

**Hope.
Heal.
Recover.**

IBH Addiction Recovery
Newsletter

FALL/WINTER
2024-25



Building Community

Women's Recovery Housing added to Continuum of Care

IBH Addiction Recovery is excited to announce the addition of certified women's recovery housing to our growing continuum of care. This comes after the successful implementation of certified men's recovery housing in 2021.

Recovery housing plays a critical role in drug and alcohol addiction treatment by providing a structured, supportive environment that fosters a strong sense of community. This arrangement helps individuals transition from inpatient treatment programs to independent, sober living while stepping down to an outpatient level of care. The goal is to help reduce the risk of relapse, which is particularly high during early recovery.

The recovery houses at IBH Addiction Recovery are fully furnished living spaces and are staffed 24/7 by peer recovery supporters. Residents are responsible for cooking, cleaning, and doing laundry. They also elect representatives to govern the houses. The elected officials meet weekly to discuss issues, fundraising ideas, and social events, creating a supportive network for all residents.

One of the critical components of the recovery housing program is connecting residents to various resources that support their transition from treatment back into society. One of the most important resources is employment. Employment after addiction treatment is crucial, as it fosters stability, self-esteem, and personal growth.

IBH Addiction Recovery's partnership with a local Buehler's grocery store has proven to be a valuable source of employment for several recovery housing residents. More than a dozen current and past residents are or have worked at the store, with one former resident having worked there for more than one year. Current employees report receiving positive feedback for their optimistic attitudes, good work ethic, and dependability.

"Recovery Housing is an opportunity to restore hope, build skills, and support toward independent living to achieve a lifestyle of recovery that residents desire and deserve," said Housing Director Paula Roberts.

To learn more about recovery housing at IBH Addiction Recovery, visit ibh.org/recovery-housing.

National Recognition

Newsweek names IBH Addiction Recovery a top addiction treatment center

IBH Addiction Recovery is ranked the #2 Best Addiction Treatment Center in Ohio by *Newsweek*!

According to *Newsweek*, the rankings are intended to help patients and their loved ones find the most suitable places to begin their recoveries, *Newsweek* partnered with Statista for the fifth edition of America's Best Addiction Treatment Centers. The ranking awards 400 inpatient, long-term and residential addiction treatment centers in the 25 states where these facilities are most numerous.

Each center was assessed across three criteria: accreditation data provided by SAMHSA, reputation surveys from medical professionals and administrators in the field, and Google reviews, which served to measure patient experience.

Spirituality helps individuals reconnect

Encouraging self-reflection and personal growth



Spirituality can play a significant role in the treatment of drug and alcohol addiction, offering a pathway for individuals seeking recovery by addressing the emotional, psychological, and existential aspects of addiction. While traditional approaches like therapy and medication focus on the physical and mental dimensions of addiction, spirituality introduces a holistic perspective.

Addiction often leaves people feeling lost, disconnected, or without purpose. Spirituality can help individuals reconnect with a sense of meaning in life, which is critical for long-term recovery. At IBH Addiction Recovery, spirituality is integral to the client's formation and care as they embark upon their recovery journey. It encourages self-reflection and personal growth, helping individuals align their actions with deeper values.

Many clients enter IBH Addiction Recovery with an overwhelming sense of anxiety and frustration, as well as remorse, guilt, and shame. Through spiritual direction by trained spiritual care facilitators, they learn how to put that



Reverend Lizzie Weed

guilt and shame in proper perspective and proportion. They use past feelings as motivation to find meaning - a sense of intention and purpose - to create a better future.

"IBH Addiction Recovery provides space for clients to explore their understanding of their higher power and how their identity can be shaped through a spiritual lens," said Spiritual Care Director Reverend Lizzie Weed. We believe that each person is endowed with meaning and purpose, yet too often with substance use, individuals struggle with understanding who they are and what they want to do with their lives."

