



Hope. Heal. Recover.

IBH ADDICTION RECOVERY NEWSLETTER

SPRING /SUMMER 2026

FINDING HOPE THROUGH TRUST AND UNDERSTANDING Trauma-informed Care Supports Lasting Recovery

At IBH Addiction Recovery, trauma-informed care is more than a clinical philosophy, it is a foundational part of how individuals are welcomed, supported, and treated throughout their recovery journey. For many people struggling with substance use disorder, trauma and addiction are deeply connected, making compassionate, trauma-informed treatment essential to long-term healing.

“Most of the people we serve have experienced trauma directly, and many have witnessed trauma,” said Meredith Myers, Chief Clinical Officer at IBH Addiction Recovery. “Research continues to show a strong connection between trauma, post-traumatic stress disorder, and substance use disorders.”

Trauma can significantly increase a person’s vulnerability to substance misuse. Many individuals begin using drugs or alcohol as a way to cope with emotional pain, anxiety, fear, or other lingering effects of traumatic experiences. Without addressing those underlying causes, recovery can become much more difficult.

“Substance use is frequently a coping mechanism related to trauma, not a moral failing,” Myers explained. “We must stop blaming, shaming, and stigmatizing people struggling with addiction and instead respond with empathy and encouragement.”

Trauma-informed care shapes everything from clinical treatment approaches to everyday interactions between staff and clients. Rather than asking, “What’s wrong with you?” IBH Addiction Recovery focuses on understanding “What happened to you?” This shift helps create an environment centered on safety, trust, and empowerment.

Clinical staff receive ongoing training in trauma-informed care and utilize a variety of evidence-based therapies designed to help individuals process trauma and build healthy coping skills. Treatment approaches may include Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), and other specialized counseling models.

IBH Addiction Recovery also recognizes that recovery environments matter. Staff work to ensure clients feel safe, respected, and supported throughout the treatment process. Many support staff members have lived experience in recovery themselves, helping create authentic understanding and connection with clients.

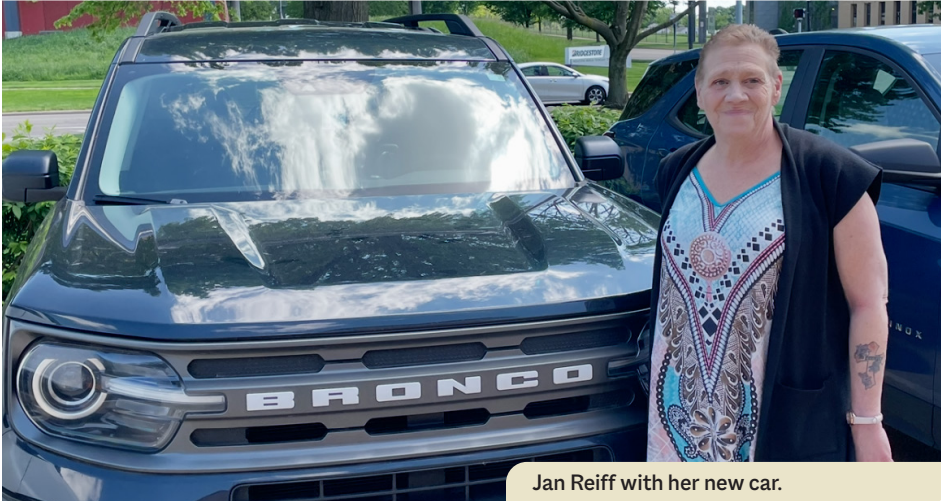
“The relationship between staff and clients becomes rooted in trust, understanding, safety, and empowerment,” Myers said. “It moves away from judgment and toward connection while still establishing healthy boundaries.”

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RECOVERY IS STRONGER TOGETHER

Community Support Has Life-Changing Impact



Jan Reiff with her new car.

New Car. New Outlook.

When Jan Reiff walked back through the doors of IBH Addiction Recovery on June 6, 2025, she knew she had to fully commit to doing things differently.

It was her fourth time entering treatment, but this time Jan embraced every aspect of recovery. After completing residential treatment, she transitioned into recovery housing on IBH Addiction Recovery's main campus and focused on rebuilding her life one step at a time.

"IBH saved my life ... They taught me that I am worth it and that anything is possible if you stay committed to recovery."

"One of the staff members asked me what I was going to do different this time," Jan recalled. "I answered, 'Everything.' That's exactly what I did."

Just before entering treatment, Jan faced another major setback when she wrecked her car. Without reliable transportation, she depended on others for rides to meetings, doctor appointments, and grocery stores. The loss of indepen-

dence weighed heavily on her during the early stages of recovery.

In February 2025, while attending an IBH REACH Alumni Support event, Jan was encouraged to contact Richard Klaben, owner of Klaben Ford. She wrote him a heartfelt letter explaining her circumstances and sharing her recovery journey honestly and openly.

Soon after receiving the letter, Klaben Ford contacted Jan and invited her to visit the dealership. When she explained she had no way to get there, the dealership arranged transportation for her.

"I was so nervous, happy, and couldn't believe that something this amazing was happening to me," Jan said.

By the end of the day, Jan drove away in a 2021 Ford Bronco Sport. Working within her financial situation, Richard Klaben and his team helped make reliable transportation possible.

"Here at Klaben Motors we want to treat everyone as if they have a credit score of 800," said Klaben. "Don't let any circumstance prevent you from coming in. We will show you how to overcome any financial obstacle."

Today, Jan uses her vehicle to help other

women in recovery get to meetings and appointments, paying forward the kindness she received.

"IBH saved my life," Jan shared. "They taught me that I am worth it and that anything is possible if you stay committed to recovery."

