

# Glimmer

Glenbeigh  
ACMC Healthcare System

An affiliate of  
 Cleveland Clinic

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A Newsletter for Glenbeigh Family and Friends

November 2021  
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## President's Corner

Dear Friends,

One of the joys of the holiday season is the opportunity to say thank you and to wish you a season of peace and joy.

The holiday season can often cause stress which can lead to physical and spiritual exhaustion. Whether you are in recovery, a family member, or a professional working with people in recovery, the principles of staying well during the holidays apply to us all.

I encourage you to have realistic expectations and take time to decompress this holiday season. Go for a walk, meditate, read or reach out to friends and colleagues. Keep things simple and be grateful for all you have accomplished – even the smallest victories count.

As I look forward to 2022, I do so with thanks and gratitude. I am thankful Glenbeigh continues to provide treatment services despite the ongoing pandemic and grateful for the wonderful staff who remain dedicated to caring for our patients. It is an honor working with such a compassionate, devoted team. I wish all of our Glenbeigh family, including you and your family, a safe and healthy holiday season and a joyous New Year.

Warmest regards,

Gary Seech



Gary Seech

## Glenbeigh Honors Local First Responders

*Celebrates International Overdose Awareness Day*

Every day, first responders put their lives on the line to keep communities safe. On August 31st, Glenbeigh, in recognition of their dedication, courage and strength, celebrated and thanked local public safety providers for their service.

One of the most pressing challenges faced by first responders continues to be the significant number of accidental drug overdoses. As of July 31, 2021, over 10,400 overdose reversals have been reported in Ohio this year. As of June 1, 2021, there were 4,579 lives lost due to unintentional drug overdoses. The Centers for Disease Control and Prevention reported more than 96,700 drug overdose deaths occurred in the United States between March 2020 and 2021, a 29.6% increase.

As a treatment provider, we witness first-hand the pain and suffering families go through and the effects addiction has on the entire community. Each year, thousands of lives are saved thanks to the efforts of first responders. Many of the people treated for overdose seek help, turn their lives around and are grateful for those who saved them.

International Overdose Awareness Day is celebrated as a way to provide an opportunity for communities to work on practical ways to prevent overdose by providing education as well as promoting treatment and prevention. Glenbeigh chose to celebrate Overdose Awareness Day by recognizing lifesaving efforts. By honoring first responders, Glenbeigh showed its appreciation for the positive impact they have on the community.

*Continued on page two*



Glenbeigh is a non-profit specialty hospital.

## Glenbeigh Honors Local First Responders

Continued from page one



**Left to Right: Brian Turk, Glenbeigh Counselor and First Responder Specialized Services Coordinator, also a Captain with the Windsor Fire Department, with Chief David Turk and Captain Callie Mallory from the Windsor Fire Department visit at Glenbeigh's celebration of International Overdose Awareness Day on August 31st.**

## Responding with Care

### *Provides Specialized Services for First Responders*

Glenbeigh now offers specialized services for first responders who themselves are struggling with alcohol or drug issues. First responders have unique challenges that require specialized treatment. You can expect personalized, confidential, professional services that address: trauma, healthy stress management, compassion fatigue, burnout, superhero personality, escapism behaviors, societal expectations, family impact and relationship concerns. Glenbeigh is one of the few treatment centers that pair first responders with Certified First Responder Counselors (CFRC) who understand the perspective and culture of response teams.

## Counselor Spotlight:

### *Brian Turk at Glenbeigh's Rock Creek Campus*

Brian Turk, MSSA, LISW, LICDC, ICADC, CFRC, is an Inpatient Primary Counselor. He joined the Glenbeigh family in 2010, first as an Intake Specialist, then a Shift Supervisor, and Counseling Intern. He graduated from Lake Erie College with a Bachelor of Arts in Psychology in 2010, and received a Master's of Science in Social Administration from Case Western Reserve University in 2016. He is licensed as both an Independent Social Worker and Independent Chemical Dependency Counselor and Internationally Certified as an Alcohol and Other Drug Counselor. In 2021, he completed a 50-hour intensive training program to become a Certified First Responder Counselor.

A first responder himself, Brian has served on the Windsor Fire Department in Windsor, Ohio since 2002. He started in their Fire Cadet program at age 14 doing apprenticeship training until age 18 when he became certified as a Firefighter and Emergency Medical Technician. He was promoted to Fire Lieutenant in 2014 and then to his current role as Fire Captain in 2018. He is also on the support team for the department's K9 Search and Rescue Division, and helped establish the department's Drone Unit. In addition to specializing in working with first responders, Brian specializes in working with Dual Diagnosis clients, with a focus on using Cognitive Behavioral Therapy, Strengths-Based Approaches, Motivational Interviewing, and promoting self-efficacy in recovery.

