



ATTENDANCE NOT REQUIRED **No-Show Masquerade Ball Supports Treatment, Prevention Programs**

Mission Statement

Renz Center is dedicated to empowering people to lead healthier lives.

Calendar of Events

September
National Recovery Month

October
Substance Abuse
Prevention Month

October 1
Online Auction Opens

October 15
National Latino HIV
Awareness Day

October 23-31
National Red
Ribbon Week

November 7
No-Show
Masquerade Ball

December 1
World Aids Day



NO SHOES TO SHINE.

NO HAIR TO STYLE.

NO NEED TO STAY UP LATE.

Plan to not attend Renz Center's upcoming No-Show Masquerade Ball by purchasing an imaginary ticket. Held November 7th, the No-Show Ball is Renz Center's annual fundraiser and **100 percent of all proceeds will go toward Clinical and Prevention Services.**

"Elgin is an entrepreneurial-spirited community, but it's often difficult to attend every fundraising event you want to support," said Renz Center's Executive Director Jerry Skogmo. "The No-Show Ball is an easy way to support individuals who need treatment while at the same time helping to keep our community safe."

By supporting the No-Show Ball, community residents will

help people receive the substance abuse treatment and prevention education programs necessary to help:

- Help parents get back to work and care for their family
- Keep our roads safer from intoxicated drivers
- Decrease crime and reduce impact in the criminal justice system
- Improve overall health of community residents
- Help a problem gambler rebuild his retirement savings
- Cut healthcare costs with fewer emergency room visits
- Reduce homelessness and domestic violence

To order imaginary No-Show Masquerade Ball tickets or be a sponsor, visit www.renzcenter.org or call Deb Howe at (847) 742-

3545 ext. 236.



Become A Sponsor

Businesses who would like to become a sponsor before the Online Auction opens can benefit by having their company's logo linked from the auction website to a business's website. Tracking information can be provided, including how often logo is viewed and how many people access a business's website. For more information on sponsorship levels and benefits, contact Deb Howe at (847) 742-3545 ext. 236.

Join The Voices For Recovery: Be Visible, Vocal, Valuable

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Substance abuse recovery is a journey that brings many struggles and rewards, and is often achieved through a community of healthcare providers, family, friends, and individual determination. During National Recovery Month this September, Renz Center would like to honor those individuals throughout the community who are in recovery or have helped someone in the recovery process.

This year's Recovery Month theme, "Join the Voices for Recovery: Visible, Vocal, Valuable, encourages people to talk openly about mental health and substance use disorders and the reality of recovery...prevention works, treatment is effective, and people can recover. The theme highlights the value of peer support in educating, mentoring, and helping others. The theme invites individuals in recovery and their support systems to be catalysts and active change agents in communities, and in civic and advocacy engagements. It encourages individuals to start conversations about the prevention, treatment, and recovery of behavioral health conditions at earlier stages of life.

A Client's Story: Finding Balance Key To Recovery

When a DCFS representative showed up at her house to take away her three small boys, Jane had finally hit rock bottom. Single, 29 years old and in poor health, Jane needed to make some changes in her life if she ever wanted to regain custody of her kids.

A Vicious Cycle

After completing an inpatient detoxification program at Alexian Brothers Hospital, Jane began Renz Center's intensive outpatient treatment program. Jane's counselor quickly learned that Jane began drinking wine daily at

National Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2015

age 23, and over the next few years developed pancreatitis. Jane found that by reducing her drinking she felt fewer pancreatitis symptoms, but realized in the meantime that she had increased her anxiety medication usage. When she cut down on the medication, she went back to drinking more...and around and around it went. Jane's hopelessness continued to escalate when her boyfriend left her and she had no support for raising her kids.

Jane's counselor recommended that in addition to individual treatment, she should also attend Dual Diagnosis group meetings. Through a lot of hard work, Jane was able to regain custody of her kids as long as she continued to make progress. Through treatment, Jane learned that she used drinking to help her cope, and for recovery to continue she needed other outlets to help relieve stress. Through her church Jane started attending book club, and began taking online courses through Elgin Community College. Jane and her mother also began rebuilding their relationship by going to yoga class one night a week and attending Weight Watcher meetings.

Finding Balance

Today, Jane remains committed to sobriety and attends a 12-step program at her church. Jane continues to use the coping and communication strategies she learned in treatment, and tries to find balance between her kids, family, friends and school.

