

Hope. Heal. Recover.

A Quarterly Newsletter for
IBH Addiction Recovery

FALL 2021



IBH Addiction Recovery Senior Housing Manager Paula Roberts (center) outside the new men's recovery house with staff members Tony Mann (left) and Karen Griffin (right).

Recovery Housing A Safe and Supportive Environment On the Pathway Towards Recovery

In August 2021, IBH Addiction Recovery opened its premier men's recovery house - a vital component of the continuum of care for people with substance use disorders. "Once someone completes a 30-day residential program, going right back into the community can be quite overwhelming," says Senior Housing Manager Paula Roberts. "Recovery housing provides an opportunity to step down to a lower level of care, while still getting treatment on an outpatient level and living in an environment that's sober and staffed."

To be eligible for men's recovery housing at IBH Addiction Recovery, applicants must be a resident of Summit County, 30-days sober, and an active participant in an outpatient program. The type of outpatient program can vary from a partial hospitalization program (PHP) or intensive outpatient program (IOP) to meeting with a counselor a few days a week, depending on where the person is within his or her recovery journey. However, all recovery housing residents have meeting requirements to fulfill each week. "Residents map out a weekly recovery plan that they review with a peer supporter at the end of the week to see how they're progressing, if they're running into any roadblocks, and how we can help," explains Roberts.

Peer supporters are staff that work in the IBH Addiction Recovery house. They have lived through similar experiences and are available to offer support and guidance to help residents become independent. "Recovery housing provides the resources and tools needed to overcome the roadblocks many run into that would keep them from being clean and sober," continues Roberts. "We provide support

“Our goal is to get our recovery housing residents back on their feet with a firm foundation.”

while they're here, so they can focus on themselves and what the next steps are to get back to the community." Some of the many services offered include transportation to meetings and a partnership with a local laundry service that offers employment.

With 21 beds, the on-campus facility itself includes nine shared bedrooms and a shared bathroom, as well as a living room, laundry area, workout space, and kitchen. While staffed 24/7, residents still must cook and clean for themselves, including doing their own laundry. Residents also govern the house with an elected chairperson, co-chairperson, secretary and treasurer who meet weekly to discuss issues, fundraising ideas, and social events. "They've formed their own community and have really started growing and evolving on their own. It's like a brotherhood over there."

While recovery housing residents are not required to be former IBH Addiction Recovery residential clients, many coming out of the residential program have applied for housing. "These are people we've had a connection with since they first got here and as they have traveled through the treatment process," says Roberts. "We've gotten to know them, and they know us, so this is really just further building that community bond within our IBH family."

"Our goal is to get our recovery housing residents back on their feet with a firm foundation. So, when they finally do move out on their own, they feel like they can do it. They have the tools they need to be successful."

Peer Support Services

The Value of Lived Experience and Practical Guidance



“Peer support is now available at every point on the continuum of care, whether a client is in residential treatment or participating in an outpatient program.”

Drug and alcohol addiction treatment is a very personal and emotional experience. Often the support of one’s peers — those in recovery themselves — can have a considerable impact. Peer support has long been a critical component of IBH Addiction Recovery’s treatment approach but only recently became a designated billable service through Medicaid.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), the interaction between a peer support worker and a person in or seeking recovery promotes connection and inspires hope. It offers a level of acceptance, understanding, and validation not found in many other professional relationships. By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building fulfilling, self-determined lives for themselves.

“Peer support is not a new thing here at IBH Addiction Recovery. But it has now been formally added to our continuum of care,” explains Outpatient and Admissions Director Laura Kidd, LPCC-S, LICDC-CS. “As a result, peer support is now available at every point

on the continuum of care, whether a client is in residential treatment or participating in a partial hospitalization IOP or outpatient program.”

Peer support is a voluntary service at IBH Addiction Recovery. If clients are interested, a certified peer supporter can assist them with a wide range of activities, such as:

- Identifying community support groups and activities
- Providing linkage to medical services and other community organizations
- Recovery behavior role modeling and encouraging the development of empowerment, self-direction, and self-advocacy
- Assisting with engagement in treatment or other recovery activities
- Developing recovery goals and plans and assisting in meeting those goals
- Crisis intervention
- Outreach and advocacy
- Assisting during the transition from residential services through the continuum of care

“Peer support services are very broad and client-centered. The client sets the goals, and then the peer supporter is there to support those goals,” explains Kidd. “The biggest part is sharing their lived experience. For example,

suppose a client is struggling with a decision about a job or something. In that case, the peer supporter may share how they got through a similar situation — something that counselors and placement counselors aren’t really supposed to do. They’re not supposed to share that level of themselves, that type of self-disclosure. But a peer supporter can. And that’s what makes them unique.”