## Responding with Care Fund

### *Established to Provide Treatment and Education*

At Glenbeigh, our priority is transforming lives and restoring families. We believe everyone should be given a chance to build a new life in recovery. An important part of helping first responders struggling with addiction issues is understanding their perspective and providing them with personalized treatment. Glenbeigh established the Responding with Care Fund to help first responders and healthcare professionals learn about addiction, treatment and recovery. We offer specialized services that address the unique challenges faced by these professionals. By donating to this fund, your contribution will ensure treatment, education and recovery services are available to support the health and well-being of those who provide care and comfort to others.

SAVE  
THE  
DATE

**JOIN US AS WE CELEBRATE OUR FIRST ANNUAL FUNDRAISING DINNER**

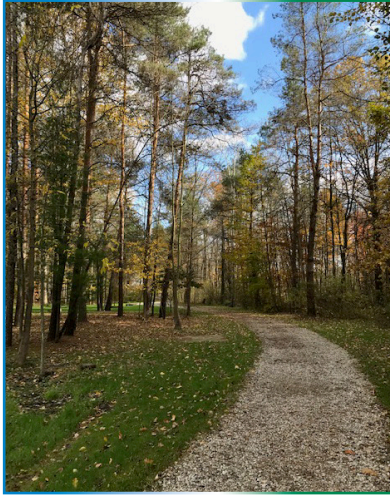
*to benefit* The Responding with Care Fund

**Friday, May 13, 2022 • Manakiki Country Club • 6:00 PM to 9:00 PM**

## Treatment in Natural Settings Can Improve Health

by Carolanne Semancik, PhD

Ever wonder why people might feel more at ease after taking a walk near a wooded area or pond? The appreciation of nature is evident throughout human history. From sculptures and paintings, to music and architecture, humans are fascinated by nature. This appears to be for good reason. Natural surroundings have a positive impact on the mind and body.



**Glenbeigh's natural treatment setting offers patients the opportunity to connect with nature to heal mind, body and spirit. Rural treatment settings for alcohol and drug addiction remove the stressors of urban living, improving the chances of completing treatment and sustaining recovery.**

When it comes to mental health, studies suggest that individuals living in an area with a high amount of green space are better able to manage stressful life events than individuals living in an urban area, or one with a low amount of green space.<sup>1</sup> Furthermore, those individuals living in a high green space area perceive themselves as having better mental health.

Physical health is also impacted by natural surroundings. Patients at Glenbeigh thrive when taking advantage of the walking trail or when participating in outdoor activities. Sitting quietly, reflecting by the ponds, often provides the natural bond needed to connect one with their inner spirituality. The positive impact of green space on mental and physical wellbeing could be why Healing Gardens have been popularized in many urban hospital spaces around the country.

It may seem simple that people feel better when exposed to natural surroundings - that they can heal faster when seeing and experiencing the sights and sounds associated with nature. Western culture has conditioned people to believe the idea that doing multiple things at one time is good. An example of this is placing televisions at the gas pump. It is no longer considered beneficial to just be somewhere.

Many people early in recovery struggle with just *being*. Natural surroundings offer a chance to be somewhere without worrying about what needs done next. By being mindful and focusing on the sound of the wind or the smell of flowers can improve overall wellbeing. So, despite inclinations to want to constantly be doing *something*, maybe take a walk in your local park instead.

Read more about the benefits of green space in the following article:

<sup>1</sup> "Green space as a buffer between stressful life events and health" by A. E. van den Berg et al.

## Glenbeigh Welcomes Camille Zalar Returns as Director of Nursing at Rock Creek

Glenbeigh officially welcomed the return of Camille Zalar, MHA, BSN, RN, CARN, FIAAN, as Director of Nursing. Camille originally joined the Glenbeigh staff in August 2002, working as a staff and charge nurse. Over the next 16 years, she dedicated her life to caring for patients. In 2015, she was promoted to the director of nursing position, providing oversight of medical department staffing and interoperability. She was recognized multiple times for outstanding service by the Cleveland Clinic and the Stanley Shalom Zielony Institute for Nursing Excellence. In 2013, she was honored for providing exceptional support of the bedside nurse in providing care.

In July 2018, Camille joined the Center for Health Affairs as the Director of Education and Initiatives. While there, she collaborated with subject matter experts while developing and initiating programming and activities focused on education, treatment, prevention, harm reduction, data and health policy related to opioid misuse. She actively participated in community efforts to reduce opioid overdose deaths. Camille continues to serve the community as the Secretary, Executive Committee, for the Ashtabula County Mental Health and Recovery Services Board. She also serves on the Board of Directors for the Addictions Nursing Certification Board and contributes content on various topics including substance use disorders, health care delivery and nursing programs for ContentWriters out of New York.

The entire Glenbeigh family welcomes Camille. Our patients and their families will benefit from her experience and passion for helping people struggling with substance use disorders.