Peer Mentors Provide Outreach Through Social Media

In an effort to help reduce behaviors that lead to substance abuse and HIV infection to area Latinas and men who have sex with men (MSM), Renz Center's peer mentors have been busy posting healthy lifestyle and educational information through social media in the program Informate Project (Get Informed). Through Facebook and other social media websites, peer mentors are creating awareness with the intention to:

- Prevent substance abuse and improve well-being
- Reduce substance abuse and other risky behaviors related to HIV infection
- Reduce new HIV infections
- Increase access to care and improve health outcomes for people living with HIV/AIDS
- Reduce HIV-related health disparities and health inequities
- Achieve a more coordinated national response to the HIV epidemic

"While SAMHSA (Substance Abuse and Mental Health Services Administration) has funded the program through September of this year," said Renz Center's Social Media Grant Coordinator Carlos Chavez, "the Center plans to continue posting as long as we feel we are providing valuable educational information and contributing to the community."

For more information, "Like" Informate Project on Facebook, or check out Renz Center's website at www.renzcenter.org.



Reaching Teens Throughout The Community

Throughout the 2014/2015 school year, Renz Center's team of youth prevention educators reached out to teens in the Central/Northern Kane and western Cook County communities in an effort to provide substance abuse prevention education. Such programs as Project Toward No Drug Abuse, Too Good For Drugs and Cuidate are designed to meet the unique needs of middle and high school-aged youth and target the specific problems associated with each age range.

Just The Facts

Middle school-aged youth often respond to straightforward facts and information. Last year, Renz youth educators taught the Too Good For Drugs program to 689 students attending Lakewood and Carpentersville Middle schools. The Too Good For Drugs program is designed to delay and prevent high-risk behaviors, including substance use, violence, and premature sexual activity. Too Good For Drugs is a research validated program that has identified the critical factors that lead young people to begin experimenting with substances and participating in other high-risk behaviors. The program is designed to reinforce positive qualities that are typical of youth at this age.

50 Larson Middle School and 30 South Elgin High School students participated in Students Taking Action Toward Success (STATS). STATS is a unique program where students can get straight answers and discuss solutions. Topics of discussion include everything from alcohol/drug prevention to dealing with parent/peer relationship conflicts and difficult social issues. The goal of STATS is to help students navigate through school and lead themselves and others into a successful future.

Calling All Freshman

All 850 freshman students attending Elgin and Larkin High Schools were taught the Project Toward No Drug Abuse (PTNDA) program. This evidence-based program is designed to discourage negative behaviors and encourage positive skills. Students learned detailed information about the social and health consequences of drug misuse, motivation enhancement strategies, and receive instruction in active listening, effective

communication skills, stress management/coping skills, tobacco cessation techniques, self-control, and decision-making to counteract risk factors for drug abuse relevant to older teens.

Students are given a pre- and post-test that includes questions about material covered in the program. Retaining the program's information is critical to understanding how to respond to difficult situations.

"What makes all of our programs different from other prevention education platforms is that we spend time engaging students in meaningful conversations that are directly relevant to what's happening in their lives," said Prevention Services Coordinator Ricardo Gasca. "Through one-on-one and group activities, our educators are able to give students straightforward answers and the necessary tools to make better decisions."

Summer Program Taking It A Step Further

Teens who have made a personal commitment to remain drug free took it a step further this summer and participated in the Center's Leadership Empowerment And Development (LEAD) program. Throughout the course of six weeks, 40 youth ages

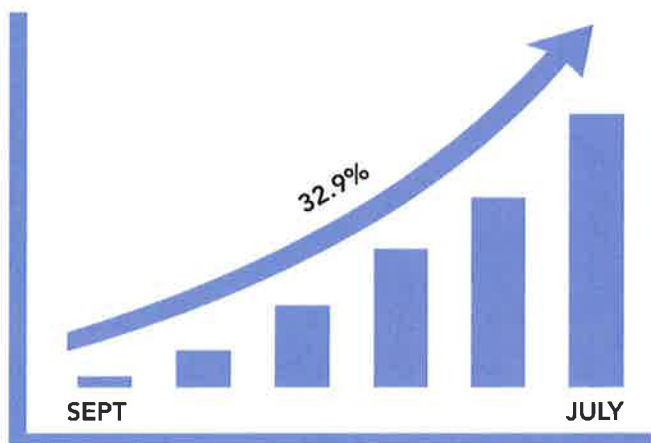


While visiting The Ranch of Hope Reins in Burlington, IL, LEAD students learned leadership, communications and problem-solving skills.

10-17 received Project Toward No Drug Abuse (Project TNDA) and Cuidate (Take Care of Yourself) curriculum, and participated in various field trips to help foster school success. LEAD is designed to delay and prevent high-risk behaviors, including substance use, violence, and premature sexual activity by fostering development of positive personal characteristics. During the final week of the program, teens traveled to the Cebrian Goodman Teen Institute in Charleston, IL, for a week of workshops and an opportunity to create a school prevention action plan. Renz staff will follow up with youth at the beginning of the school year to further help them initiate their prevention action plan.