Peer support services are also available through the IBH REACH Program, a peer-run aftercare program that provides activities that support recovery. Three IBH REACH Program associates and its director, Mark Salchak, are certified as peer recovery support workers. Their services include assisting clients with job readiness and providing community service-learning opportunities, individual and group sessions, and support to clients navigating the criminal justice system.

“With all the things that a peer supporter can do, one of the most important is instilling hope by saying, ‘hey, it’s not always going to be like this... you can rebuild your life and get back what you may have lost,’” says Kidd. “And it’s coming from a person who’s been in recovery and knows firsthand what recovery has to offer.”

It Takes a Community

The Cost of Addiction and the Benefits of Treatment are Shared by Everyone

Addiction to drugs and alcohol touches many corners of society and comes at a high cost to both individuals and our community. These staggering costs are associated with legal fees, public safety budgets, rising healthcare expenses, reduced productivity, and more.

“When people are in treatment, they might be missing school, work or are absent from their families,” says Development Manager Jess Rist. “By providing counseling, education, and a network of support, IBH Addiction Recovery helps prepare clients to rejoin their families and get back to their jobs. And that has a positive effect on our entire community.”

Personal Cost

↓ LOSS OF CAREER	LOSS OF FREEDOM	LOSS OF HEALTH
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Societal Cost*

↓ \$49 billion in missed workdays	\$61 billion in incarceration expenses	\$11 billion in healthcare costs
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IBH Impact

↓ Prepare clients to rejoin workforce through counseling, education, and a network of support	Work with court system to provide alternative to jail through residential and day treatment, and outpatient and aftercare programs	Provide tools to live a life of sobriety and incorporate emotional wellness in the treatment process
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Your Impact



Addiction to drugs and alcohol impacts the entire community. With your assistance, IBH Addiction Recovery will continue to provide hope, healing, and recovery to those with drug and alcohol addiction. 100% of donations stay in our community.

*Figures are for the entire United States

Sources: National Institute on Drug Abuse (NIDA), Centers for Disease Control and Prevention (CDC), Office of National Drug Control Policy

IBH Addiction Recovery continues to evolve to meet the ever-changing needs of our community. As the disease of drug and alcohol addiction has changed, we have diversified and scaled our approach to treatment. By adopting a continuum of care approach, we are better prepared to offer the treatment programs our clients need as they seek recovery from drug and alcohol addiction.

A belief in the possible inspires us to create new programs, expand services into the community, and develop innovative treatments. The results are an integrated continuum of care, improved access, and better outcomes.

The work of drug and alcohol addiction treatment is never done. It takes commitment and care. But, most importantly, it takes you. **Please support the IBH Addiction Recovery Annual Appeal by making a donation today.**

To make an online donation or download the printable donation form, visit ibh.org/giving. Donations can be mailed to IBH Addiction Recovery, ATT: Development Department, 3445 South Main St, Akron, Ohio 44319.

If you have questions, please call Development Manager Jess Rist at 330.237.6883.

TAKE NOTE

ADM Board Presented with the IBH Addiction Recovery Restoring Hope Award



As part of IBH Addiction Recovery's 50th Anniversary Gala Celebration, the Restoring Hope Award was presented to the **County of Summit ADM Board** for their dedication to the organization and advocacy of addiction treatment throughout Summit County. **Aimee R. Wade**, ADM Board's executive director, was on hand to accept the award (see photo). Thank you, Aimee, for taking part in the celebration, and to the ADM Board for all of your work in bringing hope to those who seek recovery from addiction.

Thank You for Your Service



IBH Addiction Recovery would like to thank **Vince Murdocco** and **Rick Linc** for their years of service on the Foundation Fund Board. Lives have been saved thanks to the dedicated leadership they have provided.

Vince and Rick participated in their last meeting in October, and they will surely be missed. Please join us in thanking them for their volunteerism, dedication, and passion.

Giving Back Never Tasted So Good

Members of the **IBH REACH Program** recently volunteered for the **Annunciation Akron Greek Orthodox Church** Akron Greek Festival. They prepared 15,000 souffle cups of onions, tomatoes, and tzatziki sauce. Yum!



Join The Conversation

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



Know + Tell

50th Anniversary Gala a Celebration to Remember

Our 50th Anniversary Gala Celebration held on September 30 was a huge success. The community came together to recognize the organization's history of saving lives through storytelling, accommodations, and a vision for the future. Thank you to the event's sponsors and everyone who donated; we raised more than \$275,000. Your generosity and kindness are inspiring.

PICTURED TO THE LEFT (Clockwise from top left): IBH Addiction Recovery Executive Director Jonathan Wyllly (center) receives proclamations from Bethany McKenney, Summit County Council, and Sharon Reaves, Summit County Executive's Office; Bill Scala accepts the Trustee Emeritus award on behalf of Kenmore Construction Company and the Scala Family; Board Chair Tammy Bratton; Tim Killian, Dan Pohl, and Vince Murdocco discuss IBH Addiction Recovery's history.



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