

Glenbeigh Glimmer

A Newsletter for Glenbeigh Family and Friends

Glenbeigh

ARMC Healthcare System

 Cleveland Clinic affiliate

President's Corner

The Power of Family in Recovery

Recovery is often described as a personal journey—but the truth is, no one recovers from substance use alone. Behind every success story is a network of people who offer understanding, patience and unconditional love. Our staff provide the tools for success in recovery, but it's family, in its many forms, that creates the foundation for healing that treatment alone cannot build.



Richard F. Trice, R.Ph, MBA

When someone begins the recovery journey, family members may struggle too—unsure how to help, uncertain what to say and sometimes carrying their own wounds. Yet, as education and open communication grow, so does resilience. At Glenbeigh, we help families learn to set healthy boundaries, replace judgment with support and celebrate progress rather than perfection.

Recovery extends beyond the walls of treatment centers—it continues at home, in daily routines and during moments of quiet temptation or self-doubt. The presence of family can transform these moments into opportunities for growth and connection.

Recovery is not only about overcoming substance use; it's about rebuilding trust, restoring relationships and rediscovering hope together. Families who engage in the process become true partners in healing, proving that recovery is not a return to what was—but the creation of something stronger, more compassionate and deeply rooted in love.

As the holidays approach, family can be a source of strength—or at times, stress. It's important to remain supportive and respectful when a loved one in recovery sets and maintains healthy boundaries. The season also offers an opportunity to reflect on the power of connection and the importance of healing together. In this issue, we highlight stories that celebrate those bonds, including our recent Family Retreat where shared experiences brought renewed hope and connection. From all of us at Glenbeigh, we wish you a joyful and peaceful holiday season.

A Journey of Recovery and Renewal: Celebrating Dr. William Hale's Career

After nearly 15 years with Glenbeigh, Dr. William "Bill" Hale is closing one chapter and beginning another—retirement. His journey, both personal and professional, is one deeply rooted in recovery, resilience and renewal.

Bill first joined Glenbeigh on December 1, 2009, bringing with him not only clinical expertise but a lived understanding of the recovery process. His own sobriety began in 2008, and that transformation became the foundation of a meaningful second act in life. "Consequences can get you sober," he shared, "but they don't keep you sober. You have to find something in life worth staying sober for."

For Bill, that "something" became helping others rediscover purpose. Over the years, he served in multiple roles—from assessment counselor and group facilitator to counseling supervisor and eventually manager of Glenbeigh's Rocky River and Beachwood Outpatient Centers. In each position, he guided individuals through the difficult yet rewarding work of rebuilding their lives. He also reminded clients to celebrate progress, not just identify shortcomings. "Recovery isn't only about what we need to fix," Bill often told others. "It's about recognizing the gifts and strengths we've been given and using them with gratitude."

That philosophy—balancing humility with appreciation—became central to his approach. He encouraged people in recovery to take inventory of their strengths and to see growth as a vital part of staying sober. "It's not about ego," he said. "It's about being thankful for your abilities and using them to help others."

As Bill steps into retirement, his plans reflect that same spirit of creativity and curiosity. He's learning to sew artistic wall pieces—a long-postponed passion—and plans to travel Route 66 with his part-



Bill Hale, center, along with left to right Vonda Marino, Amanda Geneva, Raven Starkey and Sam Kuntz, celebrate Bill's August retirement at the Outpatient Center of Rocky River.

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Recovery Is a Shared Journey: Glenbeigh Hosts Family Retreat

Recovery extends far beyond the individual—it's a shared journey that involves families learning, growing and healing together. This September, Glenbeigh hosted a Family Retreat at The Lodge at Geneva, bringing loved ones together for a weekend of connection, education and renewal.

Participating families regularly attended an online program for anywhere from one to two years, and 13 family members joined the retreat. One individual, who experienced a personal loss just weeks prior to the retreat, still attended, highlighting the courage and resilience present throughout the weekend. The camaraderie among families was remarkable, with participants offering support, encouragement and understanding to one another.

