

Hope. Heal. Recover.

A Quarterly Newsletter for
IBH Addiction Recovery

FALL / WINTER
2023



ArtXLove's AKRON mural is installed at IBH Addiction Recovery's Firestone Park Outpatient and Aftercare facility.

Strategic Initiatives in Action

Working Together to Inspire, Support, and Promote Recovery

As an organization, IBH Addiction Recovery has set forth initiatives designed to support and advance our overall mission, vision, and long-term strategy. The strategic initiatives focus on the organization's internal activities, but the spirit of their intent permeates all that IBH Addiction Recovery does.

Two initiatives that complement one another are a spirit of collaboration and community presence. By establishing partnerships in the community we can further our efforts to support those in recovery while growing awareness of IBH Addiction Recovery. To follow are some specific examples of how we are putting our strategies into practice.

Running2bwell

Recovery from drug and alcohol addiction often occurs within a community of peers. Being surrounded by others in recovery creates a strong support network, a feeling of belonging, and safe friendships. IBH Addiction Recovery actively works with various community-based organizations that offer opportunities for our clients beyond the services we provide.

Running2bwell is one such organization. "We offer free wellness and fitness programs to folks with addiction or mental health struggles," said Keith Johnston, executive director at Running2bwell. Physical activity, particularly in a supportive group setting, has shown to improve addiction and mental health treatment outcomes.

IBH Addiction Recovery promotes physical fitness, so partnering with Running2bwell is a perfect complement to our services. "We've wanted to partner with IBH for some years now because of the setting, the potential number of participants, and the shared goals of long-term recovery," said Johnston.

Running2bwell offers running and walking activities so individuals of all fitness levels can participate.

"Our partnership [with IBH Addiction Recovery] so far has helped us reach more folks in recovery and helped us understand the broader issues in the local recovery space," said Johnston. "We're looking forward to continuing and growing our partnership with IBH."

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Members of Running2bwell gather before a run at IBH Addiction Recovery's Main Campus.

Strategic Initiatives in Action

Working Together to Inspire, Support, and Promote Recovery

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“Creative expression is a powerful tool for hope, healing, and recovery.”

ArtXLove

If you have recently driven by the Firestone Park Outpatient and Aftercare Facility, you may have noticed the new “AKRON” mural that was added to the building. The mural is the result of a collaboration between IBH Addiction Recovery and ArtXLove, a creative agency that excels at “making art work” with creative strategy, humanistic design, and practical innovation.

Hundreds of Akron residents painted the mural over the last five years. The painting began at the Joy Park Recreation Center, where East Akron residents created the foundation. Eventually, Girl Scouts from North Hill and then students at Emmanuel Christian Academy completed the mural. “Everyone made their mark, filled the mural, and added their creative spark,” said ArtXLove’s Mac Love. “I’m very proud of the way it turned out, and that we could partner with IBH to give it a home where locals, guests, and passersby will appreciate its vibrant colors, positive spirit, and community energy.” The AKRON mural is the third and last in a series created for ArtXLove’s @PLAY Akron project.

IBH Addiction Recovery has embraced art as a part of our treatment process. Artistic expression offers significant value in the recovery process for substance use disorder, especially those suffering from depression, anxiety, and post-traumatic stress disorder. ArtXLove supports similar

activities in the community. “Creative expression is a powerful tool for hope, healing, and recovery,” said Love. “I hope that all who see this mural recognize the kindness, grace, and optimism that so many invested in it. The creative courage of this community truly inspires me, and I hope this mural returns that favor and helps others be kinder and more accepting of themselves and those around them.”

For Love, the project was about more than creating art. “I also have experience with addiction recovery in my own family, so having this art and supporting all at IBH means a lot to me,” said Love. “In many ways, our creative journey and aspirations parallel the healing and hope that IBH provides to so many.”

