



Pathways

Restoring Hope . . . Recovering Lives . . . for a Healthier, Safer Community

Mission Statement

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

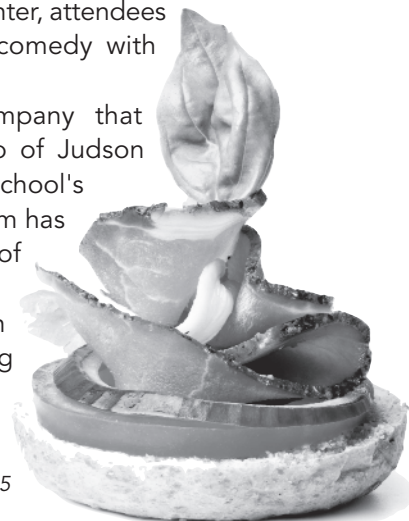
"Feast & Folly" at 10th Annual Epicurean Delight

Plan to spending an evening enjoying gourmet food and improv comedy by GreenRoom Productions at Renz Center's 10th Annual Epicurean Delight fundraiser. Held October 7th, 6:00 p.m. at Elgin Community College's Business Conference Center, attendees can expect delicious food, raffles, and an hour of improv comedy with competing improv teams, improvised songs and live music.

GreenRoom Improv is an ensemble-based theatre company that specializes in improvisation. They were founded by a group of Judson University students in 1999 because of the cancellation of the school's theatre program. Since then GreenRoom has performed nationally for a wide range of audiences and events.

All proceeds from Epicurean Delight benefit individuals utilizing treatment and prevention services. It's through these proceeds that Renz

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Calendar of Events

September
National Recovery Month

October
10th Annual
Epicurean Delight

October 15
National Latino HIV
Awareness Day

October 23-31
National Red Ribbon
Week

November 28
Giving Tuesday

December 1
World Aids Day



Join The Voices For Recovery: Strengthen Families and Communities

Behavioral health is essential to health.

Treatment is effective.

Prevention works.

People recover.

National Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2017

Substance use disorders affect millions of Americans and directly touch the lives of individuals, family members, neighbors and colleagues. Families often deal with the complex dynamics of supporting a loved one in recovery while at the same time learning how to take care of their own well-being.

This year's Recovery Month theme, "Join the Voices for Recovery: Strengthen Families and Communities," encourages communities to be socially inclusive, offering those in need of recovery support the chance to seek help, lend a hand, and contribute to their communities as citizens, parents, employees, students, volunteers, and leaders. Communities can improve the lives of those in recovery by expanding opportunities for meaningful daily activities, such as jobs, schools, volunteerism, family caretaking, or creative endeavors. Local communities

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Renz Center is a non-profit organization funded in part by the federal government, Fox Valley United Way, the Illinois Department of Human Services, and other local community organizations.

Two New Treatment Programs To Ease Cravings, Help Pain Management

To help aid in the treatment and recovery process, Renz Center has recently added Medication-Assisted Treatment and a Positive Waves Group using Alpha-Stim devices as a part of its comprehensive Clinical Services treatment program.

Medication-Assisted Treatment

Medication-Assisted Treatment (MAT) is specific for individuals struggling with an alcohol and/or opiate use disorder, including heroin, Oxycontin, Vicodin and other narcotic prescription drugs. When combined with evidence-based counseling practices, education, and medication, MAT is proven to be effective in substance use disorder treatment and aiding in the recovery process. The program incorporates several different medications to tailor treatment needs to help reduce or eliminate cravings, alter brain response to mood altering substances, and reduce the risk of relapse.

"Medication-Assisted Treatment is a comprehensive outpatient alcohol and drug treatment program where medication helps reduce cravings so an individual can focus on positive change, abstinence, lifestyle changes, and long-term recovery," said Renz Center's Clinical Services Director Colleen Koncilja.

Positive Waves Group

To help alleviate pain, anxiety, depression and insomnia often associated with addiction, Renz Center now offers a Positive Waves Group using Alpha-Stim devices. Alpha-Stim is a small handheld device which uses low-level electrical current to safely and effectively treat pain, anxiety, depression, and insomnia. When combined with traditional therapy (individual counselling and support groups), the Positive Waves Group supports long-term recovery.

Alpha-Stim uses a (CES) technology which has existed for 40 years and has been regulated by the U.S. Food and Drug Administration since 1977. It has been used by over 8 million people worldwide and increasingly by the U.S. military for veterans who suffer from Post-Traumatic Stress Disorder.

Alpha-Stim can also help clients with their addiction treatment goals by promoting greater focus and concentration. This means clients are better able to retain and process information, while being mentally present during treatment.

"Some of our clients have had back or knee surgery, for example, and notice that the post-treatment medication of hydrocodone has made them feel good or numb...helps them cope. This is where for some people the addiction begins.