## Dave Sams Memorial Fund

Dave Sams touched the lives of countless people who came through Glenbeigh. As a sober living house manager, and a person in recovery, he knew the importance of kindness and compassion. He also understood the important role fellowship plays in the recovery process. Dave encouraged those new to recovery to reach out to family and to build new friendships with others in the recovery community.

Dave passed away June 10, 2020 from congestive heart failure. Since his passing, several families expressed a desire to establish a means for people to memorialize Dave. As a result, Glenbeigh is pleased to establish the David Sams Memorial Fund to honor his contributions and spirit of gratitude.

Donations will be used at the Glenbeigh Niles sober living community. The funds will be used to promote recovery and family interaction; the essence of family and fellowship that Dave embodied. All gifts, in any amount, are greatly appreciated and will make a positive impact on the recovery journey, now and in the future. Donations may be made through the mail or online at [www.glenbeigh.com/donate](http://www.glenbeigh.com/donate).

Dave was a champion of Glenbeigh's mission and fostered positive relationships that created an atmosphere of healing and hope. Please consider a donation that shares his message that the miracle of recovery is possible.

## Rise and Shine Educational Series

Glenbeigh remains committed to hosting educational seminars throughout the year. While COVID remains a part of our lives, the educational series, Rise and Shine, has transitioned to a virtual platform. Seminars remain free and open to EAP representatives, referents, business associates, healthcare professionals and anyone interested in learning more about addiction, treatment and recovery. Visit the Professional Education Series section of the Glenbeigh website at [www.glenbeigh.com/events](http://www.glenbeigh.com/events) for updates, registration information and continuing education information.

### January 2022

January's scheduled featured speaker is **Lisa Callahan, Ph.D.**, Senior Research Associate at Policy Research Associates, Inc. where she is involved in research, technical assistance and training. Dr. Callahan has considerable experience providing trauma training and workshops for justice professionals, including treatment court staff and judges. She works on many SAMHSA projects at the GAINS Center and is a faculty member for the National Drug Court Institute and the National Judicial College.

For more information on Glenbeigh's Rise and Shine events, please contact Carrie Artman at 440-710-3244 or by email at [carrie.artman@glenbeigh.com](mailto:carrie.artman@glenbeigh.com)

### February 2022

February's planned feature speaker is **Fred Rottnek, MD, MAHCM**, Professor/Director of Community Medicine, Department of Family and Community Medicine; Professor/Medical Director, Physician Assistant Program, Doisy College of Health Sciences; and Professor, Center for Health Law Studies. In 1991, as a student at the St. Louis University School of Medicine, Dr. Rottnek provided homeless healthcare services at local shelters. He later transitioned to correctional healthcare. He is instrumental in spearheading an Addiction Medicine Fellowship at SLU.

## ARCHway Institute and Glenbeigh Host Ohio Golf Scramble

*Raises Funds for Education and Charitable Care*



Left to Right: Gary Seech, President, Glenbeigh; Sarah Anstine; John Stuckey; and Emily Jung, Chief Executive Officer, The ARCHway Institute, enjoyed an afternoon of golf at the 9th Annual Ohio Golf Scramble. Proceeds from the outing provide education on addiction, treatment and recovery and assistance to people with financial barriers to treatment. Over the years, the golf outing has raised over \$82,000, which has been used to help individuals and families discover and experience the joy of recovery. The 10th Annual Ohio Golf Scramble is scheduled for September 8, 2022. Mark your calendar and plan to attend.

## Susan L. Feldman Memorial Scholarship Fund

### *Annual Award Assists Underinsured Patients*

Susan Feldman understood the toll addiction can have on individuals and families. She knew first-hand that alcohol and drugs has no social or economic boundaries. She was someone who generously gave back to her community, and when she passed away in June 2018, her family reached out to Glenbeigh to establish a means to help people struggling with addiction.

As a result, each year, on November 1st, the Feldman family works with Glenbeigh to select a recipient, currently in treatment, who demonstrates movement toward acceptance, is open to the recovery process and has financial need. A stipulation of the scholarship is that the recipient's need is due to an insurance shortfall.

The Susan L. Feldman Memorial Scholarship lifts the financial weight from a patient's shoulders allowing them to focus on the treatment process and recovery. To date, the family has donated over \$10,000 to help people stay in treatment. This family's philanthropy sets an example for giving back and helping people in need. We are grateful for their generosity.



**SAVE THE DATE**  
**LIVE Meeting**  
**Bridges to Recovery**

**Friday, December 3, 2021 • 7:00 PM**  
**Topic: Moment of Clarity**  
Steamfitters Hall, 1517 Woodruff Street  
Walk-ins welcome.



Accredited by  
The Joint Commission

## Mission Statement

To provide the highest quality healthcare to those in need of alcohol and drug addiction treatment and support ongoing recovery efforts.

