

# *Across the Spectrum*

## New England Recovery Center Opens



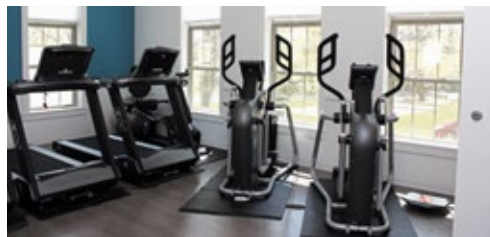
The New England Recovery Center™ (NERC) officially opened on June 8th, admitting eight patients in the first week. Located in Westborough, Massachusetts, Spectrum's new 36-bed program offers onsite medically monitored detoxification and individualized addiction treatment for private pay patients.



NERC features a holistic approach to addiction treatment, incorporating personal fitness, nutritional consultation and mindfulness activities. Services such as massage therapy and yoga as well as comprehensive programs for family members help build a strong foundation necessary for sustained recovery.

"Having been featured in publications such as the Boston Globe and the Worcester Telegram and Gazette, it's clear from the response we've received that there's need for this level of care in New England," said Nicole Costa, Spectrum's executive director of inpatient services. "We've had a steady stream of calls since our opening date was made public."

NERC offers 24-hour admissions access and transportation assistance as needed. NERC also accepts most major health plans and offers considerable discounts to self-funded plans, employers, and patients wanting to pay out-of-pocket.



For more information about the New England Recovery Center, please call (844) 800-NERC or visit [NewEnglandRecoveryCenter.org](http://NewEnglandRecoveryCenter.org).

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

## President's Message



CHARLES J. FARIS

2015 is off to an exciting start, as many of our plans are now coming to fruition. Spectrum's outpatient expansion continues with three new locations added this year and a few more

in the development phase. We also received several contract awards which have resulted in a number of new programs and services. To start the summer, Spectrum launched the long-awaited New England Recovery Center™ for private pay patients on June 8th. And, we hosted several open house events celebrating the completion of a brand new, best in class, inpatient facility which is scheduled to open later this summer.

No one person can take credit for these accomplishments. In my 44 years at Spectrum, I've been fortunate to work with many talented visionaries who've always been willing to push the boundaries of what is possible in providing the best possible services to those who need it most.

We at Spectrum do, not just what we can, but what we must, to ensure a life free from addiction for all. It's our duty as responsible citizens to advocate care for those who need it and lobby for support from the elected and appointed officials who are best suited to provide it.

I believe we offer a path to recovery that puts the dignity of individuals first. I also believe that we make a better and stronger society when we look out for the interests of those who may not even be aware we're doing so. This is the *Spectrum Way* -- this is why the level of dedication shown by our staff produces measurable results, and this is why Spectrum continues this fight every day, helping individuals reclaim their lives and leaving no one behind.

## Conference Wrap-up

On April 10th, Spectrum hosted its fourth Women's Conference at the Double Tree Hotel in Westborough, Massachusetts. The theme for this year's event, Celebrating Women in Recovery: A Vision for Success, featured keynote presentations by veteran broadcaster Laurie Dhue and family psychiatrist Judith Landau M.D.

Ms. Dhue spoke candidly about her experiences with addiction as a high profile professional in long-term recovery. Meanwhile, Dr. Landau's presentation on the ARISE Intervention model for getting individuals into treatment was so engaging that several Spectrum staff are now pursuing certification. The full-day conference also included a variety of sessions which explored what works in women's recovery.

During the conference, Spectrum presented its 2015 Women's Leadership Award to Hilary Jacobs, senior policy advisor at the Massachusetts Department of Public Health. Ms. Jacobs was recognized for her continued leadership in



LAURIE DHUE

improving access to medication-assisted treatment for women, particularly pregnant women. She previously served as director of the Bureau of Substance Abuse Services and served on the Governor's Task Force to combat the opioid crisis in the Commonwealth.

