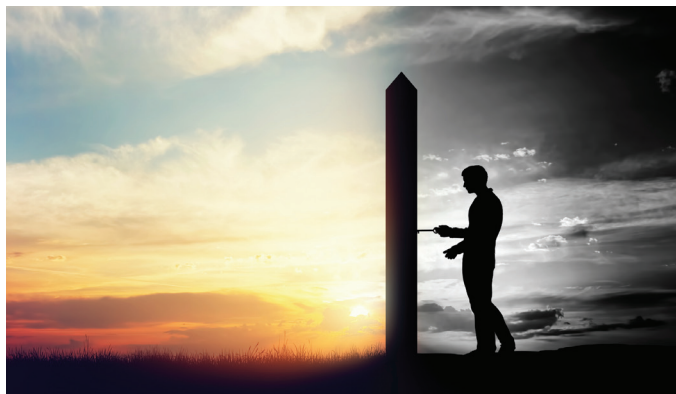


Transitioning Back Into the Community

New Day Treatment Program Furthers Continuum of Care



In the spring of 2020, IBH Addiction Recovery Center launched our Day Treatment Program, designed to fill in the gap between residential and outpatient treatments as part of our true continuum of care.

Based on the partial hospitalization model, the Day Treatment Program allows clients to reside at home or in their recovery housing and commute to IBH Addiction Recovery Center for some 20 hours of programming or treatment services a week. More structured than the Intensive Outpatient Program, the Day Treatment Program offers the same comprehensive treatment as Residential, our highest level of care, without the overnight stay at our facility.

Day Treatment Program clients, for example, continue to receive individual and group counseling. However, group therapy is now more focused on applying skills in real life. The Center also provides educational programming and case management to help Day Treatment Program clients connect to valuable resources and knowledge needed in the future. Beyond the pandemic, Day Treatment Program clients will also be encouraged to participate in off-campus volunteer opportunities, like the IBH Addiction Recovery Center REACH Project, as well as sober leisure time activities, such as a hike meditation.

ENTRANCE INTO THE PROGRAM

IBH Addiction Recovery Center's Day Treatment Program is not limited to our own residential treatment clients. Many actually enter on their own or are referred by another agency or treatment provider. All participants, though, have had some time sober. They have learned coping skills, as well as have a sponsor and an active sober support network. All Day Treatment Program clients have shown, in different ways, that they're committed and motivated. They just need the

opportunity to apply the skills they've learned, to continue being sober outside of IBH Addiction Recovery Center.

PROGRAM DEVELOPMENT

According to Clinical Director Meredith Myers, LPCC-S, CDCA, the Day Treatment Program began due to the industry's Behavioral Health redesign. This initiative encouraged and prompted providers to offer a more comprehensive array of services. By closing the gap between residential and outpatient treatment with a Day Treatment Program, providers can better ensure an appropriate level of treatment for each level of risk client. "IBH has a long history and is well known for residential treatment," explains Myers, "but our leadership and staff recognize that to better serve our clients, we need to support them further and longer through their recovery journey."

EFFECTS OF THE PANDEMIC

COVID-19 has slowed many things this year, yet it has had an opposite effect on the Day Treatment Program launch. "Recognizing that the isolation associated with COVID can be a real danger for people with substance use issues, we started the program a month early."

However, due to the pandemic, the Day Treatment Program has not been able to run completely as planned. In fact, the Day Treatment Program temporarily requires clients to live on campus to reduce exposure to the virus. "Currently, Day Treatment Program clients don't have as much freedom as they will in the future, but they still have the ability to earn more privileges than our residential clients. Being a lower risk population, they're able to take on that responsibility, as long as local health department safety guidelines are followed."

A TIME OF TRANSITION

The Day Treatment Program aims to help IBH Addiction Recovery Center clients transition back into the community in a very gradual, safe, and comfortable way. "Being in residential treatment, our clients are in a very safe, protective bubble," says Myers. "But at some point, they need to challenge themselves and start to move toward living life in a more responsible, healthy way." She shares that this can be scary for many people – going straight from residential care to home seems like such a jump. Clients are grateful to now have the Day Treatment Program in between. It's an opportunity to become more acclimated.

