

# Hope. Heal. Recover.

A Quarterly Newsletter for  
IBH Addiction Recovery

SUMMER 2022

## CARF Accreditation Underscores Quality

### International recognition for our commitment to excellence

IBH Addiction Recovery recently received a three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF accreditation is recognized as a demonstration of accountability and conformance to internationally accepted standards that promote excellence.

Conformance to quality standards is a way to identify areas for improvement and growth and help a service provider. These standards have been widely accepted as a roadmap for quality practices, especially with rapid health and human services changes.

The accreditation process applies CARF's internationally recognized standards during a site survey conducted by peer surveyors. Based on the survey results, CARF prepares a written report of the provider's strengths and areas for improvement. If a provider has sufficiently demonstrated its conformance to the standards, it earns CARF accreditation.

**The CARF report created for IBH Addiction Recovery included a list of strengths observed during the review process. To paraphrase the report, IBH Addiction Recovery's notable strengths included:**

- All IBH Addiction Recovery programs provided are carefully designed to enhance the quality of life and improve the well-being of all clients. In addition, the services offered reflect the community's needs, ensuring strong collaboration and partnership and enhancing service quality.
- All clients were very positive about the programs and reported that they were treated with respect. In addition, clients could articulate their treatment goals and indicated that staff members cared about them and were willing to go above and beyond to ensure their needs were met.
- A robust and integrated culture of recovery and wellness is exhibited throughout all programs. Clients expressed that staff members are caring, committed, dedicated, persevering, resourceful, and the best.

"At IBH, we put an emphasis on working with clients to design a treatment plan that works for them," says Gayle Stickle, director of quality planning & management. "The CARF report affirms that our clients feel heard and recognize the extra effort we take to ensure they have what is needed to recover. That validation is encouraging."

Founded in 1966, CARF International is an independent, nonprofit health and human services accreditor. Currently, it accredits more than 60,000 programs and services at 28,000-plus locations. CARF accreditation has been the benchmark of quality health and human services for over 50 years.

"The CARF accreditation is independent verification that the continuum of care we have developed provides effective drug and alcohol addiction treatment to our clients," says IBH Addiction Recovery Executive Director Jonathan Wylly. "Having a nationally recognized authority affirm the quality of IBH Addiction Recovery's programs and services, and the dedication of our staff, reinforces our belief in the work we do."



# A New School of Thought

## Collaborating with Middle School College & Career Academies



**“We see this partnership as an opportunity to educate youth about the disease of addiction while introducing them to a potential career path.”**

In 2018, Akron Public Schools transitioned its high schools to the College and Career Academies of Akron. Within this new structure, students explore potential careers and receive hands-on experiences with support from a broad range of business partners. And now, Akron Public Schools has collaborated with organizations like the Akron Community Foundation and IBH Addiction Recovery to transform learning in middle schools.

Middle School Academies at Akron Public Schools is providing students from grades six through eight with thematic learning opportunities through engagements with non-profit and philanthropic partners. Students will work in teams at different grade levels to research community-based problems and offer solutions by participating in service-based learning.

IBH Addiction Recovery initially became involved with the program through the Akron Community Foundation. After a thorough pairing process, IBH Addiction Recovery was matched with the National Inventors Hall of Fame® School and Center for STEM Learning (NIHF-STEM Middle School). The NIHF-STEM Middle School is recognized as a leader in STEM education and focuses on experiential middle school instruction and collaborative projects with

community partners.

“IBH Addiction Recovery is proud to be part of such an innovative program that offers many benefits to the community and our organization,” says Chief Development and Communications Officer Jess Rist. “In addition to increasing community engagement, there’s a huge workforce shortage in behavioral healthcare right now. This program is a potential long-term solution. If children are learning about behavioral health career paths at a young age they may be more likely to go to school for these types of positions.”

IBH Addiction Recovery collaborates with academy teachers, also known as “coaches,” to design opportunities for students so they can learn first-hand what working in addiction treatment is like. For example, one of the first exploration events at the sixth-grade level focuses on art therapy. Students will work directly with IBH Addiction Recovery client educators to explore how art therapy is used to help clients express themselves.

NIHF-STEM Middle School seventh-grade students will be provided with a volunteer opportunity. They will assist IBH Addiction Recovery staff in activities that help clients celebrate the holidays while away from their families and friends. This volunteer event will

include gift-wrapping and making holiday cards for all IBH Addiction Recovery clients on campus.

According to Rist, there are also plans for NIHF-STEM Middle School eighth graders to work alongside academy coaches and non-profits to explore an inquiry-based learning problem. This coming year, IBH Addiction Recovery staff members have the opportunity to be career speakers, act as teachers for a day at the NIHF-STEM Middle School, and serve on the academy’s advisory board.

