



Hope. Heal. Recover.

IBH ADDICTION RECOVERY NEWSLETTER SPRING/SUMMER 2025



NEW LEADERSHIP

Jess Rist Appointed Next CEO

As IBH Addiction Recovery celebrates its 55th anniversary and unveils a bold new five-year strategic plan, the organization is also excited to announce a new leader. Jess Rist has been named the next Chief Executive Officer, effective July 1, 2025.

Rist has been a dedicated force within IBH Addiction Recovery since joining the organization in 2021 to lead fundraising initiatives. Her leadership and vision quickly propelled her into increasing roles of responsibility, most recently as Chief Operating Officer, where she has overseen operations, human resources, quality and compliance, and development. With a strong background in non-profit advancement—including her prior role as Development Manager at OPEN M—Rist brings both strategic insight and a heartfelt passion for working alongside vulnerable populations.

Beyond her professional achievements, Rist is deeply embedded in the community. She currently serves as Board President of Happy Trails Farm Animal Sanctuary and as a Court Appointed Special Advocate/Guardian ad Litem (CASA/GAL) for children involved in abuse or neglect cases.

Rist holds a bachelor's degree in Sports Administration from Kent State University and a master's in Public Administration from Ohio University. Rist is also a graduate of Leadership Akron's Signature Program, the Center for Immersive Leadership's Purposeful Leadership Program, and Love Akron's Justice, Equity, Diversity, and Inclusion Program.

“Addiction impacts our entire community, but recovery is possible. By standing together, we can dismantle the stigma of addiction and build a healthier community,” Rist said. “As I step into this role, I am committed to responding to the urgent and evolving needs in our community. I am honored to build on IBH’s legacy while shaping a future that ensures sustainability and community impact.”

A SAFE PLACE TO HEAL

Supporting Women Through Our Continuum of Care



When IBH Addiction Recovery added a women-centered addiction treatment program, the goal was clear: to create a safe, empowering space where women could heal not only from substance use but also from the deep, often unspoken wounds that contribute to addiction. Inspired by the distinct challenges women face, such as trauma, caregiving responsibilities, and societal stigma, the program was designed with the understanding that recovery looks different for every woman.

TAILORED TO MEET WOMEN WHERE THEY ARE IN THEIR JOURNEY



Meredith Myers
Chief Clinical Officer

At the heart of IBH Addiction Recovery's approach is the continuum of care—a seamless pathway through residential treatment, day treatment, outpatient programs, recovery housing, and alumni support. Each stage is tailored to meet women where they are in their journey. “We don’t believe in one-size-fits-all treatment,” shares Meredith Myers, Chief Clinical Officer at IBH Addiction Recovery. “Our services are layered with trauma-informed care, mental health support, parenting education, and

life skills development—all built around the unique needs of women in recovery.”

The residential treatment program offers women a stable, nurturing environment to begin their recovery. Days are structured but healing-focused, with individual therapy, group support, and time carved out for rest, reflection, and connection. Women in residential treatment stay an average of 45 to 60 days, depending on their needs, with staff trained in trauma-informed practices and gender-responsive care. In this space, mothers are supported not only as individuals, but also as parents striving to rebuild relationships with their children.

Outpatient services extend this care into the community. From flexible scheduling to transportation assistance, IBH Addiction Recovery removes barriers often preventing women from accessing care. “We consider employment, childcare, and other real-world responsibilities when we build outpatient plans,” explains Myers. The program actively partners with community organizations to provide wraparound support.

BRIDGING TREATMENT AND INDEPENDENCE

A cornerstone of the program is recovery housing—a vital next step that bridges treat-

ment and independence. The women's recovery house offers a sober, supportive environment where women build resilience and prepare for permanent housing. Peer mentors, in long-term recovery themselves, play a pivotal role. “Peer support is the glue that holds everything together,” says Myers. “It’s women lifting each other up—sharing not just similar experiences, but also strength.”

Peer recovery support is integrated throughout every level of care. Whether in group settings or one-on-one mentoring, peer supporters provide guidance that only someone with lived experience can offer. They help women navigate trauma, rebuild confidence, and set goals around employment, education, and personal growth. For many clients, the relationships formed with peers are some of the most healing aspects of their journey.

RECONNECTING FAMILIES

Family reconnection is another vital focus. Many clients are mothers working toward reunification with their children. The program offers coaching and hands-on support for court and child welfare requirements. Visits—whether on-site, supervised, or virtual—are carefully coordinated with Summit County Children Services. Staff prepare mothers emotionally and practically, ensuring they are supported during and after these deeply emotional moments.

