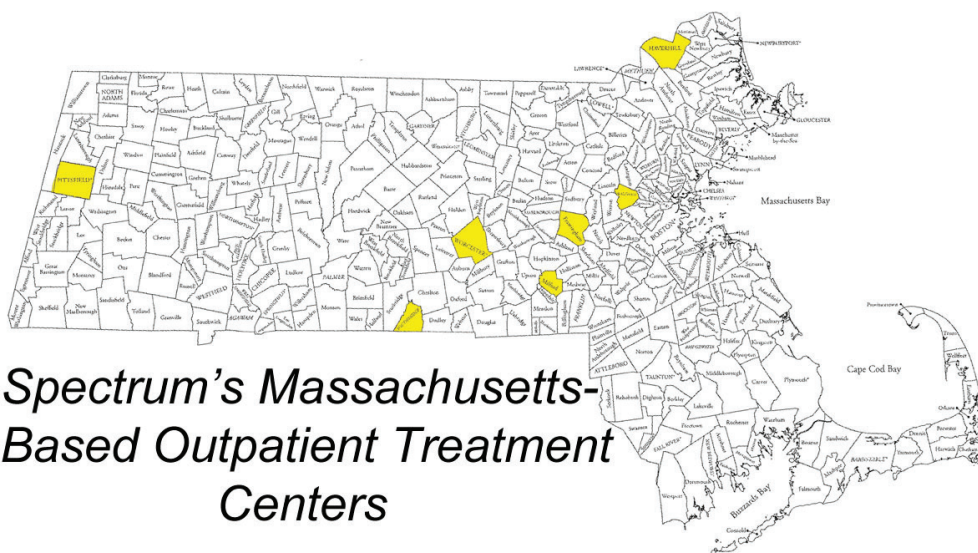
ATHENA HADDON

Athena Haddon, director of Spectrum’s Peer Recovery Support Center in Worcester, Massachusetts, has been named the 2014 Woman of Consequence by the City of Worcester.

“This award recognizes individuals that show exceptional leadership and tangible results as an agent of change in Worcester,” said Mark Brown, Spectrum’s director of youth services and peer recovery. “Athena was selected for her extraordinary contributions to developing new programs and services on behalf of women in need. Her years of work have inspired many women to make positive change in their lives.”

Haddon was honored at the 17th Annual Women of Consequence Award Ceremony at Worcester’s City Hall on March 20th.

Outpatient Expansion Continues



Spectrum will open its ninth outpatient treatment center this spring in Haverhill, Massachusetts. The location was selected based on data from the Massachusetts Department of Public Health showing a need for substance abuse treatment in this area.

Spectrum’s outpatient treatment centers provide much needed medication-assisted treatment for the growing number of individuals with opiate addictions. All clients receive a complete medical evaluation, medical monitoring, daily onsite medication dispensing, a comprehensive clinical assessment, individualized treatment planning, educational services, and individual, group and/or family counseling.

Personal Story



MARY S.

Mary S. works as a full-time medical office assistant at UMass Memorial Hospital in Worcester, Massachusetts, and has her own apartment at one of Spectrum's

affordable drug-free housing properties in the city for individuals in recovery. It is a far cry from her former lifestyle—homeless and addicted not so long ago.

Previous to Spectrum, Mary lived in a local rooming house, which she said, "Was just drugs all around," adding, "I knew I couldn't succeed in my recovery there. You need to be around the right people."

"I've worked hard to get here, believe me," says Mary. "It didn't happen overnight, and it was definitely a journey coming back from addiction."

Mary says there is a sense of community where she lives now. "It's a safe neighborhood, and you can walk anywhere," she says.

When asked what the future holds, Mary says, "I am very interested in nursing and putting myself in a position where I can go back to school to be able to do that. It's a journey, and I'm not done yet."

Spectrum Board Elects Two New Members

The Board of Trustees of Spectrum Health Systems recently elected two new members: Jeroan J. Allison, MD, MS, Professor and Vice Chair of the Department of Quantitative Health Sciences at the University of Massachusetts Medical School and Robert M. Williamson, Vice President of Commercial Lending at Avidia Bank.

Dr. Allison and Mr. Williamson were elected to three-year terms and join a diverse 16-member board comprised of local community and business leaders committed to Spectrum's mission of providing the highest quality services to individuals suffering from substance abuse and mental health disorders.

On the Web

Corrections

Spectrum Health Systems recently launched a new website exclusively for its Correctional Treatment Services at www.spectrumcorrections.org.

"The dedicated Correctional Treatment website is further demonstration of Spectrum's commitment to this specialized field. The one-stop site supports our 24-year correctional treatment history by highlighting the research, information and emerging developments of our field," said Spectrum's Senior Vice President for Correctional Services, Christopher Petrozzi.

Highlights of the new website include:

- Informational videos
- Comprehensive catalog of program services
- Outcome studies
- Blog postings by Spectrum's Senior Research Advisor Harry K. Wexler, Ph.D.
- Research advisory board
- Locations map
- Testimonials
- Published articles

Internal Review Board

Spectrum Health Systems has formed an Institutional Review Board (IRB) to approve and monitor federally funded research projects conducted at Spectrum, as well as external organizations. Spectrum's IRB is designed to help investigators comply with the ethical guidelines and regulatory requirements for research involving human subjects. Specifically,

Jeffrey Baxter, M.D. Named CMO



JEFFREY BAXTER, M.D.

Dr. Jeffrey Baxter has been named Spectrum's Chief Medical Officer. Dr. Baxter has served as the Medical Director for Spectrum's network of outpatient treatment centers

for the past five years. As CMO, Dr. Baxter is responsible for providing oversight, direction, and implementation of medical operations for inpatient and outpatient treatment programs, participating in the planning and development of new programs and new systems to improve the quality of care, ensuring continuous compliance



the IRB reviews research protocols and related materials (e.g., informed consent documents and investigator brochures) in advance of the research and through periodic reviews.

Regulations permit an institution without an IRB to arrange for an "outside" IRB to be responsible for initial and continuing review of studies conducted at the non-IRB institution. Spectrum is available to serve as an IRB for such organizations.

Researchers interested in utilizing Spectrum's IRB may contact irbchair@spectrumhs.org.

All forms, policies and procedures necessary for IRB review and approval are available on Spectrum's website at www.spectrumhealthsystems.org/institutional-review-board.

with Spectrum policy, licensing, and accreditation standards within the medical arena, and all applicable local, state, and federal laws relating to Spectrum programs, and promoting and supporting an environment of customer service, professionalism and excellence in clinical care.

An assistant professor in the Department of Family Medicine at the University of Massachusetts Medical School, Dr. Baxter is board certified in Family Medicine and Addiction Medicine.

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Visit Our Website
www.spectrumhealthsystems.org

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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.

Spectrum's Charity Golf Tournament Raises \$70,000

Thanks to everyone who made the 12th Annual Spectrum Charity Golf Classic our most successful tournament yet! The tournament raised \$70,000 in support of Spectrum's mission. We would especially like to thank Tournament Sponsor TD Bank, Dinner Sponsor Brendon Properties, Cart Sponsor East Coast Benefit Plans, Lunch Sponsors Cutler Associates and Bowditch & Dewey, and Event Chairman Kevin Giblin.



Please join us on October 6, 2014, at Framingham Country Club for this year's tournament. Contact Andrew Strecker at (508) 792-5400 x7113 or streckera@spectrumsys.org for more information.