



Hope. Heal. Recover.

A Quarterly Newsletter for
IBH Addiction Recovery

SPRING / SUMMER
2023



Community Partnerships Support Treatment Approach

Addiction treatment strengthened through community collaboration

IBH Addiction Recovery has recently partnered with several community agencies and organizations to provide additional programming to clients in residential treatment. Designed to supplement the 30-hour intensive programming that residential treatment clients undergo every week, these partnership opportunities provide clients with non-treatment related activities such as parenting classes, nutrition services, and more. IBH Addiction Recovery's emphasis on client choice means that all additional programs and services are optional and up to the client. However, IBH Addiction Recovery has found that most clients enjoy engaging in supplemental programming and often ask for more.

As noted by IBH Addiction Recovery Executive Director Jonathan Wylly, "IBH cannot be all things to all clients during their treatment with us, but we can provide opportunities for clients to enrich their experiences." Fathers & Sons of Northeast Ohio, Ohio State University's Nutrition Program, and Youngstown State University's art therapy program are some organizations that have teamed up with IBH Addiction Recovery to provide clients with educational, inspiring, and engaging opportunities they may not have had access to otherwise.

The Fathers & Sons program provides fatherhood education classes, peer support services, and father-to-father mentoring to help prepare male clients for reunification with their children

after treatment. The Ohio State University's Nutrition Program offers live cooking demonstrations and classes to educate clients about healthy eating habits. Youngstown State University's art therapy program provides a therapeutic art education class on weekends. Additionally, participation in AA, NA, and Al-Anon recovery

communities allows IBH Addiction Recovery clients to engage with support networks that will help sustain their sobriety and drug-free lifestyle.

The additional programming benefits the clients and the community as a whole. By providing these opportunities, IBH Addiction Recovery is more likely to keep clients engaged throughout the week, improving their chances of a successful treatment episode and their likelihood of life-long recovery. According to Wylly, "If our treatment is the building blocks of recovery, then these services are the mortar that holds it together."

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Jonathan Wylly, IBH Addiction Recovery Executive Director

Sign Up For Our E-Newsletter

IBH Addiction Recovery will begin sending monthly news updates by email beginning May 2023. Subjects will include stories of recovery, the latest on drug and alcohol addiction treatment approaches, program and service updates, and more. If you would like to receive the e-newsletter, visit: bit.ly/3I77R2v

Hope and Healing for the Entire Recovery Community

Family Education service offers education sessions open to all



“When clients can return home to others who understand addiction, they have a better chance at long-term sobriety.”

IBH Addiction Recovery has launched a new Family Education service designed to help anyone seeking to understand the disease of drug and alcohol addiction and learn healthy ways to support individuals in treatment and recovery. Family Education consists of a series of critical topics such as treatment expectations; models of addiction; boundaries and communication; warning signs of relapse and triggers; coping skills and wellness; and supportive community resources.

Consisting of six sessions, the Family Education series allows attendees to ask questions, share experiences, and engage in meaningful discussions. Two skilled IBH Addiction Recovery staff from counseling, education, and residential supervision facilitate each session. The goal is for participants to leave the service with a better understanding of addiction, tools to support individuals in recovery, and information on community resources such as treatment, Al-Anon meetings, and AA/NA meetings.

Understanding the causes of drug and alcohol addiction is critical to supporting individuals in treatment and recovery. According to Tara Crouso, LISW, a staff member at IBH Addiction

Recovery, “this resource will help shed light on the darkness that is the disease of addiction. When clients can return home to others who understand addiction, they have a better chance at long-term sobriety.”

The Family Education service is held on the first and third Saturday of every month from 10 a.m. to 12 p.m. at the Firestone Park Outpatient and Aftercare Facility. Attendance is free. Interested participants can find more information online at: ibh.org/familyeducation or by calling 234.260.2703.



Addiction to alcohol or drugs is a disease. When one member of the family has this disease, all family members are affected.

MEET OUR STAFF • Jeremy Walker



“The reason I love my job is being able to watch guys come in confused and not knowing themselves, and then when they leave they have a glow to them and enjoying who they have met (themselves).”

As a Residential Supervisor, Jeremy Walker supports residential clients in a myriad of ways to build community and ensure a safe living environment. This includes directing clients on house schedules and processes, providing role modeling and coaching, and supervising daily activities. Jeremy is also taking the lead on strengthening the physical fitness services offered at the IBH Addiction Recovery Main Campus. In his spare time, Jeremy enjoys fishing, hiking, and traveling and has plans to visit one country each year.

