



DECEMBER 2020 | VOLUME 3, ISSUE 3

GAUDENZIA

Gazette

ADDICTION TREATMENT & RECOVERY SERVICES

An enduring legacy... Thank you, Mike!

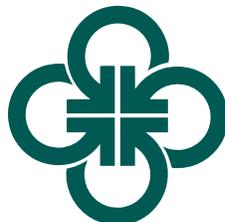
The Michael B. Harle Professional Development Scholarship Fund

On behalf of the entire Gaudenzia community, please join us in honoring Michael Harle for his many decades of outstanding leadership and service to Gaudenzia and our mission. Mike will be retiring as President of Gaudenzia Foundation at the end of this year. We are pleased to announce that he will continue to share his vast expertise with us as a Foundation Board member. It would be impossible to speak to all of Mike's accomplishments during his tenure with our organization. Under his leadership, Gaudenzia has grown from a single, peer-led residential program in Philadelphia to a vast continuum of behavioral health services spanning three states and the District of Columbia. To both our agency and the recovery field at large, Mike's tireless commitment has created an enduring legacy that will carry us well into the future. For this, we are all indebted. As you join us in expressing gratitude and well wishes to Mike, we invite you to honor him by donating to Gaudenzia's new Michael B. Harle Professional Development Scholarship Fund. This fund was created in his honor to provide tuition aid for education in the behavioral health field to Gaudenzia employees who, like Mike, are also Gaudenzia program graduates. We thank Mike again for his leadership and service and wish him a long, healthy and fulfilling retirement.

Sincerely,

Richard Z. Freemann, Jr.,
Gaudenzia Foundation Board Chair

Phillip Jordan,
Gaudenzia, Inc. Board Chair



**To donate, please mail your payment to:
Gaudenzia C/O Community Engagement, 106 W. Main St., Norristown, PA 19401
or online at www.gaudenzia.org and click on the DONATE button.**



Join the Voices for Recovery: Celebrating Connections

GAUDENZIA promotes the societal benefits of prevention, treatment and recovery for mental and substance use disorders. It also celebrates people in recovery, lauds the contributions of treatment and service providers and promotes the message that recovery, in all its forms, is possible. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective and people can and do recover. September was National Recovery Month, and Gaudenzia joined the Voices of Recovery in celebrating connections.

*Statement taken from SAMHSA's website.
(Substance Abuse and Mental Health Services Administration)*



Overdose Awareness Walk

Adams County residents recently participated in an Overdose Awareness Walk in Gettysburg to remember the individuals that we have lost and also to celebrate National Recovery Month. Despite the heavy rains, more than 60 people took part in the walk that day. Matt Null, Marketing Manager at Gaudenzia, provided resources and music, and he served as emcee at the event.

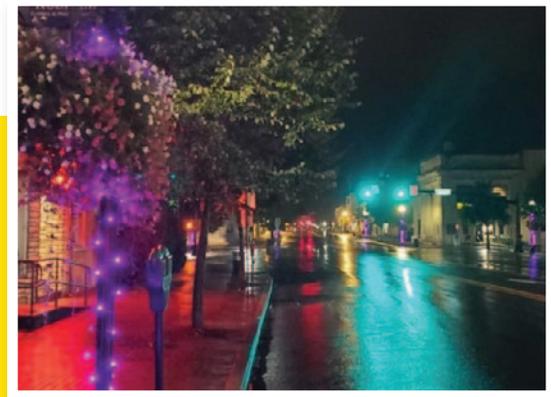


The staff at Gaudenzia's **Concept 90** facility, which is in Harrisburg, recently began creating Recovery Toolkit boxes to give to the clients. Each box has motivational items, and there is a note in the box that explains what the items represent.



Throughout the month of September, the women at Gaudenzia's **Vantage House**, which is in Lancaster, participated in several activities in support of National Recovery Month. As the women continue on their journey of recovery, they have consistently displayed their creativity, thoughtfulness and inspiration. It was highlighted by the creation of the "Tree of Life," which honors the memories of individuals whose lives were lost to addiction. The activities culminated on September 30 with Cafe Vantage, which allowed the women to share songs, dance, poetry, art and magic tricks as well as have a snack while enjoying each other's company.