"As a recovery center, we are helping our clients learn how to live sober. The Day Treatment Program gives them a lot of opportunities to pilot that."

Using Evidence to Achieve Successful Outcomes

Our Journey to Become an Evidence-Based Organization

IBH Addiction Recovery Center has begun the process of becoming an Evidence-Based Organization (EBO). Being evidence-based means that organizational policies, programs, and practices are backed by scientific evidence. That evidence supports the organization's effectiveness in solving problems, meeting goals and objectives, and assisting clients with achieving behavioral success.

"The elements of the evidenced-based practices were already in our strategic planning priorities," says IBH Addiction Recovery Center's Director of Quality and Performance Improvement Gayle Stickley. "When approached by the Summit County ADM board to participate in its pilot program, we recognized the natural fit this would be for our agency."

Although many contemporary agencies and organizations have sought to become more evidence-based, the approach is not as simple as adopting a curriculum, strategy, or service supported by scientific research findings. Instead, the process presents ongoing learning cycles, understanding, implementation, evaluation, and adjustment that must become ingrained in organizational culture.

To reach this level of EBO functioning and effectiveness, IBH Addiction Recovery Center partnered with Joyfields Institute for Professional Development – the world's leading company for evidence-based and strength-centered programs. The Joyfields Institute defined five key areas within its EBO development program for the Center to build capacity around:

- Knowledge and use of evidence-based policies, programs, and practices
- Demonstrating of effective leadership
- Organizational culture and assessment
- Strategic planning, performance measurement, and program evaluation
- Organizational capacity and sustainability

"While our traditional residential treatment remains effective, we recognize the need to provide individual clients services throughout the continuum of care," says Stickley. "Being an evidenced-based provider allows us to focus on the needs of the individual client, which can differ from one to another and thereby influence how clients achieve success within their treatment plan."

Initial training sessions with the Joyfields Institute began in July 2020 with evidence-based practitioner training,



**BEING AN EVIDENCED-BASED PROVIDER
ALLOWS US TO FOCUS ON THE NEEDS OF
THE INDIVIDUAL CLIENT..."**

skills building, and coaching to build capacity for providing evidence-based direct client services. However, due to the COVID-19 pandemic, all training sessions have had to be completed remotely. Still, Stickley is confident that the Joyfields Institute has been proactive in providing additional tools and webinars to ensure the most comprehensive experience possible.

The Joyfields Institute's EBO training has allowed IBH Addiction Recovery Center to incorporate an evidenced-based (data-driven) decision model in all aspects of its business operations. "All IBH Addiction Recovery Center staff – from leadership and direct services teams to administrative and support staff – have had extensive training to understand how their contributions collectively influence the client's treatment experience," says Stickley.

By adding EBO certification to existing accreditations with the Commission on Accreditation of Rehabilitation Facilities (CARF) and the Ohio Department of Mental Health and Addiction Services (OhioMHAS), IBH Addiction Recovery Center is demonstrating a commitment to helping adults struggling with addiction throughout the continuum of care. That commitment is likely to encourage our collaborative community partners and inspire the persons who entrust us with their care.

"An EBO certification aligns with our mission and values," says Stickley, "in that we intentionally provide our clients with proven methods of programming and services for the best possible successful outcomes."

**IF YOU OR SOMEONE YOU KNOW NEEDS HELP WITH
A SUBSTANCE USE DISORDER,** contact
IBH Addiction Recovery Center at 330.644.4095
or visit ibh.org.

Surviving or Thriving

in the Midst of the COVID-19 Pandemic

The COVID-19 pandemic presents unique challenges for people with substance use disorders and in recovery. Some have become increasingly vulnerable, and their sadness, fear, anger, frustration and stress has led to relapse. Others have managed to focus on their own sense of agency and take control of their lives. Their need to act has even contributed to the well being of others. The following two stories help illustrate the pandemic's impact – both positive and negative – right here within our own IBH community.

SURVIVING AND NOW IN TREATMENT

Dana*, a U.S. military veteran and former client of IBH Addiction Recovery Center, had been sober for seven years prior to the pandemic. “With the help of IBH, I became very involved with AA and service work. I was actively employed and volunteered on various boards and committees. I was out in the community,” says Dana. “And then COVID hit.” Considered a non-essential worker, she began to work from home in March and attend online support meetings. Members of her family, however, were essential so she was often left alone.