Fit for Recovery

IBH Addiction Recovery strengthens recovery journey with expanded physical fitness services

Substance abuse and addiction can negatively impact the body and the mind's ability to function. While counseling, education, and medication offer potent treatment tools, physical fitness provides physical, mental, and spiritual benefits.

Regular exercise can improve attention, memory, and decision-making; serve as a healthy outlet for stress and anxiety; and provide a sense of structure that paves the way for healthier habits and choices.

Physical fitness can improve mood, increase energy levels, and aid brain function by increasing the body's production of endorphins and reducing pain perception. In addition, an improved sense of physical well-being often leads to improvements in self-perception — a critical component of addiction recovery. Moreover, physical activities allow clients to let off steam, socialize, and have fun.

According to Jeremy Walker, IBH Addiction Recovery Residential Supervisor, "Success in Recovery starts deep inside of us, bringing the body along, we become recovery strong."

IBH Addiction Recovery provides fitness activities, including a full-size gym with elliptical equipment, treadmills, stationary bikes, and cable-type workout centers. The facilities also have ballfields and a track for warmer weather activities, and there are plans to expand services to offer more opportunities for physical fitness. This new investment in equipment and activities aims to help clients strengthen the healing process through exercise, team sports, and daily walks.

Dr. Labor is Named to the American Society of Addiction Medicine



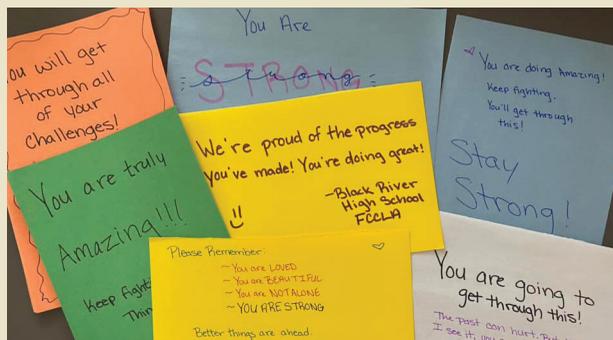
IBH Addiction Recovery Medical Director Dr. Nicole Labor has been named a 2023 at-large member of the American Society of Addiction Medicine (ASAM) Board of Directors. ASAM developed the National Practice Guideline to provide information on evidence-based treatment of opioid use disorder and is the first to address all the FDA-approved medications available to treat addiction. ASAM supports a future in which addiction prevention, treatment, remission,

and recovery are accessible to all - working to advance healthcare and improve the health of all people.

Dr. Labor's experience in treating substance use disorder ranges from hospital-based detox and medical consultation to community and clinically based detox, outpatient, MAT, residential, level 2 and 3 recovery housing, and harm reduction as well as special populations like pregnant women.

Information and image provided by One Eighty

TAKE NOTE



High School Sends Words of Encouragement to Clients

Thank you to the students at Black River High School who did a project about addiction awareness. As part of their project, they collected clothes and made encouragement notes for our Residential Treatment clients. Thank you for supporting individuals on their recovery journey!



You Can Make a Wish Come True

Thank you to Akron Community Foundation for including IBH Addiction Recovery in their first-ever Community Wish Book. Help make our wish come true! Gifts of any size will help us create a recovery community room where male residential treatment clients can relax and build connections in between programming.

Learn more and give now at: bit.ly/3ZIONGJ



Make a Statement with IBH Addiction Recovery Apparel

Show your support and help reduce the stigma of addiction by representing IBH Addiction Recovery out in the community. Visit our online apparel store at: bit.ly/3ytJpLD

Join The Conversation

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



Make Sure You Don't Miss Another Issue

IBH Addiction Recovery wants to make sure that you receive all of the latest insights and news related to our programs, services, and events. This includes recovery stories, staff news, the latest in drug and alcohol addiction treatment approaches, and exclusive content. The print edition of our newsletter will be published bi-annually and a digital E-newsletter will be distributed monthly.

If you would like to continue to receive the print edition or the E-newsletter, you can sign-up online, by phone, or email.

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June 26
 Monday | 2023

Silver Lake Country Club
 1325 Graham Rd.
 Silver Lake, OH 44224

Scan to register online



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