Every year, "Light Up the Sky" is held nationwide on August 31st to kick off National Recovery Month in September. Individuals who have been touched by addiction are asked to light up the sky via front and/or back porch lights. In addition, there is a community involvement with light effects, which shines a light on the stigma and destruction of the lives that have been affected by addiction. For the past three years, Gaudenzia's **New Destiny** facility, which is in Ashland, PA, has participated in the "Light Up the Sky" event. The clients and participating staff create a circle and light candles, and each member sends a prayer or positive thought, memory or any intention to those individuals who have lost their battle with addiction as well as the ones who are still suffering or are currently in recovery. The evening ends with each member vocalizing gratitude for their journey, and the "we" version of the Serenity Prayer is recited at this powerful and special activity.



Gaudenzia staff members hung up purple lights in Chambersburg recently to commemorate National Recovery Month. In addition to members from Gaudenzia, staff from the Franklin/Fulton Single County Authority (SCA) as well as the Pennsylvania Counseling team strung up thousands of lights.



Due to the pandemic, while Philadelphia public schools were closed, Gaudenzia's **Tioga Family Center** opened its doors to support school-age children. Participating Gaudenzia facilities included: WINNER, Tioga Arms and Tioga Family Center. Tioga Arms Education Specialist Tony Moore and Case Manager Caitlin Leonard worked with students troubleshooting computer issues while providing onsite tutoring. The children were provided breakfast, lunch and snacks, delivered to the Family Center daily by the local school system. Pictured teaching is Tioga Arms Case Manager Caitlin Leonard.

Delaware's Department of Corrections' Commissioner **Claire DeMatteis** recently visited Gaudenzia's **Fresh Start** program in Wilmington, DE, and **Safe Haven** in Claymont, DE. The Department contracted with Gaudenzia to provide substance use treatment to pregnant women at Fresh Start upon their release from prison, helping to ensure a seamless transition to residential care at Gaudenzia for those individuals who are seeking treatment. The D.O.C. contract also supports these women with their transition to Safe Haven, upon delivering their newborn children, to receive housing support services.



In Maryland, Gaudenzia Inc. Board Member **Erik Atas** recently led an unparalleled, multi-prong effort to provide free legal advice to 87 men and women to expunge their records. Atas, of Zirkin and Schmerling Law, is also a member of the Maryland Association for Justice, Inc. The successful effort was a collaboration between Atas and MAJ's Women's Caucus.

Taking part in this initiative with Atas were: Cara O'Brien, of the Law Office of Evan K. Thalenberg, P.A.; Kelly Donohue, of Kelly Donohue Law; Gwen Marie Davis, of GDH Law; Snehal Massey, of Turnbull, Nicholson & Sanders, P.A.; Mary Seidel, of Salsbury Sullivan LLC; Mary Koch, Cecilia Lavrin and Sarah Smith, of Wais, Vogelstein, Forman & Offutt, LLC; Julia Newlands, of Stein Mitchell Beato & Missner; and Katlyn Hodges, of Hood Law.



Pictured are R.J. Messenger, Iron Empire Clothing owner, left; and Jason Kisielewski, Gaudenzia Erie, Inc. Community Affairs Manager.

Gaudenzia Erie, Inc. recently partnered with Iron Empire Clothing for their "Locals Supporting Local" fundraising program. During the fundraiser, Gaudenzia sold t-shirts, tote bags and hoodies. A portion of the proceeds went to benefit the clients that are served by Gaudenzia, including those who can't afford the cost of treatment.

Gaudenzia recently partnered with the York/Adams Drug & Alcohol Commission and the York Opioid Collaborative by hosting a free Narcan Distribution event at their **York Outpatient** program, which is located in Delta, PA. On October 16, from 3 to 6 p.m., residents of the community could stop by and pick up a Narcan kit, which included two doses of Narcan, gloves, medication disposal kits, a CPR mask and resources on how to access treatment. In addition, each person received training on how to recognize an overdose and how to administer Narcan. Throughout the night, 22 kits were handed out, and many people expressed their appreciation for the event being held.



From left, Matt Null, Gaudenzia Marketing Manager; Brittany Shutz, MS, York Opioid Collaborative Executive Director; and Bob Willis, BA, Prevention Specialist and Narcan Coordinator for the York/Adams Drug & Alcohol Commission



Mary Bair

The Pennsylvania Recovery Organizations Alliance (PRO-A) honored Mary Bair, recently retired Director of Gaudenzia's Women and Children's Services, with the 2020 Lifetime Service to the Recovery Community Award. Mary, whose career at Gaudenzia spanned four decades, has been recognized nationally for working with pregnant and parenting women with substance use disorders.