## New Peer Recovery Center Opens in Lawrence

Spectrum held an open house on May 8th to celebrate the opening of its New Beginnings Peer Recovery Center in Lawrence, Massachusetts. The full house of program members, Spectrum staff and state officials was the perfect way for Lawrence to welcome New Beginnings into the community.

According to Program Director Jennifer Burns, "New Beginnings aims to cultivate a culture of compassion through a peer-driven community that engages, assists and empowers individuals who are in recovery to achieve their goals and increase their quality of life in a safe, judgment free atmosphere."

State Representative and House Committee on Substance Abuse member Diana DiZoglio of

the 14th Essex District presented the center with a special citation from the State House. Along with Representative DiZoglio, MOAR Executive Director Maryanne Frangules gave a fervent speech to the crowd, offering both her congratulations, as well as a reminder of the importance of community in the recovery journey.

In addition, Lydie Ultimo, director of the Massachusetts Bureau of Substance Abuse, spoke about the important role of peer recovery support in helping people sustain their recovery. Massachusetts now has seven peer recovery centers in the state, with three being operated by Spectrum Health Systems in Worcester, Marlborough and Lawrence.



ALL SMILES AS NEW BEGINNINGS STAFF GATHER FOR THEIR GRAND OPENING CELEBRATION

# Grand Opening & Dedication Ceremony — Charles J. Faris Center



On May 29th, Spectrum played host to more than 100 invited guests, along with state and local officials, for the Grand Opening of its newly constructed Charles J. Faris Recovery Center. The 100-bed, 40,000 square foot facility set atop a hill overlooking Spectrum's Treatment Campus in Westborough, Massachusetts will replace Spectrum's existing 80-bed residential program where President and CEO Chuck Faris began his career with Spectrum as a counselor in 1971.

Designed by DiMella Shaffer of Boston and built by Cutler Associates of Worcester, the Faris Recovery Center is a state-of-the-art facility intended to provide the highest quality of addiction treatment in a dignified and supportive environment.



Following tours of the facility, guests enjoyed a reception catered by Peppers Fine Catering of Northborough. The crowd then gathered outside to hear State Senator Jennifer Flanagan, chair of the Massachusetts Joint Committee on Mental Health and Substance Abuse, and newly elected State Representative Hannah Kane discuss the importance of facilities like the Faris Recovery Center in combating the state's opioid epidemic.

Alumni were also invited to speak about their positive experiences in receiving residential treatment at Spectrum.



Led by Spectrum Board Chair David Grenier, the dedication ceremony paid tribute to Mr. Faris's 44 years with Spectrum, and the impact he's had on the addiction treatment industry in that time.

"Chuck has been an inspiration to many of us, colleagues and clients alike," said Mr. Grenier. "Having Chuck's name adorn this building is a testament to his commitment to those seeking recovery from the disease of addiction."

"Today I was honored by the Spectrum Board of Directors who chose to recognize my work in the field of addiction treatment," said Chuck, "but my hope is this facility stands as a lasting symbol to those in recovery of the incredible life waiting for them once free of their addiction."



STATE SEN. JENNIFER FLANAGAN AND STATE REP. HANNAH KANE JOIN SPECTRUM PRESIDENT AND CEO CHUCK FARIS FOR THE DEDICATION OF THE CHARLES J. FARIS CENTER

## Spectrum Receives New Contract Awards

The Virginia Department of Corrections awarded Spectrum a contract to provide therapeutic community (TC) programming at two state facilities, serving more than 1,000 high risk offenders. “We are extremely proud of our strong reputation across the country and very excited about our expansion into Virginia,” commented Christopher Petrozzi, senior vice president of correctional services. “Spectrum began as one of the first therapeutic community treatment providers in the country forty-six years ago. With

this award, we now operate one of the largest in-prison TC programs in the nation, impacting thousands of lives and helping reduce recidivism for inmates returning to society.”

Spectrum was also awarded a contract by the Tennessee Department of Correction to provide community-based services to offenders under probationary and parole supervision. “We’re excited about having this opportunity to work with offenders transitioning out of Tennessee

correctional facilities,” said Ryan McMahon, Spectrum’s state director in Tennessee. “We’ve already seen good outcomes and decreased recidivism with our existing in-prison treatment programs. This new contract is another step in helping offenders reintegrate, reach their goals and lead pro-social, productive lives.”