“We see this partnership as an opportunity to educate youth about the disease of addiction while introducing them to a potential career path,” says Rist.



**Experiential learning is an opportunity for learners to apply what they’ve been taught to solve real-world challenges.**

# Day Treatment

## An intensive treatment program that offers flexibility

Day treatment, also known as partial hospitalization (PHP), is a short-term, outpatient approach to drug and alcohol addiction treatment.

Day treatment clients live at home or in recovery housing while commuting to IBH Addiction Recovery for 20 hours of programming or treatment services each week. Day treatment is less intensive than inpatient or residential programs but offers the highest level of outpatient care available.

“Day treatment is a true transition period in treatment,” says Chief Clinical Officer Meredith Myers, LPCC-S, CDCA. “It’s a great way to move from residential treatment back to life and the community.”

Through day treatment, clients receive group and individual counseling with an emphasis on applying what they learn in treatment sessions to real-world environments. This allows them to improve social and interpersonal relationships while resuming their academic and/or professional lives.

According to Myers, day treatment helps clients feel more confident and safer when going back to “real life.” “They know they will face many initial challenges, triggers, and temptations, but they will also have the support, accountability, and encouragement of peers, counselors, and IBH staff to see them through,” she explains. “Loved ones also feel less alone knowing that IBH is here to offer consistent support.”

Educational programming, case management, and peer support services continue to be available to day treatment clients so that they may gain knowledge and make the necessary connections to live a life of sobriety.

“Day treatment offers the best of both worlds,” says Myers. “A person can feel supported and continue to learn and heal in comprehensive treatment, yet return to their outside life more fully.”

### MEET OUR STAFF • Brittney Dye



“I absolutely love being able to go above and beyond for any client that I can and ... lift them up and encourage them.”

As a financial intake specialist and peer supporter, Brittney Dye may only see clients for a short period of time, but she knows that even a small act of kindness can go a long way. “I’ve been in their shoes so even a five minute interaction with someone being kind and compassionate makes a huge difference,” says Dye.

Brittney is responsible for meeting with clients to gather all insurance and financial information to ensure a smooth transition into treatment. And as a Peer Supporter, Brittney assists clients in creating goals for recovery, supports them in their treatment, and models effective coping techniques.

# TAKE NOTE

## National Overdose Awareness Day

August 31 was National Overdose Awareness Day. It was an opportunity to reflect and take action. IBH Addiction Recovery has initiated an extensive education component to our treatment programs to prevent and reduce drug and alcohol-related harm. Understanding the disease of addiction is a means to prevent overdoses and helps to remove the stigma around the disease.

To raise awareness, IBH REACH Program Director Mark Salchak took part in an Overdose Awareness press conference carried live on Facebook. Salchak shared how aftercare is a vital component to overdose prevention and ongoing recovery.



## Barberton Community Foundation Grant Received

IBH Addiction Recovery has been awarded a \$7,500 Barberton Community Foundation grant to implement its Recovery Counseling Project, a program intended to help individuals create personal recovery programs to gain skills for a lifetime of sobriety.

The grant will fund group and individual counseling for clients along the IBH Addiction Recovery continuum of care, which includes residential, day, intensive outpatient, and outpatient treatment programs.



## Growing Opportunities

The IBH Addiction Recovery residential team recently started a “Campus Beautification” pilot project for the residential clients. Clients had the opportunity to plant flowers and assist in landscaping on campus.

Residential Supervisor Christine said “This has been very therapeutic in aiding in their recovery.”

## Join The Conversation

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



### Firestone Park Outpatient and Aftercare Facility Takes Center Stage

IBH Addiction Recovery’s Firestone Park Outpatient and Aftercare Facility has been busy for the past several months. The facility hosted the City of Akron Ward 7 council meeting in July. Councilman Donnie Kammer and Councilwoman Christine Wiedie Higham led the discussion. Judge Jon Oldham and Ohio State Representative Tavia Galonski also attended.

On August 31, the facility welcomed local elected officials for a meet-and-greet. They were introduced to the various drug and alcohol addiction treatment programs and services IBH Addiction Recovery offers.

Finally, our doors were opened to the community on September 14 for our annual Coming Together celebration. Tours of the facility, fun activities, and food trucks were available for our visitors to enjoy. The evening concluded with an AI-Anon meeting.

The Firestone Park Outpatient and Aftercare Facility was designed for the community to come together for many purposes. The recent events are that vision coming to fruition.



City of Akron Ward 7 Councilman Donnie Kammer (left) and Summit County Council Member Christine Wiedie Higham (Center) are welcomed by IBH Addiction Recovery Executive Director Jonathan Wylly.

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