Gaudenzia's Dee Shirley, Outpatient Program Director, recently supported the "United In Recovery's Community Resource Night" during National Recovery Month. The event, which took place on September 24 at Memorial Park in Danville, provided the community with local resources and information on how to access help.



Volunteers from Gannon University recently donated a collection of new and used coats for children and adults in need of winter clothing. The students came up with this idea to show their gratitude after a program director from the **House of Healing**, which is in Erie, assisted them with a project. Pictured are the volunteers from Gannon along with residents from the House of Healing.



Gaudenzia's **Coal Township** facility, located in Northumberland County, PA, held a special tree planting and dedication ceremony to remember the individuals who were lost to substance abuse addiction. In addition to the ceremony, there was a Naloxone distribution at Claude Kehler Park, which was made possible by a grant through the Evangelical Community Hospital. Also, local people in the community who have been affected by substance use disorder were able to share their personal experiences as well. Attending the event were Commissioners Samuel J. Schiccatano and Joseph M. Klebon along with Miss America Camille Schrier, pictured here.

Dollars and Sense

The new CARES (Coronavirus Aid, Relief, and Economic Security) Act is designed to help individuals, businesses and nonprofits facing economic hardships during the coronavirus pandemic.



Charitable Goals

Since the start of the pandemic, Gaudenzia has been touched by the financial support and kindness during this difficult time. Please contact Lynanne Schaeffer at lschaeffer@gaudenzia.org or (610) 239-9600, ext. 2654 to discuss how a gift can help further Gaudenzia's mission.



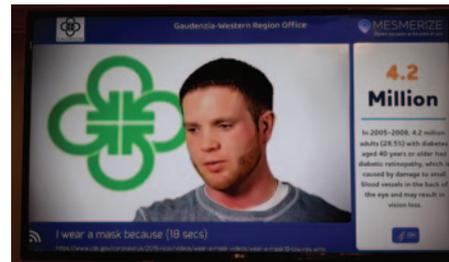
Since the pandemic hit in March, Gaudenzia launched its Treatment and Recovery Hotline and transitioned to telehealth services to keep everyone safe. Here is what our clients have said about telehealth since we began using it in March 2020:

- *It's convenient. Transportation is sometimes not accessible or is unreliable.*
- *When tested for Covid-19 or not feeling well, treatment via telehealth was always an option. There was no break in service.*
- *In the beginning of the pandemic, not having a connection to others was tough, but telehealth was available, so that helped.*
- *With no childcare, school or work, telehealth options removed these barriers to getting help.*
- *I feel as though I can connect with the staff more easily now with telehealth.*
- *Access has been the biggest plus!*

Why a Gift From an IRA May Still Be a Good Idea

- Gifts can be put to use today, allowing individuals to see the difference their donations are making.
- You pay no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so a person will benefit even if they do not itemize their deductions.
- Since the gift doesn't count as income, it can reduce your annual income level. This may help lower Medicare premiums and decrease the amount of Social Security that is subject to tax.

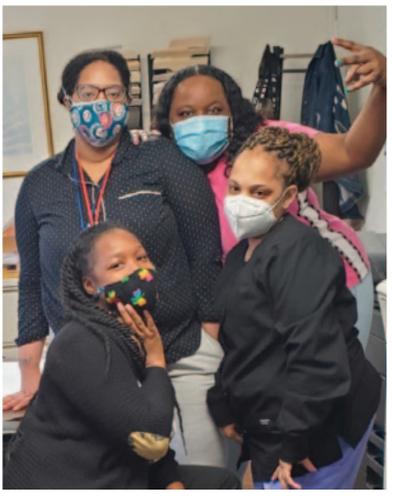
Editor's Note: Gaudenzia can not provide legal or financial advice. Consult with a professional advisor before making a charitable gift.



New Partnership is sure to Mesmerize

Gaudenzia recently formed a partnership with Mesmerize, which is a company that specializes in patient education at the point of care. This will include the installation of more than 500 of Mesmerize's digital TV screens and static wallboards at various Gaudenzia locations.

Mesmerize's TV screens feature editorial and educational content that include information on symptoms, disease states and treatment options. "Access, availability, education and communication are essential in combating the country's addiction epidemic. Mesmerize fully meets these prerogatives and is greatly helping both Gaudenzia's clients and future clients to seek and receive treatment," said Dr. Dale Klatzker, Gaudenzia President and CEO.



In Washington, D.C., **RAP, Inc's**, (Regional Addiction Prevention) program staff, their families and friends raised nearly \$5,000 to create a COVID-19 Emergency Fund through a GoFundMe campaign that was launched in the early fall.