Over time people begin to need more and more, begin physician shopping, followed by getting prescription opioids from friends or family and then illicitly from others. This is a very common scenario and some of them end up using heroin," said Koncilja. "We also have clients with pain and anxiety issues. Initially they take opioids and benzodiazepines (benzos). . . a combination where the benzo enhances the high of the opiate. That, combined with mental illness, and

Opioid Overdose Education, Training Offered

Renz Center offers Opioid Overdose and Naloxone education and training that teaches:

- How to tell if someone is overdosing
- Calling 9-1-1 and the information they need
- Implementing emergency first aid
- Dispensing Naloxone, a medication that can reverse an overdose caused by an opioid drug

A **free Naloxone Kit** is given at the conclusion of training. For more information and to schedule a one-on-one session, contact Renz Center at (847) 742-3545 or visit www.renzcenter.org.



you have someone who is afraid of losing his or her drug/medication and being put back into severe pain and full blown anxiety."

For more information on Renz Center's Medication-Assisted Treatment and the Positive Waves Group, call 847-742-3545 or visit www.renzcenter.org. Renz Center accepts most health insurance, Medicaid, Medicaid Managed Care, Medicare, and offers financial support including a sliding-fee scale.

SMART Recovery® Self-Management and Recovery Training

SMART Recovery Expands To St. Charles

SMART Recovery emphasizes building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviors while living a balanced life.

Mondays, 6-7 p.m., Free!

Renz Center, 2 American Way, Elgin IL
Open Group—all are welcome

Wednesdays, noon-1 p.m., Free!

Renz Center, 409 Illinois Ave., St. Charles IL
Open Group—all are welcome

Thursday, 6-7 p.m., Free!

2 American Way, Elgin IL
Closed group—Renz Clients and alumni only

Teens Empowering Teens Through LEAD

For six weeks this past summer, over 40 teens throughout Elgin participated in Renz Center's Leadership Empowerment And Development (LEAD) program. Each week, middle school-aged teens were taught Too Good For Drugs curriculum and high schoolers Project Toward No Drug Abuse. On alternative classroom days, all teens took field trips to places of interest, including:

Feed My Starving Children
Holocaust Museum
Museum of Science and Industry
College Visit to Northern Illinois University and the University of Illinois Chicago

Gail Bordon Public Library
Elgin Police Department
Presence Saint Joseph Hospital Tour

At LEAD's conclusion, many teens traveled downstate to attend the Cebrin Goodman Teen Institute in Charleston, IL. For a week of team-building and leadership training, program participants created a live drug-free campaign to bring back to their community and school.



Thank You For Your Support...

Elgin Township

Kiwanis Club of Elgin

Zurich of North America

Raffle Mania



Let's Get Away – A \$1,000 Value

Southwest Airlines – Take off and enjoy four one-way tickets good anywhere in the continental U.S. A \$800 value that expires 9/27/2018. Package includes hotel accommodations for two nights.

iPad Pro – A \$649 value

The latest from Apple, the iOS 11 iPad Pro 10.5 includes:

- Redesigned Retina display...brighter, less reflective
- ProMotion technology with support for a 120 Hz refresh rate
- 600 nits for brightness; P3 wide color display; 1.8% reflectivity
- Wi-Fi
- Full-size onscreen keyboard
- Weighs less than a pound
- Up to 10-hour battery life
- 64 gigabytes



Fun Under The Sun – A \$755 Value

Walt Disney World – Enjoy four Disney one-day Hopper passes that are good in the Magic Kingdom Park, Epcot Disney's Hollywood Studios, and Disney's Animal Kingdom. Tickets are valued at \$648, and expire October 2018. Tickets cannot be upgraded nor can they be applied toward a package to meet eligibility requirements.

WonderWorks – An amusement park for the mind, WonderWorks has 35,000-square-feet of "edu-tainment". Located in Orlando, FL, the attraction combines education and entertainment with more than 100 hands-on exhibits that challenge the mind and spark the imagination. Enjoy two tickets for laser combo which includes general admission and one laser tag game. A \$60 value that expires October 7, 2018.

Florida Aquarium – Located in Tampa, Florida, the Aquarium is home to more than 20,000 aquatic plants and animals. Enjoy two general admission tickets valued at \$47 that expire October 7, 2018.

Mystery Basket – A \$400 Value

The best part of a mystery is the surprise it holds, and this basket is full of...*hint, hint*...things to do and taste.



Raffles: 1 for \$10 5 for \$45 10 for \$80 14 for \$100

Yes! I would like to purchase _____ raffle tickets.

Enclosed please find \$ _____

Please write the **prize name** on the back of the ticket that you hope to win, along with your **NAME and EMAIL**. (Ex. iPad, Disney, Mystery, Getaway). We will deposit them in the correct basket the night of the event.

Enclosed please find my check made payable to Renz Center

Please charge my MC/Visa \$ _____ Billing Zip Code _____

Visa/MC Card Number: _____

Expiration Date: _____

3 Digit CVV2 Security # (on the back of charge card): _____

Print name /email _____

Signature: _____

Mail to: Deb Howe
Renz Addiction Counseling Center
One American Way, Elgin, IL 60120

If you would like more than 5 tickets. Please enclose the corresponding payment and indicate where you would like your tickets allocated.