Thank You!

Youth prevention education programs are made possible in part through funding support by the EFS Foundation, Elgin Township, Zurich North America, and the Department of Human Services and Family and Community Services.



Freshman from both high schools have responded favorably to the Project Toward No Drug Abuse program, with their level of knowledge up 32.9% from the beginning of the school year.

CABHI Program Aids Chronically Homeless

For the chronically homeless, substance abuse and mental illness often play a role in an individual's ability to stay employed and maintain housing. To break the cycle, an intervention followed by support services is critical to helping someone move off the path of homelessness toward recovery, employment and permanent housing.

Last year, Renz Center initiated the CABHI program to specifically provide support services to individuals who have a history of chronic homelessness but are currently living in supportive housing. CABHI, Cooperative Agreements to Benefit Homeless Individuals, is unique because it specifically helps individuals with substance abuse and/or mental illness get the integrated treatment and services they need to move toward permanent housing. Specifically, CABHI provides counselors, recovery coaches and case managers who offer:

- Supportive permanent housing linked to Ecker Center in Elgin or Lazarus House in St. Charles
- Long-term supportive substance abuse and/or mental illness counseling
- Individual and trauma focused counseling
- Parenting support and education
- Childcare assistance during treatment sessions
- Transportation assistance
- Assistance with applications for entitlements
- Employment counseling

"CABHI is a collaborative program between many community social service agencies," said Renz Center's Executive Director Jerry Skogmo. "It's through their expertise and resources that individuals can benefit from long-term success."

All CABHI services are free of charge to eligible individuals; pregnant women are given priority. The CABHI program is a collaborative project funded by the State of Illinois through the federally funded Substance Abuse Mental Health Services Administration. Along with Renz Center, Ecker Center for Mental Health, Lazarus House, Community Crisis Center, and the Lighthouse Institute are all community partners in this program.

For more information on the CABHI program, call 847-742-3545 or visit www.renzcenter.org.

Minority Women Receive Needed SUPPORT

In 2013, Renz Center expanded substance abuse treatment services for minority women 18 years and older to help decrease barriers to treatment and increase their ability to begin recovery. Through a teamwork approach, 84 women have participated in the SUPPORT program and have had access to evidence-based trauma informed services that provides:

- Substance abuse treatment
- Mental health counselling
- Psychiatric services
- Case management



- Recovery coaching
- HIV testing and counseling
- Parenting support and education

The SUPPORT program also offers women free childcare services during treatment, and transportation assistance is provided if needed.

The SUPPORT program is in collaboration between Renz Center, Breaking Free, Inc., Community Crisis Center, and VNA Health Care. Program services are free to eligible minority women and are offered in both English and Spanish. For more information or to schedule an assessment, call Renz Center at 847-742-3545 and Breaking Free in Aurora at 630-897-1003.

The SUPPORT program is made possible thanks to a Substance Abuse Mental Health Services Administration (SAMHSA) federal grant.

**NEW
THIS
YEAR!**

Jim's Friends Offers Support Beyond Treatment

The "Jim's Friends" Alumni Bridge group provides a safe place for people to give and receive support, share fellowship, and create future connections. The group meets the second Thursday of every month from 7-8:30 p.m. in the Center's Two American Way facility. An appointment is not necessary, but past affiliation with Renz Center's treatment program is required.



Like Us On Facebook

By "Liking" Renz Center on Facebook, you will help spread the word about the importance of substance abuse and problem gambling treatment and prevention education to family and friends.

NEW.....

Empowering Girls In A Lesson Of Self-Defense

All too often young girls who are in substance abuse treatment are victims of domestic violence and/or sexual assault. To support these teens, Renz Center recently initiated the Adolescent Self-Defense Program. This six-week program is designed to help young females navigate through their substance abuse treatment by giving them tools to increase their self-confidence and help them recognize and respond to potentially harmful situations.

The Adolescent Self-Defense Program is divided into three segments: Empowerment Counseling, Self-Defense Training, and Regroup. The first segment focuses on empowering teens and building their self-esteem. Through role-play and discussion, each teen learns violence prevention techniques, how to cope with safety fears, and spends time discussing:

- Self-worthiness
- Why saying no is acceptable

“Research shows that healthy teens directly benefit the community with lower teen pregnancy and domestic violence rates, in addition to reduced substance abuse...all of which translates to lower health insurance rates and legal costs.”