While IBH Addiction Recovery's programs focus on physical and mental treatments, clinical studies show that the spiritual component is essential if long-term recovery is going to be successful. "Our spirituality service focuses on different themes like living as our authentic selves, finding hope during struggle, growing in gratitude, and much more," said Weed. "Clients also can meet individually with our spiritual care facilitators to explore more in-depth around topics/themes such as loss/grief, shame/guilt, identity/purpose, and wading through religious and spiritual formation in the past and how to frame it in healthy ways in their everyday lives."

"As someone in recovery, I am humbled to bear witness to those struggling with active abuse," said Weed, who took

"We believe that each person is endowed with meaning and purpose."

over as spiritual care director following the retirement of Reverend Melody Ruffin Ward (see article below). "While I was in active addiction, I had lost my own spiritual bearings and had forgotten who I truly was. It was only in my experience with addiction and recovery that I began to build a deeper sense of self and spirituality."

Thank you, Miss Melody



Melody Ruffin Ward

Melody Ruffin Ward, who retired this past summer, has touched so many lives in a positive and uplifting way during her time here as director of spiritual care. To honor her impact on those she cared for, the pavilion on our main campus was dedicated to Melody and commemorated with a permanent plaque. To quote Melody, "Spirituality is the active process of having purpose and meaning in your life." She brings those words to action daily, and our entire community is better for it.

Thank you, "Miss Melody."

Executive Director Announces Retirement

Jonathan Wylly to conclude distinguished career in August 2025



Jonathan Wylly

We wanted to share important news regarding a transition within our organization. Executive Director Jonathan Wylly has announced his retirement, planned for August 2025, concluding six years of dedicated service and leadership to IBH Addiction Recovery and a long, distinguished career in addiction recovery services.

Until his retirement becomes effective, Jonathan will continue to lead the organization and will assist in the transition process.

Under Jonathan's leadership, IBH Addiction Recovery has expanded its continuum of care to include the addition of our Firestone Park Outpatient and Aftercare Facility, a Men's and a Women's Recovery House, and significant improvements in the programs and services we offer the community. We are deeply grateful for Jonathan's unwavering commitment, vision, and passion, which have significantly shaped our organization and its impact. His dedication and hard work will be greatly missed.

"Serving as the Executive Director of IBH Addiction Recovery has been one of the greatest honors of my career. Working together as a community, we have continued to build upon the organization's more than 50 years of success," said Jonathan. "I am deeply grateful for the unwavering support, commitment, and passion of our team, board members, partners, and donors. It has been an incredible journey, and I am proud of all we have accomplished together."

The IBH Addiction Recovery Board of Directors has formed a search committee to identify a new executive director. The board's goal is to have a successor in place before Jonathan's departure to ensure the continuity of ongoing projects and to help the new executive director establish a strong working relationship with our team, partners, and stakeholders.

"Jonathan has been an exceptional leader for IBH Addiction Recovery," said Tom Pitts, chair of the IBH Addiction Recovery Board of Directors. "His dedication to helping individuals recover from addiction has been unwavering. We are grateful for his many contributions and wish him all the best in his retirement."

Please join us in thanking Jonathan for his stewardship of IBH Addiction Recovery. Through his leadership, our mission to offer persons with alcohol and drug addiction, including those with a co-occurring mental health disorder, the opportunity to restore hope and gain skills for a lifetime of sobriety has grown stronger.

During the leadership transition, IBH Addiction Recovery is committed to maintaining the high standards and core values that we are known for. Your continued support and engagement are invaluable to us, and we look forward to achieving even greater success together.

TAKE NOTE



Crystal James, Kyle Luckie, Kathleen Valerius

Employees of Distinction

Three of our dedicated caseworkers — Crystal James, Kyle Luckie, and Kathleen Valerius — were recognized during the Goodwill Industries of Akron Employee of Distinction event in September and were among a select few to receive Top Employees of Distinction medals!

Our Employees of Distinction were nominated by IBH Addiction Recovery senior leadership, who said, "Our case managers go the extra mile. They find creative ways to get things done, and they're always on the lookout for ways we can better serve the community. They help us grow every day."

Congratulations, Crystal, Kyle, and Kathleen.