“That was the toughest of times. I was trying to come up with anything and everything I could to stay connected,” shares Dana. “Online meetings are okay, but they aren’t the same as physically being with others. They don’t have that same energy. I don’t think any of us realized just how important human contact is before this.”



IF IT WASN'T FOR ... MY RELATIONSHIP WITH MY HIGHER POWER – AND A VERY SUPPORTIVE HUMAN NETWORK – I WOULDN'T HAVE HAD THE FAITH TO BELIEVE THAT THERE WAS A BETTER SOLUTION. THAT IT WOULD BE OKAY.”

Unable to do many traditional parts of her recovery, Dana felt isolated. She tried talking to people, but didn’t feel that she was really being heard. “Everyone was going through their own COVID experience. They didn’t have time to do that ‘extra’ that they would typically do, like offer to pick me up or join an online call together.” After a few months, she felt powerless to stop “the insanity.” And in early July, Dana made the decision to pick up again.

“It’s mind blowing. But, fortunately, I was able to quit,” she explains. “During my seven years in recovery, I built a relationship with my higher power. And, if it wasn’t for that relationship – and a very supportive human network – I wouldn’t have had the faith to believe that there was a better solution. That it would be okay.”

Dana is now in treatment and getting the support she needs to recover from her relapse. She is just one example of how COVID-19 can have different effects on different people.

THRIVING IN SPITE OF THE PANDEMIC

While maintaining recovery with so much disruption can be difficult, it is possible. Beth*, a member of the IBH Addiction Recovery Center REACH program, was initially concerned that she would no longer feel accountable while in isolation. “Before COVID, we had all these things set up to help us stay in recovery,” Beth explains. “But now that we weren’t physically going to meetings, we could get away with stuff. No one would know. And that worried me.”

Beth, a restaurant worker, also lost her job as a result of COVID-19. Without being busy at work or with meetings, she was concerned about just sitting around and thinking aimlessly. “Never being through something like this before is scary. And for people in recovery, even little things can make you feel insecure,” she says. “People at IBH, though, reached out immediately. Being able to attend their meetings twice a day, even remotely, was huge.”

During those meetings, Beth was reminded that she wasn’t alone – that her higher power was always with her and watching. “I realized that I am being held accountable, even if I’m not in the presence of another person. That made all the difference to me.”

Beth also is committed to staying positive and helping others through this difficult time. She’s seen a lot of people, even her own sponsor, “go back out” since COVID started. “I think one of the biggest challenges is to not get discouraged when you see others fall.” Rather than getting discouraged or resentful toward those who have relapsed, Beth is reaching out to see what they need. “Before COVID, I may have written these people off, partly for my own safety – in fear that they would try to take me back out with them,” she says. “But now, I have a new empathy. Helping others helps me.”

Surviving or thriving in the midst of the COVID-19 pandemic may come down to people in recovery having the ability to seek support, practice self-care, and not isolate themselves. That is why it is essential for IBH Addiction Recovery Center to continue providing support services and programs to the community during these uncertain times. By working together, we can – and will – manage whatever the pandemic may bring.

**Actual names withheld*

IF YOU OR SOMEONE YOU KNOW IS IN RECOVERY AND STRUGGLING WITH THE IMPACT OF COVID-19,

please reach out for support. You can contact IBH Addiction Recovery Admissions at 330.644.4095 or 866.815.0IBH, Monday through Friday, 8 a.m. to 4 p.m. If you need immediate assistance, please call the Count of Summit ADM Board 24/7 Crisis Hotline at 330.434.9144. All calls are confidential.



ADDICTION RECOVERY CENTER

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www.ibh.org



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



Know + Tell

Recovery is Beautiful Face Masks Send the Right Message

IBH Addiction Recovery Center received a special gift from the County of Summit ADM Board. Keeping our staff and clients safe while we continue to provide life-saving services is paramount, so we were so grateful when our partner agency delivered “Recovery is Beautiful” face masks and t-shirts for our staff.

Thank you!



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