Stories like Jan's are reminders that recovery is not only about sobriety — it is about restoring hope, independence, and the belief that a better future is possible.

Sober Outing a Reminder of Life's Simple Pleasures

A night of bowling may seem simple to many people, but for residents of the Men's Recovery House at IBH Addiction Recovery, a recent evening at Spins Bowl represented something much more meaningful — connection, confidence, and the opportunity to experience fun and fellowship in sobriety.

Recovery from substance use disorder involves more than abstaining from drugs and alcohol. It also means learning how to build a healthy, fulfilling lifestyle that supports long-term recovery. Activities like sober outings help residents rediscover what it means to enjoy life while strengthening relationships with peers who are walking similar paths.

"Sober social activities are important because people in recovery still want to have fun, relax, and connect with others — just without alcohol or drugs," said Kevin Segriff, Lead Peer Recovery Support Supervisor at the Men's Recovery House. "These activities show residents that they can enjoy life, laugh, and build friendships in healthy ways."

The bowling outing was organized by the house chairperson, a resident selected to serve as a positive role model and leader within the recovery house community. Beyond encouraging accountability and support, the event was designed to help residents build camaraderie and create positive memories together.

What made the evening even more impactful was the warm reception the group received from Spins Bowl. After

struggling to secure accommodations elsewhere, the team reached out to Spins Bowl and immediately found support.

“When the staff at Spins Bowl heard we were from IBH, they welcomed us right away and made room for the group on a busy night,” Segriff said. “That kindness and understanding meant a lot to our residents. They felt welcomed instead of judged.”

Throughout the evening, residents laughed, encouraged one another, and strengthened the peer bonds that are so critical in recovery. For many, it was also an important reminder that life in sobriety can still be joyful and rewarding.

“Sometimes hope looks like counseling, meetings, and hard work every day,” Segriff shared. “And sometimes hope looks like a group of residents laughing together at a bowling alley, cheering each other on, staying sober, and realizing that life can still be fun.”



Men's Recovery House bowling outing.

Trauma-informed Care Supports Lasting Recovery

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That approach can have a life-changing impact. Myers recalled one individual who entered treatment fearful after a previous negative experience elsewhere that felt judgmental and unsafe. Through trauma-informed care and supportive relationships, the client was able to establish trust, remain engaged in treatment, and ultimately thrive in recovery. Today, they still stay connected with IBH Addiction Recovery staff and proudly share updates about their successes.

Trauma-informed care is especially important within IBH Addiction Recovery's women-centered programming, where many clients face unique challenges involving shame, caregiving responsibilities, family relationships, or fear of losing custody of children. IBH Addiction Recovery offers gender-specific treatment environments, women-staffed residential programming, and coordinated support services tailored to those needs.

By recognizing the impact of trauma and responding with compassion, IBH Addiction Recovery continues to help individuals not only overcome addiction, but also begin healing from the experiences that may have contributed to it in the first place.



A Message from **Jess Rist**

IBH Addiction Recovery
CEO

Expanding Our Reach. Deepening Our Mission.

The last few months have been a whirlwind of activity. From navigating federal funding shifts and policies to welcoming new partners and clients into our care, the IBH Addiction Recovery team has been busy. Looking back at the incredible work happening across our team lately, I am in awe at the momentum we have built together.

The core of our work is, and always will be, the clinical excellence we provide. In this edition of the newsletter, we're proud to feature a deep dive from our Chief Clinical Officer on trauma-informed care. This isn't just a buzzword for us; it is the lens through which we view every interaction. Creating an environment of safety, trust, and empowerment is key to our treatment and success. I encourage you to read her insights closely, as they reflect the standard of empathy and expertise we strive for every day.

Beyond our clinical methodology, we are physically growing our footprint. We are excited to announce the acquisition of Francis House, a Level II recovery house in Wadsworth, Ohio. This will expand our current recovery housing options but introduce a new level of care. As a Level II house, we can provide a structured, supportive environment for those in the early stages of sobriety, bridging the gap between intensive treatment and independent living. Francis House has been serving the Wadsworth community since 2018, and we are honored that they have entrusted us to move their mission forward.

None of this would be possible without the unwavering dedication of our staff, board, and community. The clinical advancements and acquisitions represent the growing heart of our mission. Our clients are the reason we dream bigger and reach further, and your passion is the reason we can turn those dreams into reality. Thank you for your commitment to this mission and for walking alongside us as we expand our reach and deepen our impact.

With Gratitude and Purpose,



Jess Rist, IBH Addiction Recovery CEO



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Mission

IBH Addiction Recovery offers 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.

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EXPANDING CONTINUUM OF CARE Francis House Recovery

IBH Addiction Recovery is proud to announce the acquisition of Francis House Recovery, further expanding access to supportive recovery housing and strengthening the continuum of care for individuals recovering from substance use disorder.

Now operating as IBH Francis House, the Wadsworth-based Level II recovery home will continue its mission of providing a structured, supportive environment for individuals transitioning from treatment to independent living. Residents will also have access to IBH Addiction Recovery outpatient services, including counseling, peer support, and case management.

The acquisition was completed in March 2026 through the IBH Foundation and aligns with IBH Addiction Recovery's strategic commitment to expanding recovery support services throughout the region.

"Housing plays a critical role in long-term recovery outcomes," said Jess Rist, IBH Addiction Recovery CEO. "IBH Francis House provides an important next step for individuals who still benefit from accountability, community, and ongoing support as they continue building their recovery."

Founded by Santo Costanzo, Francis House has long been recognized for its commitment to helping individuals maintain sobriety while rebuilding stability and independence.

IBH Addiction Recovery looks forward to continuing Francis House's legacy while building new opportunities for individuals and families in the Wadsworth community.