

## Impact of COVID-19

### On Our Operations, Our Services, and, Most Importantly, Our Clients

As the public health crisis of addiction collides with the global pandemic of COVID-19, IBH Addiction Recovery Center is facing challenges unlike any other in our 50-year history. With strong leadership and creative solutions, however, we continue to keep our doors open and provide much-needed services to Northeast Ohio.

#### STATE OF PREPAREDNESS

As a residential provider of substance use disorder treatment, the IBH Addiction Recovery Center campus runs contrary to the principles of social distancing. To help ensure the safety of our residents, we have reduced our census to open up space and open up beds. The open beds are used as “isolation beds,” where staff can monitor new clients for their first 72 hours on campus. Other beds, or “sick bays,” are reserved for clients who exhibit symptoms consistent with coronavirus. “To date, we have not had any clients or staff exhibit symptoms to the point where we’ve needed to isolate them,” says Executive Director Jonathan Wylly. “We are following the appropriate public health protocols and advisories — from intensifying our screening process to sanitizing and encouraging social distancing.”



**We Are Always Here For You**

**Our doors are still open for those who need addiction recovery services.**

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#### INNOVATIVE THINKING

The COVID-19 outbreak also has compelled IBH Addiction Recovery Center to adapt to untraditional treatment methods. With fundamental events like group meetings, family and sponsor visitations, and off-campus activities suspended, our teams have embraced the opportunity to develop and implement new client care solutions. For example, the REACH Project, our after-care peer-support program, has orchestrated a variety of teleconference meetings. This type of support is crucial to those in recovery, especially since many AA and Al-Anon community meetings have been canceled. “Isolation is the enemy of recovery,” says Wylly. “It’s so important for us to be able to continue to get people to connect with one another.”



**OUR LEADERSHIP TEAM HAS FACED THIS CRISIS HEAD-ON BY ACTING QUICKLY AND PROFESSIONALLY TO ESTABLISH OUR READINESS.**



#### A CHANGE IN PRIORITIZATION

One of the more discerning challenges for IBH Addiction Recovery Center has been in regard to prioritizing our most vulnerable clients. The COVID-19 pandemic has caused us to be more cautious in our admittance process. Many of our most vulnerable have fragile medical conditions, such as heart infections, diminished lung capacities, or suppressed immune systems, making them more susceptible to the virus. “Our challenge is not to endanger these clients, while still addressing their addiction,” explains Wylly. “For the time being, we are working with the County Of Summit Alcohol, Drug Addiction & Mental Health Services Board and other network providers to connect them with the services they need in a more appropriate setting. An environment that can keep them and those around them safe.”

Even with all the challenges brought on by COVID-19, IBH Addiction Recovery Center has learned many valuable lessons. According to Wylly, the team had several care initiatives that have been accelerated as a result of this event. “We’ve learned that, when we put new services in place, they may need to evolve over time as we meet the challenge presented by COVID-19,” says Wylly. “We now know that we are capable of doing much more — in different ways — for our clients.”



# 50 Years of Saving Lives

## Home Sweet Home

The IBH Addiction Recovery Center is located on the same 70 acres of serene, rolling grounds near Portage Lakes as when it first opened back in 1970. Purchased from the Carmelite Monks, the property originally included a monastery, farmhouse, pole barn, and chicken coops. Over the years, the existing structures have been renovated and remodeled – and two new buildings added – all to meet the changing needs of the IBH Addiction Recovery Center’s staff and clients.

Today, the original monastery and chapel is now known as the Men’s Residence, while the white farmhouse, built in 1844, is home to Administration Offices. Two of the large chicken coops, from which the monks used to sell eggs, were converted into Women’s Residences in the early 1980s. The pole barn was transformed into a building that was leased out to other organizations, such as Community Support Services and The Village Network, over the years. More recently, the former pole barn has been used as an expansion of the Men’s Residence.

The two newer structures include a Therapy Center and Education Center. The Therapy Center, built in the mid-1980s, houses counseling services, an auditorium for in-service programs and office space. The Education Center, the newest building, includes a full-size gym complete with elliptical equipment, treadmills, stationary bikes, and weight machines.

“With the opioid epidemic, there are many more young people here than we used to see,” says Rick Bechter, Residential

Services Director, “and that brought a lot of new and different behaviors. These young guys have a ton of energy and we had to find positive ways to help them burn it off. Things like a gym became much more important.”

Even more impressive than the facilities, however, is the property’s open green space with walking paths, a pond, picnic tables, pavilions, and even a garden. It’s a campus that has been designed to give clients plenty of space to feel relieved from outside pressures and reflect.