Pictured are Ciara Levenberry, Donya Butler, Nzanga Lawrence and Shakeya Logan.



Throughout the COVID-19 pandemic, members of the Chesapeake Region leadership team have assisted the Baltimore City Health Department (BCHD) with performing coronavirus testing for clients and staff. This enabled them to mitigate outbreaks, build relationships with the BCHD and continue to educate everyone about the virus as well as how to stay safe.

Pictured in the photo, from left, are: Dr. Arvella Floyd, Division Director; Jumoke Omisore, Director of Health Services; Vanessa Snyder, Human Relations Business Partner; and Kristy Blalock, Chesapeake Region Director. They are joined by two nurses from the Baltimore City Health Department.



On October 30, members of Gaudenzia's **Park Heights Women's** long-term program, in Baltimore, celebrated Fall Harvest, which was led by Rosetta McAllister, Program Director. The ladies created their own homemade costumes, participated in a costume contest and performed a choreographed routine to Michael Jackson's "Thriller."

To **offset production costs** of the Gaudenzia Gazette, we are collecting email addresses for individuals who prefer to receive future editions electronically.

Please forward your name and email address to hmunro@gaudenzia.org.



Santa Sam is making a list and checking it twice. We still need You(r) Email Address!

Gaudenzia's Harrisburg Outpatient program is proud to announce their new "Partial Hospitalization Program."

Gaudenzia's Medication-Assisted Treatment (MAT) uses FDA-approved medications in combination with a "whole-patient" approach to treat substance use disorders. MAT medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body.

At Gaudenzia's **Harrisburg Outpatient** program, the clients recently decorated the entrance of the building with posters expressing aspects of their journey.



Gaudenzia Harrisburg Outpatient
 2039 N. 2nd Street, Harrisburg, Pa 17102 | 717 233-3424

Announcing our new
Partial Hospitalization Program

Clinically intensive, therapeutic care for individuals 18 years and older with Substance Use Disorders (SUD)

Monday through Friday – 9:00 am until 1:00 pm

Services Offered
 Medication Assisted Treatment (MAT) Services available daily on site
(assessment scheduled within 48 hours of admission into program)
 Psychoeducation
 Daily Group Therapy and Process Groups
 Life Skills and Family/ Relationship Skills Training
 Certified Recovery Specialist Services
 Transportation available daily
 Light Breakfast provided daily

For more information or to make a referral please call (717) 233-3424

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 833-976-HELP (4357)



From left, Jayme Hendricks, Division Director for Northern Tier Outpatients; Florence (Sam) Paige, Central Region Director; and Tammy Zosh, Regional Financial Manager

Gaudenzia's **Coal Township Outpatient** program recently held an awards and recognition ceremony on the front lawn of the facility. With the fall season in the air, the setting was surrounded by the changing colors of the trees. Each member of the staff was recognized by Dee Shirley, Gaudenzia's Outpatient Program Director, to highlight the event.



Gaudenzia recently provided 500 toiletry bags to the Hub of Hope, which is located at the Lower Level of Suburban Station Concourse in Philadelphia. The Hub of Hope offers a safe place where people can enjoy a warm cup of coffee, take a shower, wash laundry and speak to peers or case managers as they begin the process of finding a permanent home. In addition, it also creates even greater opportunities to connect individuals who are experiencing homelessness to recovery, medical care and ultimately stable, supportive housing.

Pictured from left: Emily Hopkins, Development Officer for Project HOME; Thomas Bogovich, Gaudenzia's Director of Marketing; and Eliza Mongeau, Interim Program Manager at the Hub of Hope



Through a generous grant provided by the Pennsylvania Partners in the Arts, Gaudenzia Erie, Inc. is once again hosting a therapeutic program called “DRUM-atic Healing at Gaudenzia.”

The “DRUM-atic Healing at Gaudenzia” program will incorporate music, specifically drum circles, into the healing process as people recover from addiction. For years, studies have indicated that drumming and drum circles have lowered people’s stress levels.

The initial session of this program took place at **Gaudenzia’s Community House**.



Stacy Parisella, an Intake Counselor Assistant III at Gaudenzia’s **Fountain Springs** facility, which is in Ashland, recently led an art project for the clients.

Parisella painted a tree that was later dedicated to the lives that have been lost due to an opioid overdose.



