

Hope. Heal. Recover.

A Quarterly Newsletter for
IBH Addiction Recovery

SPRING 2021



Exiting the Pandemic

Transitioning Safely to Provide Critical Care to Our Clients

Addiction is often referred to as a disease of isolation, and overcoming that challenge has become more difficult during the COVID-19 pandemic. Several studies have shown that binge drinking has increased, and a recent report from the Centers for Disease Control and Prevention cited a “concerning acceleration” of opioid-related overdoses already this year.

Fortunately, as cases continue to drop in Summit County, the virus’ threat to IBH Addiction Recovery has begun to ease and, subsequently, so have the organization’s restrictions and guidelines. In fact, it recently removed the three-day quarantine period that was required of new admissions at the beginning of the pandemic. While there is no longer a mandatory quarantine, staff still performs reliable swab antigen tests as part of the standard new client health screening.

Concerning mask-wearing and social distancing, IBH Addiction Recovery is being careful about how fast it relaxes safety protocols. “We don’t want to rush things and make too many changes all at once,” says Executive Director Jonathan Wylly. “We want it to be a gradual transition. We want our clients and staff to be comfortable with the change.”

“We’re excited to have our clients participate in those settings again, as long as the meetings are being conducted safely and responsibly.”

While some changes may be gradual, the push for vaccines is going strong. “We’ve really encouraged our staff to get vaccinated and worked with the health department to get the first wave (of

shots) completed several months ago,” explains Wylly. “What is really exciting now is that we are bringing providers on campus to offer vaccinations to our clients.” According to Wylly, the vaccine opens up an opportunity for clients to have a better experience with IBH Addiction Recovery, not just during their residential treatment but also with what they can do off-campus.

To this end, IBH Addiction Recovery is currently focused on getting day treatment and outpatient program clients who have made progress in their recovery back out into community recovery meetings. “We’re excited to have our clients participate in those settings again, as long as the meetings are being conducted safely and responsibly.”

While the pandemic has unquestionably presented many challenges, there have been important lessons learned. “The pandemic helped demonstrate that teleconferencing can be an effective tool in our recovery toolbox,” says Wylly. “While it wouldn’t be the first tool we’d reach for, we’ve seen how it can be beneficial in certain situations. For instance, if a REACH Project client can’t attend a meeting due to lack of transportation, he or she can still participate using teleconferencing as an alternative.”

The use of digital tablets also has proved effective for use in multiple situations. Particularly for clients in their first 30 days of programming, tablets allow family visitation within a controlled environment. They also enable clients who have to be isolated due to an illness – something as common as the flu – to remain interactive and participate.

A Comprehensive Approach to Addiction Treatment

By Utilizing All of the Available Tools We Can Improve Outcomes



“The medication ‘assists’ treatment...so the treatment aspect is really the center and the medication is the adjunct — one of the many tools.”

According to Dr. Nicole Labor, IBH Addiction Recovery Medical Director, addiction is a neurological disease — a disease of the brain.

While counseling and support meetings are an essential part of treatment, medication is sometimes necessary. However, medication is not the treatment, explains Dr. Labor. “It simply helps us get to the treatment.”

MEDICATION-ASSISTED TREATMENT

People with a drug and alcohol addiction experience cravings to use. These cravings can be so intense that a person may have difficulty focusing on the coping, mindfulness, and other skills needed to complete an effective recovery program.

Medication-Assisted Treatment (MAT) is part of the continuum of care approach at IBH Addiction Recovery.

Vivitrol, a medication that helps prevent opioid dependence following opioid detoxification, is part of IBH Addiction Recovery’s MAT protocol. Unlike Suboxone, a Schedule III controlled substance, Vivitrol has no mood-altering effect. Still, it prevents someone from experiencing a high if they use heroin or opioids.. Vivitrol

is also used for alcohol use disorder by decreasing cravings for and use of alcohol in some individuals and has shown some promise in studies for methamphetamine use.

“The medication ‘assists’ treatment,” explains Dr. Labor, “so the treatment aspect is the center, and the medication is the adjunct — one of the many tools.”

THE CHALLENGE OF CO-OCCURRING DIAGNOSES

Some people with mental disorders, like depression and anxiety, use drugs to self-medicate. Others use drugs that lead to mental disorders like depression and anxiety.

Due to the two situations looking so similar, a lot of psychiatric illnesses are being misdiagnosed. As a result, medical professionals see more dual diagnoses. “That’s why, at IBH, we have Dr. Hutton,” says Dr. Labor. “As a psychiatrist, she monitors clients in treatment for a period of time before diagnosing or medicating them to identify if it’s a substance-induced issue versus a true mental illness.”

A CONTINUUM OF CARE

IBH Addiction Recovery prepares our clients to live a lifetime of sobriety

by developing coping skills to manage stress and cravings, adopting positive habits to improve interpersonal skills, working on spiritual growth, and establishing a plan for sober living, including housing and employment.

A comprehensive approach to treatment, one that includes medication and mental health services, is essential to achieve positive outcomes.