Of utmost importance is safety and confidentiality. IBH Addiction Recovery has created a trauma-informed environment where women feel physically and emotionally secure. Gender-specific staff protocols, secure living arrangements, and strict privacy policies ensure clients' safety and anonymity are protected—especially critical for women navigating sensitive legal systems or escaping domestic violence.

At IBH Addiction Recovery, treatment programs aren't just about sobriety. It's about rebuilding lives with dignity, purpose, and hope. This women-centered model acknowledges the full complexity of recovery and honors each woman's journey—making healing not only possible, but deeply personal.

2024 IMPACT REPORT

Together we can hope, heal, recover.

As we reflect on the past year and the remarkable growth of our agency over the last several years, we are filled with both gratitude and a renewed sense of purpose.

The need for our services has grown, mirroring the escalating addiction crisis impacting our community. We have witnessed firsthand the devastating toll addiction takes on individuals, families, and our society as a whole. Driven by this need, we have expanded our reach and impact, serving an increasing number of clients each year.

Our growth has been strategic and focused, allowing us to better meet the evolving needs of those we serve. A cornerstone of this expansion has been the development of a comprehensive continuum of care. We recognize that recovery is not a one-size-fits-all journey. Our continuum now allows us to meet individuals where they are on their path to wellness, providing tailored support and resources at every stage—from an initial assessment to customized treatment to continued support in our alumni network.

The increasing demand for addiction services underscores the urgency of our mission and the ongoing need for community support. Looking to the future, we are focused on ensuring the long-term sustainability of our vital programs and services. We are committed to ensuring we have the resources in place that will allow us to continue serving our community for generations to come. This includes investing in our facilities, supporting our dedicated staff, and cultivating strong community partnerships.

We are not just treating addiction; we are building foundations for the future—foundations of hope, healing, and lasting recovery. We are incredibly grateful for the unwavering support of our community, partners, and donors. Their generosity makes our work possible, and together, we're able to make a real difference in the lives of those struggling with addiction.

1,381

Total unique clients admitted at some level along IBH Addiction Recovery's Continuum of Care

Number of Unique Clients Served per Program

514	Residential Treatment
248	Day Treatment (Partial Hospitalization)
214	Intensive Outpatient
961	Outpatient
299	IBH REACH Alumni Support
594	Peer Recovery Support
105	Recovery Housing

118,549
Total services provided



Executive Director Jonathan Wyllly is the host of the IBH Addiction Recovery Podcast.

STORIES OF SUBSTANCE New Podcast Features Staff

IBH Addiction Recovery is proud to launch **Hope. Heal. Recover.: Stories of Substance**, a new monthly podcast that invites listeners inside the world of addiction treatment and recovery. Hosted by Executive Director Jonathan Wyllly, each episode explores the work the organization does through candid, heartfelt conversations with staff members.

But, this series isn't just about the work—it's also about the people. The clinicians, counselors, spiritual care providers, and support staff who show up every day with compassion and commitment. Their stories illuminate what it means to work in a field where every day brings the opportunity to help someone reclaim their life.

The first season dives into these stories that combine personal career paths with the desire to help others. The first four episodes feature:

- Meredith Myers, Chief Clinical Officer
- Lizzie Weed, Spiritual Care Director
- Matt Vance, Director of Operations
- John Zarski, Senior SUD Group Therapist

Each brings a unique perspective on how recovery happens and why the work matters.

Listen now at <https://rss.com/podcasts/hope-heal-recover/> or on most major streaming platforms.



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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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Rist will succeed Jonathan Wylly, who will retire in August 2025 after years of distinguished service as Executive Director. Under Wylly's leadership, IBH Addiction Recovery expanded and deepened its continuum of care and solidified its role as a regional leader in addiction treatment.

"Jess is a dynamic leader with deep knowledge of our mission and operations," said Tom Pitts, Chair of IBH Addiction Recovery's Board of Trustees. "Her commitment to our community and her proven leadership make her the ideal person to guide IBH into its next chapter. We are deeply grateful to Jonathan Wylly for his extraordinary service and enduring impact."

With a legacy that spans more than five decades, IBH Addiction Recovery has helped tens of thousands of individuals reclaim their lives through a full spectrum of services—from residential and outpatient treatment to recovery housing and alumni support. The organization was recently named the #2 Best Addiction Treatment Center in Ohio by *Newsweek*, a testament to its excellence in compassionate, evidence-based care.