Gibson House • Integrity House • Common Ground • House of Healing • Crossroads • Harrisburg Outpatient



Each year, the clients and staff from Gaudenzia’s various facilities do an amazing job painting and carving pumpkins. Although pumpkin carving is not an official therapeutic modality, this activity illustrates how Gaudenzia’s staff consistently goes above and beyond in treating the whole person. When carving a pumpkin, teamwork, creativity, forward thinking and problem-solving are all necessary skills and help create opportunities to enjoy the smaller things in life, which often turns into the motivation to find success in the program and achieve greater things.

5K for Freedom Walk/Run

On Halloween, a group of Gaudenzia superheroes participated in the 5K for Freedom walk/run in Mechanicsburg. The event, which is aimed at educating families about the signs and dangers of substance abuse and the resources available to assist struggling families, was organized by high school senior Anike Heller. Pictured in the photo, from left, are: Kelly Devine, Counselor; Andrew Schmitt, Outpatient Director; Joy Babil, Counselor; Tomye Harbold, Counselor; and Melanie Irwin, Outpatient Division Director. Gaudenzia's Marketing Manager Matt Null served as the DJ for the event.



Staff and clients from Gaudenzia’s Coal Township facility recently hosted a Fall Festival complete with a scarecrow and poster contest. Ms. Dee supplied caramel apples, cider and cookies, and a huge “Thank You” went out to Sober Farms LLC for providing the pumpkins and bales of hay.



The drugs took away my love of music, self-respect, dreams, aspirations and goals.

Alumni Spotlight **Terry McCoy**



My name is Terry McCoy, and my “clean date” is March 15, 2015. Prior to that date, my life was an unmanageable, destructive rollercoaster due to the direct result of drug and alcohol use throughout the course of 30 years. It seemed as though addiction had me blind to the errors of my ways, such as lying, stealing, self-neglect, degradation and doing just about anything else under the sun to get high.

Every time it appeared to me that I was already at my bottom, there always seemed to be a trap door. The pain, shame and guilt were always a constant reminder of my bad decision-making. The drugs took away my love of music, self-respect, dreams, aspirations and goals. What would appear to others as an unnatural lifestyle was actually natural for me, and I felt as though I was a failure at being a human being.

On March 15, 2015, my gift of change came in the form of a 12-year prison sentence for possession with intent to distribute heroin. During my sentencing hearing, the judge said that he would consider drug treatment after I had served three years. I completed several programs and earned several certifications, such as the cognitive program. I learned a trade in office technology and earned my GED while incarcerated.

Thereafter, the judge modified my sentence to take advantage of the Gaudenzia program, which changed my life for the better. On February 15, 2018, I arrived at Gaudenzia with my mind made up, and I was determined to change. I took advantage of any and all opportunities that Gaudenzia had to offer me to better myself.

I was assigned to Miss Debra Smith’s caseload, which was a blessing. She helped me to “FACE ME!” and embrace accountability. She also allowed me to be a tutor to clients who wanted to obtain their GED. In addition, I became a member of my treatment program’s Upper Structure Board, where I was an expeditor assisting other clients with adhering to the rules and guidelines. I became the Senior Coordinator of the Upper Structure Board.

I completed the program at Gaudenzia on June 15, 2018, without having any positive urine samples or negative progress reports. Periodically, I went back to attend meetings and visit with the staff, and on September 28, 2019, I graduated. Gaudenzia hired me to join their staff on September 30, 2019. Today, I am a House Manager Supervisor at the Crownsville Campus, Chesapeake Region, and I will soon be a Certified Peer Support Specialist.

I find that working at Gaudenzia is a passion for me. I love giving back to the addict that is still suffering and helping them find their way. My work serves as a constant reminder of where I used to be and could return to if I don’t remain honest, open-minded and willing to work on my recovery. I now see life differently than I did at the beginning of this article. The “CHANGED ME” became easy when I was removed out of my own way.

I would like to “THANK GAUDENZIA” for being a major resource toward my personal growth and development.

GAUDENZIA, Inc.

Corporate Offices
106 W. Main Street
Norristown, PA 19401

www.gaudenzia.org

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Treatment Recovery Hotline
1-833-976-HELP (4357)

LEARN MORE ABOUT US

communityaffairs@gaudenzia.org

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legacy@gaudenzia.org

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hmunro@gaudenzia.org

The Gaudenzia Gazette is published by the Community Engagement Department of Gaudenzia, Inc.

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Challenging times often make us reflect on the importance of the people in our lives and the gratitude for those who helped us get through the year.

Together, we can fight any challenge. May this holiday season be a time of hope and light.



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