_____ Let's Get Away

_____ iPad Pro

_____ Fun Under The Sun

_____ Mystery Basket

_____ Total number of tickets purchased

Questions? (847) 742-3545 ext. 236 or 246

Receipts are emailed to the email provided or sent to address on the check.

 **Renz Addiction Counseling Center**
Elgin St. Charles Streamwood
847.742.3545 www.renzcenter.org

Center can help a mom in recovery reunite with her children or provide prevention programs that empower youth to develop positive decision-making skills.

Ticket Specials Available

Tickets to Epicurean Delight are \$90 per person. Look for discounts online at www.renzcenter.org or by sending a check payable to Renz Center to Deb Howe, 1 American Way, Elgin IL 60120. Group discounts are available. Visit www.renzcenter.org for more information.

Thank You Early-Bird Sponsors

**Tighe, Kress & Orr, PC • Advocate Sherman Hospital
Farmers Insurance – The Mark Hauser Agency • Lamp Inc.**

Sponsors Needed

Top sponsors will have their business names and logos appear in:

- Event program and table tent cards
- Renz Center’s annual report
- Social media, including Renz Center’s website and Facebook page

For sponsorship opportunities, call Deb Howe at (847) 742-3545 or through email at dhowe@renzcenter.org.

National Recovery Month continued from front page

can play a significant role in supporting those in recovery as they gain the independence, income and resources necessary to fully participate in society.

Journey To Recovery: Maria’s Story

After getting arrested for drug possession, Maria was willing to do whatever it took to stay out of jail. As a first offender, Maria was offered the Kane County’s Deferred Prosecution Program, which meant having to complete a drug and alcohol assessment and following through with any recommendations.

When Maria first came to Renz Center, she did not think her marijuana use was problematic. Through counseling, Maria revealed she smoked marijuana to help ease anxiety and stress brought on by family obligations and an alcoholic father. After Maria’s mother passed away in an accident, as an only sibling she felt compelled to care for her father after extended family turned him away due to his excessive drinking.

The Healing Process Begins

While reluctant at first, Maria finally decided her marijuana use was contributing to her unhappiness. She embraced the idea of recovery and leading a healthier lifestyle. She began to make changes by finding a healthier job and parting with friends who were a poor influence.

Through the Center’s outpatient program, Maria began to understand how she was self-medicating her depression and anxiety with marijuana. She had spent years caring for her father

and neglecting herself. Only when abstinent, did Maria realize her relationship with her father was unhealthy. Through individual and group sessions, Maria learned how to better care for herself and her father. She established healthy boundaries with her father through appropriate detachment...caring instead of caretaking, and forcing him to deal with the consequences of his actions. Maria learned that by owning her addiction and not enabling others, she was a happier, healthier person. Through group sessions, Maria also was able to connect with other people in similar circumstances . . . she realized she was not the only one in the room who felt lonely, embarrassed about her arrest, and her codependency with her father.

Healthy, Sober Living

When Maria completed treatment at Renz, she had obtained 8 months of sobriety and was attending 12-step meetings for support. She had a healthier relationship with her father and boyfriend, and made new friends she could rely on for support. Today, Maria continues with abstinence. She has a great job, enrolled in college, and has finally found the confidence she had been lacking most of her life.



Thanks Jim’s Friends, Picasso Would Be Proud

Over the summer, members of Jim’s Friends painted an Adirondack chair for the Downtown St. Charles Partnership Chair-ity event. Over 1,000 St. Charles residents had an opportunity to view and sit on the chair located in the First Street Plaza just south of Za’ Za’s Trattoria Restaurant.



Jim’s Friends is an alumni group sponsored by Renz Center. Founded two years ago by Deb, Barb and Joy, Jim’s Friends includes all former clients of Renz Center who are active in maintaining their recovery. These strong women wanted the concept for the chair to be a symbol of how happy, “free and light”

they feel now they are in recovery. The blue sky with wispy white clouds are in stark contrast to the “dark gray thunderstorm cloud” feelings they were going through as they struggled with their disease. These women are now enjoying a sober lifestyle with friends and family – and enjoying blue skies!

Jim’s Friends Offers Fellowship, Support

If you have a past affiliation with Renz Center’s treatment program and are interested in socializing with other recovery focused people, consider joining Jim’s Friends on the 2nd Thursday of the month from 7-8:30 p.m. at our 2 American Way location in Elgin. No appointment needed, and it’s FREE!

Epicurean Tickets Now On Sale

Renz Center's 10th Annual Epicurean Delight's Feat & Folly tickets are now on sale. Visit www.RenzCenter.org for more information and to order tickets.



Online Auction Opens November 1

From movie and theatre tickets to restaurant gift cards, great deals can be found on Renz Center's Bidding For Good online auction website. Visit <http://www.biddingforgood.com/renzcenter> between November 1-15, and let the bidding begin.



Access Pathways Online

To receive Pathways online, simply contact Lysette Pullman at lpullman@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.