Board Member Gives Back

The IBH Addiction Recovery Board of Trustees is integral to our success. One of our strategic initiatives is to recruit and develop an engaged Board that provides strategic leadership.

Vicki Raynor is an excellent example of how that strategy has succeeded.

Raynor was inspired to join the Board because her youngest son had a positive experience completing IBH Addiction Recovery’s Residential Treatment program years ago. “It definitely put him on the right path to recovery. I felt the need to give back to IBH. I also thought I could add value to IBH programs and that serving on the Board

could afford me the best avenue to do that,” said Raynor.

Once on the Board, Raynor chose to become involved with programs to help educate and support our clients’ families. She thought that by sharing her experience as the mother of a son in recovery, she could help others. “I have about ten years experience in Al-Anon and in helping families and those suffering with the disease of addiction,” said Raynor.

Raynor believes the Family Education service helps to support the mission and strategic goals of IBH. “Being able to engage with our clients’ families by sharing my experience with addiction has been very rewarding,” said Raynor. “Being a part of the families’ recovery is beneficial for my own recovery program, which in turn my son benefits from.”



Engaging in the arts prolongs brain health, makes people happier, healthier, more productive, and builds stronger communities.

Sharing the Spirit of Recovery

Monthly Missives Offer Insights and Encouragement to Clients

Many clients enter IBH Addiction Recovery with an overwhelming sense of anxiety, frustration, remorse, guilt, and shame. Through spiritual direction by trained care counselors, they learn how to put that guilt and shame in proper perspective and proportion. One way our Spirituality staff helps clients explore meaning, purpose, and intention is through *From the Spiritual Corner*, an internal newsletter.

An excellent example of the content appeared in a recent issue. Chaplain Melody Ruffin Ward wrote:

A client shared with me right in an individual spiritual care visit, that if they could “just keep getting up and believing that they had a chance at sobriety it would be worth more than gold.” I thought two things in that moment: there is power in believing you can do the very thing you never imagined you could or would do and they used ‘gold’ instead of ‘money.’ Side note here: I’ve been seeing golden sunrises and sunsets a lot lately as I leave and return to my house. I thought about their phrasing “that it would be worth more than gold” — their healing from life-long addiction — “worth more than gold.”

The newsletter is sent to current clients and staff members and includes contributions from several staff members. It is another way to connect with clients as we address their needs and make available diverse spiritual offerings.

Fall Into Recovery

Family-Friendly Community Event



IBH Addiction Recovery kicked off the fall season at the Main Campus with Fall Into Recovery, a family-friendly community event. Attendees were invited to tour the grounds and learn about our programs and services. The event featured local food trucks and vendors, apple cider, pumpkin painting, fall photo opportunities, and informational booths showcasing various community partners.



TAKE NOTE



Active in the Community

IBH Addiction Recovery has been engaging in various community events to connect individuals to our programs and services. Staff have attended the Turning Point Court Resource Fair, Akron Pride Festival, Portage Path Behavioral Health’s KJ’s 5k, and more.



IBH Addiction Recovery staff members (L-R) Laura Kidd, Jess Rist, Keren Childers, and Meredith Myers celebrate at Goodwill Industries Shining Stars ceremony.

Keren Childers is an IBH Addiction Recovery Shining Star

Congratulations to IBH Addiction Recovery Human Resources Director, Keren Childers, on being recognized as an Employee of Distinction! Keren was honored at the Goodwill Industries of Akron’s awards ceremony that honors shining stars nominated by local employers.

We are grateful to have Keren as part of our team.

Join The Conversation

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Make Sure You Don't Miss Another Issue

IBH Addiction Recovery wants to ensure you receive the latest insights and news about our programs, services, and events. This includes recovery stories, staff news, the latest drug and alcohol addiction treatment approaches, and exclusive content. The print edition of our newsletter will be published bi-annually, and the digital E-newsletter will be sent monthly.

If you would like to continue to receive the print edition or the E-newsletter, you can sign up online, by phone, or by email.

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