

September Is National Recovery Month IBH Addiction Recovery Center is OPEN and Ready to HELP

National Recovery Month held every September, is a national observance to educate Americans on how substance use treatment and mental health services can enable those with a mental and substance use disorders to live a healthy and rewarding lives.

National Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of services providers (such as IBH Addiction Recovery Center), and community members across the nation who make recovery in all its forms possible. "National Recovery Month is important because it emphasizes the fact that a substance use disorder is a lifelong disease," says Executive Director Jonathan Wylly. "A disease that requires skill and continual practice to overcome."

IBH Addiction Recovery Center Is One Of Safest Places For Residential Treatment

Since the onset of the pandemic, we have experienced a significant decrease in our 'census' (client numbers). Part of the lower census is by design to keep client numbers down, which allows for proper distancing and open beds for clients who get sick or need quarantined. However, it is also a result of people with substance use disorders feeling apprehensive about receiving residential treatment in a congregate living setting. "The reality is that IBH Addiction Recovery Center continues to be one of the safest places for people to not only address their addiction, but also avoid exposure to COVID-19," explains Wylly, "because we have implemented safety measures from the Ohio Department of Health guidelines."

Expansion of Treatment Services

To help increase the census while expanding to meet the needs of more people in the community, IBH Addiction Recovery Center is working toward further diversifying treatment services.

“THE REALITY IS THAT IBH ADDICTION RECOVERY CENTER CONTINUES TO BE ONE OF THE SAFEST PLACES FOR PEOPLE TO NOT ONLY ADDRESS THEIR ADDICTION, BUT ALSO AVOID EXPOSURE TO COVID-19.”

While residential treatment remains a primary focus, we recently introduced our Partial Hospitalization Program (PHP) and Outpatient Services, including Intensive Outpatient Services (IOP). With these additional treatment programs in place and others in development, IBH Addiction Recovery Center is making a substantial investment in building a true Continuum of Care – one that will assist people at every point along their journey to long-term recovery.

IBH Addiction Recovery Center is committed to fulfilling our mission of offering persons afflicted with alcohol and drug addiction the opportunity to restore hope and gain skills for a lifetime of sobriety – even when challenged by the financial impact of the current pandemic.

This year more than ever, IBH Addiction Recovery Center is relying on the generosity of our donors to help us continue to provide the most effective regional care in the fight against both alcohol and drug addiction, including the ongoing opiate epidemic.

SUPPORT IBH ADDICTION RECOVERY CENTER Contact Director of Development Joann Magestro at 330.644.4095, ext. 306 or joannm@ibh.org, or visit ibh.org/giving.

We are here for you.

IBH Addiction Recovery Center is OPEN
and all services are available.

- Residential Treatment • Partial Hospitalization Program (PHP)
- Outpatient Services • Aftercare Services

LEARN MORE

A Complete Continuum of Care

New Outpatient Program Provides Support From A Trusted Partner



Pictured above is our Outpatient Services staff (L-R) Marcia Flowers, Galen Sievert, and Laura Kidd

IBH Addiction Recovery Center is one of the few providers of addiction recovery services in Summit County to offer a full Continuum of Care. “Outpatient Services provides that extra support that our residential clients can utilize to access other phases of our treatment services,” explains Outpatient Clinical Director Laura M. Kidd, LPCC-S, LICDC-CS. “Clients can now continue aftercare treatment with a trusted community partner — IBH.”

The addition of the Outpatient Program also allows new clients to enter IBH Addiction Recovery Center at virtually any point in the recovery process based on their individual needs. “When people reach out to IBH, they traditionally think they will get ‘residential care,’ because that’s what we’re known for 50 years,” continues Kidd. “But now we’re able to provide a thorough assessment and provide the very best care for them at every level.”

The Outpatient Program includes three components: **Outpatient Services** that include assessment, individual counseling, group counseling, and case management; an **Intensive Outpatient Program (IOP)**; and the **REACH Project**. Outpatient Services provides access to treatment and

supports clients need for recovery while still allowing them to attend a school or work a job. IOP is a higher level of care and consists of at least nine hours of services per week. The REACH Project provides organized post-treatment activities that reinforce values learned during residential treatment, a strong sense of community, increased self-esteem, and foster safe friendships. REACH stands for Recovery, Education, Accountability, Community, and Hope.

“As a former a clinician, I have always enjoyed helping people and seeing the miracles of recovery,” says Kidd. “That’s really what drives what I do as a program director. I want to find ways to help as many people as I can on the journey to recovery.”

IBH Addiction Recovery Center welcomed Kidd as our outpatient clinical director in November 2019. In addition to a master’s degree in community counseling and a bachelor’s degree in psychology, she has more than 20 years of experience in the behavioral healthcare field providing direct services, program development, clinical supervision, and management. “I actually started my career in addiction as a counseling intern at IBH,” she adds. “I knew that having an understanding of addiction treatment was important to being an effective counselor.”