## Personal Story



All stories have a beginning. My affair with heroin began with one little green pill. One little pill that meant no more than an Advil or a vitamin somehow managed to sneak into my life altering it forever. The pill was Oxycontin and that day has stained my memory for over 14 years. It sounds incredible now, but at the time, as my friends and I all huddled in close and popped one of those pills into our mouths, we knew nothing about them. We had no idea they were addictive. Not one of us knew in that moment we went from being kids sneaking pills from the medicine cabinet to full blown addicts. I like to think if we’d known, if we were educated, things would’ve been different. Maybe we thought because we were kids from an upscale town on the North Shore nothing like that could happen to us. We were wrong.

After high school those little pills got to be too expensive. As it was explained to me at the time, “heroin does the same thing, and it’s way cheaper.” I’d like to tell you I hesitated for even one moment. I’d like to say I stopped then and was petrified of what I was becoming, but I didn’t. The Oxy clouded my mind to the point where none of those thoughts occurred to me. It was a natural step in the progression of my addiction. And so I dove in, on my quest to chase that feeling anywhere it took me, no matter the cost.

I’ve been to detox, to rehab, to extended care programs. I’ve flown to Detroit to undergo rapid detox, and received a Naltrexone implant. I’ve been to a high-end treatment center on the California coast, isolation therapy in the boondocks of Alabama, and Sober Living Cape Cod. I’ve tried substitutions, blockers, meetings and prayer. I’ve been on my knees and begged and done a 3 year stretch in prison. If it was suggested that it could help me stop shooting heroin, I tried it. I won’t tell you any of these things work because in truth they do, for many people, but they didn’t work for me.

I was at the point in my life where I believed this affliction was permanent and learned to be the “functional addict” using heroin like medication. The days of enjoyment ended long ago and I believed being able to hold a job while on smack was as good as it got. Just when I had given up hope, a friend told me there was another way, a better way. He told me about Spectrum, and about the methadone maintenance program. I was skeptical at first; I knew the stigma, the “liquid handcuffs.”

Months went by and I watched. Here was a person who used like I did, and was clean. He had all the things that I wanted. I watched and thought maybe Spectrum could work for me too. I walked into Spectrum on a Thursday morning for my intake -- petrified. I walked in of my own will, sat and waited. I waited to be treated like another junkie but that never happened.

The clinicians were actually nice to me and I received my first treatment that very day, with no hoops to jump through. I’ve been on

medication assisted treatment for a few months now and the changes in my life are remarkable. I’m full of hope again, I’m truly happy. The constant fears of being sick and getting straight are gone. The groups I attend are extremely informative and beneficial. Spectrum truly works with you to accommodate your needs and your schedule, even working full-time, there are still times that don’t interfere with my job. The methadone program was one of the first treatment options I’d heard of, and ended up being the last one I tried. I wish I had come to a clinic a lot sooner. Now I remember the beginning of my using and can definitely say it ended the moment I walked through the doors at Spectrum.

Thank you for giving me the gift of freedom from the bondage of my addiction.  
-Danielle

## Spectrum Wins Technology Grant

In early April, Spectrum was awarded \$82,000 from MeHI, the Massachusetts eHealth Institute at the Massachusetts Technology Collaborative. Spectrum was one of 18 nonprofits across the state to receive a grant award as part of MeHI’s eQuality Incentive Program which aims to help providers “improve patient care and reduce healthcare costs, while ensuring appropriate privacy and security of behavioral health patient data.”

## Spectrum Receives Three-Year CARF Accreditation



Once again, Spectrum received three-year accreditations from CARF International for the agency's continuum of inpatient and outpatient treatment programs, including two new locations in Sanford, Maine and Haverhill, Massachusetts.

According to CARE, "Spectrum continues to be a leader in the treatment of addiction in New England. The organization is solution-focused and consistently strives to improve the efficiency and effectiveness of care provided. All levels of management are committed to providing effective service delivery, community outreach and maintaining a therapeutic environment. Clients and funding sources speak highly of the services and of the individuals providing them."