Facilitated by Rita Dawson, EMDR and Family Program Coordinator, and member of Glenbeigh's experienced clinical team, sessions explored communication, boundaries, rebuilding trust and self-care. Ken L. led two powerful sessions on the Stages of Recovery and the challenges of relapse, denial, delusion and family disease. Friday featured a guest speaker from Alcoholics Anonymous (AA), whose story of recovery deeply resonated with attendees.

The wellness portion of the retreat offered Reiki, meditation and aromatherapy—an opportunity for participants to recharge and nurture themselves. Saturday evening featured a panel of three women from Al-Anon, including one who returned to meetings after losing her son to overdose, creating a powerful moment of reflection and inspiration.

Between sessions, families gathered by the fire, shared meals and spent time in conversation, building honesty, transparency and deeper connections. Complimentary books, materials and self-care items such as lavender aromatherapy were provided to support continued growth at home.

At Glenbeigh, we believe recovery is most successful when families heal together. Events like the Family Retreat embody that belief—offering not only education and support but also a renewed sense of unity, hope and resilience for the journey ahead.

Dr. William Hale Retires

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ner, Scott, while restoring classic cars. "Recovery is about everything that happens after you stop using," he said. "It's about creating a life that's worth living."

Glenbeigh thanks Dr. Hale for his many years of dedication, compassion and example. His influence will continue to inspire colleagues and the countless individuals whose recovery journeys he helped shape. As he takes to the open road—both in recovery and across the country, including Route 66—we wish him smooth travels, joyful discoveries and endless miles of serenity ahead.

Pastor Betsy: Reflection on a Rewarding Career

After more than four decades of service, Pastor Betsy Schenk officially retired, ending her tenure at Glenbeigh on Ash Wednesday, March 5, 2025. Her journey with Glenbeigh began in the early 1980s at the Cleveland location, when she arrived as a representative working with the Ohio Nurses Association Peer Assistance Program. At that time, she was six months sober—a milestone that marked the beginning of a 43-year relationship with what she affectionately calls "the family that I have called Glenbeigh."

Throughout her remarkable career, Pastor Betsy has touched countless lives. She worked with people from all walks of life, understanding that many struggled with structured religion. With compassion and insight, she helped them explore and find renewed faith in a way that was meaningful to them. She also respected those who identified as agnostic or atheist, helping them connect with the 12-step program from their own perspective.

Always eager to learn and grow, Pastor Betsy trained in EMDR therapy and introduced its benefits at Glenbeigh's Rock Creek facility. Over the decades, she witnessed profound changes in substances, treatment protocols and the expansion of recovery support services—always adapting to meet the evolving needs of those she served.

This past year brought physical challenges following a fall that resulted in several broken bones. "It has been a difficult year," she shared. "I am so grateful for those who have helped me with my mobility."

Reflecting on her journey, Pastor Betsy said, "I was 31 when I got sober and I am now 75. I know this is the right moment." She closes with a quote that brings her comfort: "Grief never ends... It is the price of love."

"I have loved Glenbeigh deeply," Pastor Betsy said. "Blessings to all of you."

All of us wish Pastor Betsy the very best in her retirement. She will always be welcome at Glenbeigh and can rest knowing that through her decades of service, she made a lasting impact—helping people discover that recovery begins with trust, the right tools and the beliefs.

Glimmer **SHORTS**

Glenbeigh of Erie Maintains Standard of Excellence in Annual Review

Glenbeigh's Outpatient Center of Erie, proudly serving the community for 25 years, successfully completed its annual onsite audit and inspection by the Pennsylvania Department of Drug and Alcohol Programs (DDAP) in September 2025. The comprehensive review evaluated all areas of compliance, including policies and procedures, environment of care and client care documentation for several levels of care.

Following the thorough assessment, Glenbeigh of Erie was granted approval for its full licensure renewal—an important milestone reflecting the program's ongoing dedication to quality and compliance.