Kellie Rose Kordinak

Academic Excellence Awarded

We are excited to share that IBH Addiction Recovery Outpatient Receptionist Kellie Rose Kordinak has been named a Portz Scholar by the National Collegiate Honors Council (NCHC). She is one of only four students from across the country to receive this prestigious award, which recognizes exceptional undergraduate students and their research on a selected topic.

Kellie Rose's dedication to her studies, her involvement in our community, and her unwavering pursuit of knowledge have made her a shining example for all of us. We are so proud of her accomplishments and grateful for her contributions to our team.

Please join us in congratulating Kellie Rose on this well-deserved honor.

Fruits of Imperfection

Book collects client poetry and art



John Zarski with a copy of the publication *Fruits of Imperfection*.

Fruits of Imperfection—Recovery Writings, is a new collection of poetry and art created by IBH Addiction Recovery clients. Similar works were published in the past through the expressive arts service. The client work included in this edition was collected over the past four years.

“When one begins their recovery journey, they are usually in a place where they have lost touch with the deepest and most authentic pieces of their identity,” said John Zarski, senior SUD group therapist. “The expressive arts service gives our residents an opportunity to make these kinds of discoveries. It also provides our residents with another tool that they can use to connect, or reconnect, with themselves and others. Connection is the heart of recovery, and our residents need to be provided every tool for connection that we are able to give them.”

One of the intentions behind publishing these works is to show those we serve that they have something of worth to offer the world and that the world is deeply better off for it. “In 1969, Mercedes McCambridge (who Orson Welles once referred to as the world’s greatest radio actor) stood in front of the U.S. Senate and boldly stated that addicts and alcoholics ‘are eminently equipped to enrich this world,’” said Zarski. “We are spotlighting this fact (which it is) and offering evidence of it through the publication of this collection. They are also being published in the spirit of advocacy, a means by which to make it abundantly clear to the world that this is a profound truth. A truth that needs to be acknowledged, respected, and celebrated.”

The book is available for \$15 online, and all proceeds will benefit our expressive arts and education services. For details, visit <https://bit.ly/47xSovX>

Poetry reading at Knight Stage to feature IBH Addiction Recovery clients and staff

IBH Addiction Recovery, in partnership with The Akron Civic and Poetry is Life Publishing, is excited to announce an upcoming poetry reading at the Knight Stage on February 22, 2025. This event will showcase the incredible talent and resilience of current and former IBH Addiction Recovery clients, as well as staff members.

This poetry reading at The Akron Civic Knight Stage will take this initiative to new heights, providing a platform for these talented individuals to share their work with a wider audience. The event will be a celebration of creativity, recovery, and the human spirit.

More details about the event, including ticket information, will be announced soon.

TAKE NOTE



IBH Addiction Recovery Executive Director Jonathan Wyly accepts the Recovery Friendly Workplace certificate from Summit County Public Health’s Outreach Specialist Constance Bozeman.

Recovery Friendly Workplace

IBH Addiction Recovery has been recognized by the Ohio Department of Mental Health & Addiction Services and Summit County Public Health as a Recovery Friendly Workplace.

This designation certifies that IBH Addiction Recovery promotes worksite wellness, increases access to support for persons struggling with substance use disorder, provides employment opportunities to people in recovery, and reduces the stigma of addiction.

We are grateful for the recognition.



Assessments are the first step toward recovery

A thorough assessment by one of our counselors is the first step in drug and alcohol addiction treatment at IBH Addiction Recovery. Walk-in assessments are currently available at our Firestone Park Outpatient and Aftercare Facility at 1601 S. Main Street, Akron, Ohio 44301 on the following days and times:

Monday – 12:00 - 2:00 p.m.

Tuesday – 9:00 - 11:00 a.m.

Wednesday – 9:00 - 11:00 a.m.

Thursday – 12:00 - 2:00 p.m.

Assessments are first come, first served.

Fostering Connections

The IBH REACH Alumni Support Program provides opportunities for clients who have completed treatment to give back through volunteering

Treatment aftercare programs play a crucial role in supporting long-term recovery from drug and alcohol addiction. These programs are designed to help individuals maintain sobriety and avoid relapse after they complete a treatment program.