- Victim versus survivor
- Practice using your voice

The second part of the program is devoted to self-defense training. Facilitator and instructor Kevin Engstrom, a former U.S. secret service officer, works with the teens and encourages them to think in terms of options and choices, develop their awareness, and provide practice for physical self-defense against the unarmed attacker who is attempting to restrain or strike them in any way.

The final portion of the program deals with allowing the teens to regroup and discuss any past traumas the self-defense program may have triggered. This portion of the program is critical in helping teens feel safe and secure.

For more information on the Adolescent Self-Defense Program, contact Clinical Services at (847) 742-3545, or visit www.renzcenter.org. This program is made possible in part from First Congregational United Church of Christ funding.

Problem Gambling; When It's No Longer Fun

For most people, gambling is a harmless way to have fun. From throwing the dice in a lively game of craps to staying up late playing poker, there are endless ways to lose a little money and have a few laughs. For the problem gambler, however, the highs and lows of winning and losing can be psychologically exhausting; the financial burden overwhelming. Often, the problem gambler does not even realize how far his addiction has grown out of control until he has lost his home, job, family and friends.

“If you know someone who may have a gambling problem but is in denial, approach them in a non-judgmental manner that will encourage him or her to be open and forthright,” said Renz Center’s Certified Gambling Counselor Patti Anderson. “If ‘money problems’ equates to ‘gambling debt’, it’s time for a professional assessment.”

According to the National Council on Problem Gambling, “1 million U.S. adults are estimated to meet criteria for pathological gambling in a given year, while another 4-6 million would be considered problem gamblers.” **Signs of a gambling problem include loss of interest and participation in normal activities with friends and families, unaccounted time, missing possessions or assets, and changes in attitude and personality. Gambling problems may also be evident by neglect of personal needs (such as food, utilities and medical), secrecy, avoidance when discussing time and money, and depression.**

For more information on problem gambling treatment, call Renz Center or visit www.renzcenter.org.



Help Pave The Path To Sobriety

Commemorate a family member or friend with an engraved brick permanently placed on Renz Center’s Serenity Path. Each brick serves as a reminder to those struggling with sobriety of all the individuals who support them and/or who have also walked the path.

The price of each 4” x 8” brick is \$100, and includes three message lines (19 characters per line) which includes spaces and punctuation.

To order a brick, visit www.renzcenter.org or call Deb Howe at (847) 742-3545.



Balance Sobriety With Self-Empowerment Program

Community residents are invited to participate in SMART Recovery, a self-management training support program that emphasizes self-empowerment for all types of addictive behaviors. An alternative to Alcoholics Anonymous, the program emphasizes building and maintaining motivation; coping with urges; managing thoughts, feelings and behaviors; and, living a balanced life. This free program meets every Thursday from 5:30-7:00 p.m. at Renz Addiction Counseling Center’s Two American Way facility in Elgin. Registration is not necessary; walk-ins welcome.



Renz Addiction Counseling Center

Elgin Outpatient & Passage Program

Two American Way, Elgin, IL 60120
(847) 742-3545 TDD: (847) 742-0242
Fax: (847) 742-3559 (Outpatient)
Fax: (847) 697-6583 (Passage)

St. Charles Outpatient

409 Illinois Street, Suite 1A, St. Charles, IL 60174
(630) 513-6886 Fax: (630) 513-6892

Streamwood Outpatient

1535 Burgundy Parkway, Streamwood, IL 60107
(630) 837-6445 Fax: (630) 837-7184

Prevention Office, Administration & Employee Assistance Services

One American Way, Elgin, IL 60120
(847) 742-3545 Fax: (847) 697-5583 (Admin. & EAS)
Fax: (847) 697-2719 (Prevention Office)

Program services are funded in part by the Department of Human Services, Department of Substance Abuse with pregnant and women with children receiving priority service. www.RenzCenter.org

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Access Pathways Online

To receive Pathways online, simply contact Lysette Fullman at lyfullman@renzcenter.org with your name, address, city, state, zip and email address. Money saved from reducing printing, paper and mailing costs will go toward prevention and treatment programs.



Let The Bidding Begin... Online Auction Offers Great Deals

General admission tickets to Walt Disney World, restaurant gift cards, and theater performance tickets are just a few of the items available on Renz Center's auction Bidding For Good website. Register now to bid later, and get great deals. The

auction will begin October 1, 2015, and end December 1, 2015. Visit <https://www.biddingforgood.com/renzcenter> and let the bidding begin while supporting Renz Center...all proceeds will benefit treatment and prevention education. And don't forget to refer a friend or two...the more people who participate, the more our community benefits.

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