Congratulations to Jay Burrows, MSW, Program Director, and the entire Erie team, for another outstanding audit outcome. Your continued commitment to Glenbeigh's Standard of Excellence and to the well-being of our clients ensures that those seeking treatment at Glenbeigh's Outpatient Center of Erie receive the highest level of compassionate, professional care.

Dalton Witt Leads New Initiatives in Communications and Engagement

Please join us in congratulating Dalton Witt on his new role as Communications and Engagement Coordinator. Dalton will lead initiatives to enhance Glenbeigh's growth, community outreach and engagement with staff, interns and patients.

Dalton brings energy and creativity, demonstrated through programs like *Monday Motivation*, *Wednesday Wake Up*, and *Fresh Start Fridays*, as well as his role in new employee orientation. Since starting at Glenbeigh in 2017 as a Counseling Assistant and becoming a primary counselor in 2020, he has been highly requested by patients for his attentiveness and empathy.

In his new role, Dalton will develop programs to support patient experiences, employee engagement and workplace culture, while continuing his motivational series and some direct patient services. We wish Dalton great success as he embarks on this next chapter at Glenbeigh.

Glenbeigh Once Again Ranked Among Ohio's Top Treatment Centers

Glenbeigh has been recognized by a national news magazine as one of Ohio's top five treatment centers for four consecutive years - including being in the top two for 2025.

This honor highlights the dedication of Glenbeigh's staff, who combine a deep understanding of addiction and recovery with compassionate care. Over the years, Glenbeigh has served patients from across the U.S.—including Hawaii and Alaska—as well as international clients from the United Kingdom, Canada and the Caribbean.

By blending traditional recovery techniques with the latest medical advancements, Glenbeigh continues to provide the highest quality care to those living with substance use disorders. This continued recognition is a testament to Glenbeigh's enduring commitment to helping people reclaim their lives.

Glenbeigh Recovery Residences Achieve Ohio Recovery Housing Certification

Glenbeigh is pleased to announce that its seven recovery houses, located in Niles and Rock Creek, have received full certification through Ohio Recovery Housing, demonstrating our dedication to providing high-quality recovery support.

The certification process is rigorous, ensuring that each residence meets strict standards for safety, comfort and infrastructure, with adequate space to support the number of residents for which the house is certified. Glenbeigh's recovery houses offer a supportive, substance-free environment that emphasizes peer connection and access to services that encourage long-term recovery. Residents are supported in maintaining sobriety while improving their physical, emotional, relational and spiritual well-being. Residents are encouraged to engage positively in work, school as well as volunteer and recovery support activities.

Glenbeigh first established recovery housing opportunities in 1996 in Niles, Ohio, and over the years has built a strong, cohesive recovery community. Focused on providing an exemplary experience, our housing met all certification requirements after the first inspection. We remain committed to providing structured, supportive and affordable housing for individuals in recovery who are not yet ready to return home or do not have a home.

For individuals seeking certified recovery housing in Ohio, visit <https://rhsearch.mha.ohio.gov/> to locate available residences.

Mission Statement

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



Accredited by
The Joint Commission

Glenbeigh

ARMC Healthcare System

 Cleveland Clinic affiliate

Outpatient Center
of Niles **Holiday**

BANQUET

Friday, December 12th

*6:00-9:00pm at Ciminero's
Banquet Centre*

Tickets are \$25

Available at The Glenbeigh
Outpatient Center of Niles
or by scanning the QR Code



Outpatient Center of Erie is moving



*beginning mid-December
our new address is:*

**3526 Peach St.
Erie, PA 16508**

**SAME phone number
814-864-4226**

Glenbeigh

ARMC Healthcare System

 Cleveland Clinic affiliate

- Comprehensive Assessments
- Intensive Outpatient (day/evening)
- Aftercare/Continuing Care
- Family Sessions
- Licensed Professionals Group
- EMDR

www.glenbeigh.com