The IBH Reach Alumni Support Program (formerly known as the IBH REACH Program) has provided essential aftercare support to clients for the past decade. The program offers organized peer-based volunteer activities and support meetings that foster safe friendships, reinforce values learned during treatment, and create a strong sense of community.

The program has celebrated two impactful changes in the past few years. First, the IBH Reach Alumni Support Program moved into the Firestone Park Outpatient and Aftercare Facility in October 2021. It has provided program participants with a safe space to congregate and socialize with others who value recovery and a healthy lifestyle. The location is also a plus as it is near Summit County Job and Family Services, The University of Akron, and the METRO RTA terminal.



Bill Barber

Secondly, this past spring, Bill Barber was named IBH Reach Alumni Support Program Director after several years in various roles at IBH Addiction Recovery. "I personally look at the REACH Program as a vocation versus an occupation," said Barber. "I truly believe this is where I am supposed to blossom and grow as a person in recovery for over 31 years. Also, we have a motivated, dynamic team that cares deeply about each person and a growing program that shows no signs of slowing down."

Being surrounded by others in recovery creates a strong network of sober support, belonging, and safe friendships. The IBH Reach Alumni Support Program offers the support, resources, and structure needed to maintain sobriety and rebuild a healthy, fulfilling life.

Dressed for Success

Just A Dad From Akron combines fashion and compassion to support recovery

IBH Addiction Recovery has partnered with Just a Dad from Akron (JADFA), a clothing brand dedicated to positivity and hope, to provide support and encouragement to those on their journey of recovery.

Kenny Lambert, the visionary behind JADFA understands the challenges of addiction firsthand. His personal journey of recovery, which began on May 16, 2018, ignited his passion to create apparel that inspires and uplifts. By sharing his experiences and spreading messages of hope, Lambert aims to empower others to overcome adversity.

This special collaboration with IBH Addiction Recovery has

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TAKE NOTE



Fall into Recovery Celebrates Community

IBH Addiction Recovery's annual Fall into Recovery event was held Wednesday, October 9, at the Main Campus. It was a family-friendly community event to kick off the fall season. There were local food trucks, apple cider and donuts, pumpkin and face painting, and mums for sale.

There was also a musical performance by Marc Lee Shannon, miniature ponies Pookie, Pumpkin, and Peanut from Hope Meadows, and Kenny Lambert from Just A Dad From Akron was at the event selling t-shirts.

Several local organizations and agencies were also present to provide information on resources available within our community.

Mark Your Calendars

As we head into the holidays, IBH Addiction Recovery will be closed on the following dates:

- November 28 for Thanksgiving
- December 25 for Christmas
- January 1 for New Year's Day

Also, there are a few exciting events on the calendar for 2025, so make sure to save these dates:

February 22, 2025

Recovery Poetry Reading at The Knight Stage

June 16, 2025

IBH Addiction Recovery's 39th Annual Golf Outing

Our Supporters Make Recovery Possible



The work of drug and alcohol addiction treatment is never done. It takes commitment and care. But, most importantly, it takes you.

A donation to IBH Addiction Recovery will help save a life. Please consider making a gift today using the enclosed envelope.

Any amount, large or small, will help make a difference.

Join The Conversation

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



Dressed for Success

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resulted in a unique design that symbolizes the power of recovery and the Four Absolutes of Alcoholics Anonymous: Honesy, Unselfishness, Purity, and Love. Additionally, Lambert is providing IBH Addiction Recovery with special sweatshirts at a discounted price for residential treatment clients during the holiday season, providing a glimmer of hope and comfort during a challenging time.

Through this partnership, Just a Dad From Akron and IBH Addiction Recovery are working together to create a positive impact on the lives of those in recovery. By combining fashion and compassion, we hope to foster a community of support and to inspire individuals to embrace a brighter future.



Just A Dad From Akron created this t-shirt design in collaboration with IBH Addiction Recovery

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