## Legislative Breakfast

Earlier this spring, Spectrum joined Community Healthlink, Inc. in hosting a legislative breakfast attended by state legislators representing Central Massachusetts and clients from both organizations who shared their stories of recovery. State Senator Jennifer Flanagan gave an overview of proposed legislation, while Representatives Mahoney and O'Day fielded questions and provided context for some of the new faces making up the delegation.

This informative event provided an important opportunity to engage elected officials who represent not only Spectrum's program locations, but the clients who rely upon our services and, in many cases, the state funding which makes those services possible.



## Spectrum's President & CEO Receives National Award

In April, Spectrum's President and CEO Charles Faris was honored with an Impact Award for Visionary Leadership by the National Council for Behavioral Health at its Awards of Excellence Ceremony in Orlando, Florida.

The National Council is the leading behavioral health membership organization in the U.S., representing more than 2,200 treatment providers across the country. The Impact Awards for Visionary Leadership recognize those leaders who demonstrate outstanding leadership in

behavioral health. Chuck is just one of two Visionary Leadership award recipients in the country.

Chuck's nomination spoke highly of his leadership role in Spectrum's evolution from a single long-term residential program to a cast, multi-modal continuum of care that has helped tens of thousands of individuals overcome addiction to lead satisfying and productive lives.

## Outpatient Expansion Continues

Since January 2015, Spectrum has opened new outpatient treatment centers in Saugus, North Adams and Leominster, Massachusetts in an effort to help combat the opioid epidemic in the Commonwealth.

"When we looked at where clients in our other outpatient centers were traveling from, it was clear there was need for medication-assisted treatment in these communities," said Kristin Nolan, Spectrum's vice president of outpatient services. "With increased access we're able to ensure clients receive the treatment, education

and support they need to further their recovery while maximizing their productivity," added Nolan.

All clients receive a complete medical evaluation, ongoing monitoring, onsite medication dispensing and regular counseling sessions. Spectrum offers same-day admissions which allow clients to complete all requirements and, if appropriate, receive their first dosage of medication. For admissions information, please call (800) 464-9555 ext 1161.



Spectrum Health Systems was honored by the Worcester Business Journal as one of the "top workplaces" in Central Massachusetts, specifically in the area of education, training and career development.



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## Contact Us

**General Information**  
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**Central Inpatient Admissions**  
Toll-Free 1-800-366-7732

**Central Outpatient Admissions**  
Toll-Free 1-800-464-9555 x1161

**Visit Our Website**  
[www.spectrumhealthsystems.org](http://www.spectrumhealthsystems.org)

## Connect with Us



Founded in 1969, Spectrum Health Systems, Inc. is a nonprofit substance abuse and mental health treatment provider serving approximately 50,000 individuals each year. Spectrum currently operates more than 130 programs in seven states, including Georgia, Maine, Massachusetts, Rhode Island, Tennessee, Virginia and Washington State.

## Addiction by the Numbers

According to a report released by Center for Health Information and Analysis (CHIA) in late April, approximately 10% of the Massachusetts population suffers from a substance use disorder (SUD). Most who meet the criteria for substance use disorder, however, do not receive treatment. Left untreated, the potential effects can be serious.

Between 2000 and 2012, fatal opioid overdoses in Massachusetts increased by 90% and that trend continues today. Unfortunately, the range of existing services does not mean that people with SUD are always able to access the care they need, at the time they need it. Barriers to access include service capacity and design, benefit coverage, and inadequate information about the continuum of services available.

## Save the Date and Spread the Word!

Spectrum will host its 14th Annual Charity Golf Classic on Monday, October 5th 2015, at the Framingham Country Club. For information or to inquire about sponsorship opportunities, please contact Spectrum's Public Relations Manager, Brendan Melican, at (508) 792-5400 or [Brendan.Melican@spectrumhealthsystems.org](mailto:Brendan.Melican@spectrumhealthsystems.org).