“My favorite spot is the spring-fed farmer’s pond out front,” shares Bechter. “The water is relaxing. It’s just a quiet, peaceful area with all the trees around. It feels like home.”

**FOR MORE INFORMATION ON IBH ADDICTION RECOVERY CENTER** and the services we offer, contact us at 330.644.4095 or visit our website at [www.ibh.org](http://www.ibh.org).

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# Providing a Spiritual Path to Healing

Spiritual Care Provider Reverend Melody Ruffin Ward

Many of the clients who walk through the doors of IBH Addiction Recovery Center arrive overwhelmed by a sense of anxiety, frustration, remorse, guilt, and shame. They've lost their way, all hope, and their spirit is broken. But by helping these clients start to build connections with their spirituality, IBH Addiction Recovery Center can bolster their belief that a life-long recovery is possible.

"Spirituality is the active process of having purpose and meaning in your life," explains Melody Ruffin Ward, M.Div, a spiritual care facilitator at IBH Addiction Recovery Center. "Spiritual beliefs include a relationship with something beyond ourselves. For me, it's related to an existential perspective of life and who we are as human beings."

Ward joined IBH Addiction Recovery Center in 2016 as one of three spiritual care facilitators. Over the years, she has evolved by submerging herself in the community, getting to know her clients more deeply, and expanding her knowledge of addiction and recovery. As a newly ordained minister of the United Church of Christ, she feels that her professional growth as a clergy person has made her better able to provide spiritual care for IBH Addiction Recovery Center clients.

Surprisingly, Ward's work in theology and ministry is a second career. Initially trained as a modern dancer, performer, and teaching artist, she later served as a professor of dance and performance studies for 23 years. When Ward finally retired, she welcomed the opportunity to immerse herself in theological studies – something she had wanted to do since she was a teen. "I knew that theology would be a natural fit for me," says Ward. "I just didn't know when it would come. But it finally did."

"Chaplain Melody," as she is known at IBH Addiction Recovery Center, facilitates three theme-based interfaith chapel services a week. A historical part of the organization's spiritual component, these services allow clients to be involved in their personal spiritual development. Ward also conducts individual spiritual care visits with clients, which consist of one-on-one confidential counseling sessions to help clients continue to move forward on their unique spiritual path.

Ward also utilizes her dance background to teach a movement for healing class one hour a week for female clients. Titled "The Body as a Narrative Tool," it promotes creative expressions using the body and specific spatial and movement concepts. "Our clients spend a lot of time talking," explains Ward. "This is one hour of the day that they can work internally. It's another opportunity for them to get comfortable with themselves."

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**SPIRITUALITY IS THE ACTIVE PROCESS OF HAVING PURPOSE AND MEANING IN YOUR LIFE.**

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REVEREND MELODY RUFFIN WARD

Ward tries to inspire her clients daily by using the language of Alcoholics Anonymous and the concept of leading by the power of example. "I try to remind our clients daily that they matter – that they are enough," says Ward. "That is such a good daily exercise for all of us — not just to build spirituality, but to build a stronger sense of ourselves."

**FOR MORE INFORMATION ON SPIRITUAL CARE** and additional services offered at IBH Addiction Recovery Center, contact us at 330.644.4095 or visit [www.ibh.org](http://www.ibh.org).



**34th Annual  
Golf Outing  
Postponed Until  
Summer 2021**

**GOLF FOR GOOD**

**An Alternative Golf Event / Aug. 3, 2020**

**Golf for Good** is an alternative golf event to support IBH Addiction Recovery Center and the REACH Project, our aftercare program, at Silver Lake Country Club on Monday, August 3, 2020. **Complete details are forthcoming and will be shared via email, social media, and on [www.ibh.org](http://www.ibh.org).**



ADDICTION RECOVERY CENTER

3445 S. Main Street  
Akron, Ohio 44319

330-644-4095  
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# Support IBH Addiction Recovery Center

## CARES ACT Provides Charitable Giving Incentive

The recently passed CARES (Coronavirus Aid, Relief, and Economic Security) Act creates a new above-the-line deduction (universal or non-itemizer deduction that applies to all taxpayers) for total charitable contributions of up to \$300. The incentive applies to cash contributions made in 2020 and can be claimed on tax forms next year. The law also lifts the existing cap on annual contributions for those who itemize, raising it from 60 percent of adjusted gross income to 100

percent. For corporations, the law raises the annual limit from 10 percent to 25 percent.

If you would like to support IBH Addiction Recovery Center during the Covid-19 pandemic, you can either return the enclosed remittance envelope, make your donation online at [www.ibh.org/giving](http://www.ibh.org/giving), or contact our Development Director Joann Magestro by email at [joannm@ibh.org](mailto:joannm@ibh.org).

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