40-60%

The relapse rate for substance use disorders is between 40-60%, similar to rates of relapse for other chronic diseases such as hypertension or asthma.

Source: American Addiction Centers

Tapping Into the Healing Power of Poetry

Finding a Voice to Learn, Share, and Recover

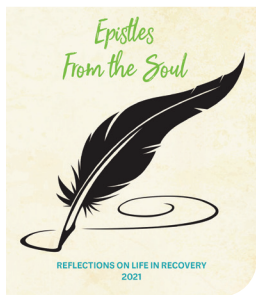
Trauma and mental health issues can render a person voiceless, literally and figuratively. People with substance use disorders sometimes abuse substances in order to find a voice, even if it is not their own.

Poetry allows people in recovery to find their voice.

Poetry, a form of expressive arts, involves the use of poems, narratives, and other spoken or written media to promote hope and healing. It gives people in recovery a healthier way to process and release feelings that they may have been unable to express previously due to the denial of their addiction. Using poetry as an outlet can lead to an emotional release and aid in their overall emotional health.

Poetry can help others in recovery, too.

When people in recovery share their writing and hear the supportive words of their peers, they begin to understand that their experiences and feelings are common to others in the group and feel less alone. Because of this fellowship, each person is able to draw strength and inspiration from the one another.



Using poetry as part of the process.

Poetry is an important component of the IBH Addiction Recovery Expressive Arts Program. During weekly hour-long sessions, Client Educator Kristin Dowling presents poems created by past clients. The class then selects a prompt like "I am...", "Addiction is...", or "Recovery is..." and collaborates to craft a poem

within a safe, non-judgmental environment. Once the group poem is complete, clients are encouraged to explore their own written expressions and associated emotional responses, which they can share or keep private.

"We use poetry as a form of self expression and relaxation," says Dowling. "For many, emotions are really hard to put into words, so using metaphors or art can be more helpful."

The program initially partnered with the Kent State University Wick Poetry Center, whose goal is to promote educational and artistic opportunities for emerging and established poets. Due to COVID-19 pandemic restrictions, however, Dowling has relied on the center's prompts to help guide the poetry sessions on her own. Original class works have culminated into a poetry book that is published annually and available for purchase.

"The Poetry Book is a tool we can use to share with our campus and the community what addiction and recovery is like," says Dowling, "No experience is required to write poetry and, oftentimes, the clients are surprised with themselves."

To learn more about the IBH Addiction Recovery Expressive Arts Program, contact John Zarski at 330.644.4095.

TAKE NOTE

IBH Addiction Recovery Honored with Greater Akron Chamber "Grit Award"



GREATER AKRON CHAMBER

IBH Addiction Recovery has been selected as one of the recipients of the **Greater Akron Chamber's Grit Award**. Awarded annually by the Greater Akron Chamber, the Grit Awards celebrate local

businesses that are advancing the Greater Akron region by driving innovation in their business and industry, adjusting to significant change, and helping others succeed and live better lives. Thank you to the Greater Akron Chamber for recognizing the important work our staff has performed over this past year.

New Chief Clinical Officer Named



We are pleased to announce that **Meredith Myers** has been promoted from her position as clinical site director to chief clinical officer. This move aligns with IBH Addiction Recovery's strategic objectives which include the expansion of our continuum of care. In her new

role, Meredith will be responsible for leading the multi-disciplinary clinical team and developing treatment strategies. Please join us in congratulating Meredith.

Firestone Park Facility Progressing



The remodel of IBH Addiction Recovery's facility in Firestone Park is progressing and is slated to open in 2021. When completed, the building will house some of our **Outpatient Program** and **Aftercare Program** offices, workspaces, and meeting rooms. It will also serve as the epicenter of our REACH Project.

Join The Conversation

Follow IBH Addiction Recovery Center on Facebook, Instagram, LinkedIn, and Twitter



Know + Tell

50th Anniversary Gala Rescheduled Date September 30, 2021

IBH Addiction Recovery will be hosting a 50th Anniversary Gala on Thursday, September 30, 2021, from 6:00 to 9:00 p.m. at the John S. Knight Center in Akron, Ohio. Timothy and Aleta Killian and Dan and Sherida Pohl are honorary event co-chairs. Trustee Glenda Buchanan is the event chair, and local celebrity Robin Swoboda will serve as the gala's emcee.

Event tickets and sponsorship opportunities are available online at ibh.org/50th-anniversary-gala.

Exiting the Pandemic

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However, one of the biggest lessons learned has been an appreciation for the value of human interaction. "Whether it be client-to-staff or staff-to-staff, it's been a tough year to maintain that sense of belonging," says Wyllly. "That connection is so important to recovery, and it's so important in a work environment."

"I can't express enough my appreciation to the IBH Addiction Recovery staff and leadership team. They have worked tirelessly over the past year-plus to keep services available to people who were facing a disease that was much more deadly to them than COVID," continues Wyllly. "The amount of work that went into ensuring not only client safety and client access to care, but also making certain that our staff was taken care of, was an incredible task. Our staff and leadership team really did a remarkable job."

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