Kidd holds dual licenses as a professional clinical counselor (LPCC-S) and an independent chemical dependency counselor (LICDC-CS). She is also a board of trustee member of the Tarry House, Inc. and a part-time instructor at The University of Akron. “I feel that returning to IBH was coming ‘full circle’ for me. I am able to use my skills and experience in program development to help take IBH to a whole new level of care.”

Joining Kidd in the Outpatient Program are Outpatient Counselor Galen W Sievert, PCC-S, LICDC-CS, NCC, SAP, CCTP, and Case Manager Marcia Flowers, CDCA.

Sievert holds a Master of Science degree from The University of Akron and a Bachelor of Arts in Psychology from San Diego State University. He also maintains several licenses and credentials for a host of counseling disciplines associated with substance use disorder and trauma.

Flowers has been with IBH Addiction Recovery Center since January 2015. She began as a residential supervisor before taking the outpatient case manager position. Flowers has her CDCA and is working towards a licensed social worker (LSW) license.

With such a talented and committed staff, IBH Addiction Recovery Center’s Outpatient Program is well positioned to deliver the critical services that help save lives.

IBH Addiction Recovery Center’s Continuum of Care

▶ **Residential Treatment Services**
for men and women

▶ **Partial Hospitalization Program**
PHP

▶ **Outpatient Services**
including Intensive Outpatient Services

▶ **Aftercare Services**
The REACH Project

Celebrating IBH's "Healthcare Heroes"

Saving Lives During the COVID-19 Pandemic

Since the beginning of this pandemic, the staff at IBH Addiction Recovery Center — from the nurses, counselors, and residential supervisors to educators, maintenance, and kitchen personnel — have all shared one common goal. "All of our healthcare workers are committed to ensuring that our clients remain healthy, safe, and protected while in residential treatment," says Elizabeth Langford, Health Services Director. "We want our clients to be able to focus on why they are here, which is to get treatment and be able to feel secure."

Achieving that goal hasn't been without its challenges, primarily regarding personal protective equipment (PPE). Initially, to help meet the PPE shortage, IBH Addiction Recovery Center relied on the support of the community who generously donated handmade masks to staff members. But it just wasn't the community who came together to help — a member of the nursing staff voluntarily researched how to make face shields. IBH Addiction Recovery Center purchased the supplies, and then several of the nurses, over a couple of days, made enough face shields for every staff member with direct client contact. The staff also reached out to external sources to get gowns donated, and counselors and educators got creative on how to maintain social distancing within group settings, including telehealth services.

"Our staff has been thinking outside the box to help each other so that our clients continue to get the services and support that they need."

Through all the uncertainties surrounding COVID-19, and the anxiety that it can bring, these "Healthcare Heroes" at IBH Addiction Recovery Center have remained calm so that clients

can stay calm. According to Langford, much of this success has been a result of education and clear communication. IBH Addiction Recovery Center has been resilient in ensuring that staff get the most accurate information possible. As a result, employees feel more comfortable and confident. In fact, many employees have taken on additional shifts and are working longer hours.

"Our staff has accepted that what we do here is too important, even during a pandemic. We're responsibly providing care and treatment to these clients so that they can go on to a life of recovery and be successful."

Thank you to all of our "Healthcare Heroes!"

Thank You Akron Community Foundation For Your Support



IBH Addiction Recovery Center was granted \$5,000 (the maximum amount allotted) from the Community Response Fund for Nonprofits of Akron Community Foundation.

The grant was intended to support non-profits during the COVID-19 pandemic. The funds were used to set up IBH Addiction Recovery Center's telehealth services and to purchase personal protective equipment (PPE). **Thank you, Akron Community Foundation, for your support!**



Mark Booker RN, Rachel Nation RN, Jessie Rivera RN, and Nicole Kavali RN are pictured wearing masks that were handmade by Akron Maker Space and donated to IBH Addiction Recovery Center for staff and clients.



ADDICTION RECOVERY CENTER

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IBH Addiction Recovery Center



Thursday, September 30, 2021

6:00-9:00 P.M.

John S. Knight Center · Akron, Ohio

Change the Date 50th Anniversary Gala Rescheduled for September 30, 2021

Due to the coronavirus pandemic, IBH Addiction Recovery Center's 50th Anniversary Gala has been rescheduled for Thursday, September 30, 2021. The event will be held between 6:00 - 9:00 P.M. at the John S. Knight Center in Akron. Timothy & Aleta Killian and Dan & Sherida Pohl are serving as Honorary Co-Chairs.

For more information contact Joann Magestro, Director of Development, at joannm@ibh.org or 330-644-4095, ext. 306. **Sponsorships and tickets are available online at www.ibh.org/50th-anniversary-gala/**

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