



Pathways

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

Mission Statement

Renz Center is dedicated to the prevention, intervention and treatment of addictive behaviors and disorders and to factors often associated with addiction. The Center strives to provide the most effective preventative and clinical care in a safe and nurturing environment through a teamwork approach for anyone affected by addiction or addiction-related issues.

Calendar of Events

September

National Recovery Month

September 12th

Free Substance Abuse Assessment Screening

10 a.m.-2 p.m.

Two American Way, Elgin

September 29th

Epicurean Delight Fundraiser

October 15th

National Latino HIV Awareness Day

October 23rd-31st

National Red Ribbon Week

December 1st

World Aids Day



Join The Voices For Recovery: *It's Worth It*

People throughout the country this September will be celebrating National Recovery Month to pay tribute to all the individuals who have reclaimed their lives and are now living drug-free. This year's theme, Join the Voices for Recovery: It's Worth It, promotes the message that behavioral health is essential to individual, family and a community's overall health, that prevention works, and treatment is effective.

In 2009, 4.3 million people aged 12 or older (1.7 percent of the population) received treatment for substance use disorders, and 30.2 million adults aged 18 or older (13.3 percent of the population) received services for mental health problems, according to the 2009 *National Survey on Drug Use and Health*. Recovery Month, now in its 23rd year, is a national observance that is designed to educate people on the importance on how substance use and mental health treatment can enable those to live healthy and rewarding lives, and how recovery positively impacts everyone.

"Our hope is that with increased access to prevention, treatment, and recovery support services, families, businesses, and health care providers will reach out to those in need to assist them in finding appropriate treatment options," said Renz Center's Executive Director Jerry Skogmo. "Not being able to access the appropriate treatment services should no longer be a barrier to achieving recovery."

Substance recovery benefits everyone, and can positively impact society as a whole. Ben-

efits include reduced absenteeism and job turnover, improved productivity, and reduced health care costs. Relationships also grow stronger once an individual is in recovery, and recovery positively benefits one's overall health, often improving other health conditions such as hypertension, high blood pressure, and diabetes. *Following*

is a story about how one individual was reluctant to accept treatment and begin the recovery process.

"I'll come, but I'm not going to talk"

Arrested on drug charges, Gerald, 20, was recently referred to Renz Center for a comprehensive assessment. Despite his resistance, Gerald complied with the conditions of his probation and met with a counselor. At the completion of the assessment process, Gerald's counselor concluded that Gerald had many issues related to his alcohol and marijuana use and treatment was warranted.

Treatment Difficult To Accept

Gerald was prepared to follow through with some form of treatment as a matter of compliance; however, he was quite upset at the services recommended to him by his counselor. He began outpatient treatment with three group sessions and one individual session a week. The six month treatment regimen was difficult for him to accept. Although Gerald relented and agreed to enter the program, he proclaimed that he would attend but would not share or participate. Despite his obvious resistance, some rapport had already begun to build.

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If you think you have a substance abuse problem...

For a free substance abuse assessment and one-on-one consultation, visit Renz Center's Two American Way facility in Elgin on September 12, from 10 a.m.-2 p.m. No appointment necessary.

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Synthetic Drug Usage On The Rise, Side-Effects Life Threatening

Spice, K2, blaze, and bath salts are all types of synthetic marijuana that have sent teens and young adults in record numbers to emergency rooms around the country with life-threatening illnesses. So new to the market, no official research studies have been conducted on the long-term effects of synthetic drugs on the human brain or body, but physicians have reported seeing patients with such short-term side effects as increased agitation and vomiting. *For a list of possible synthetic marijuana side-effects, see Table 1.* While federal/state government officials and health departments are diligently working to ban synthetic drugs, parents and kids need to be aware of its life-threatening dangers.

What's In A Synthetic Drug

Synthetic marijuana consists of plant material that has been laced with substances that users claim mimics tetrahydrocannabinol (THC), the primary psychoactive ingredient in marijuana. It's often marketed toward young people as a "legal" high, and is usually smoked. Typically found in convenience stores and gas stations, synthetic drugs are often sold as "herbal incense" and "plant food", and labeled "not for human consumption" to hide their intended purpose and avoid governmental regulations, as reported by the White House Office of National Drug Control Policy.

A Rapidly Emerging Threat

Synthetic cannabinoids in herbal incense products were first detected in the United States in November 2008 by the Drug Enforcement Administration's forensic laboratory. According to the American Association of Poison Control Centers, 2,906 calls related to human exposure to synthetic marijuana were reported in 2010. More than twice that number (6,959) was reported in 2011.

Banning Synthetic Drugs

Synthetic drugs are a hot topic in state legislatures around the country. Community co-

alitions are working with state officials to ban synthetic drugs, but it has proven to be a difficult task. States, like Illinois, have banned specific synthetic chemicals, but manufactures simply change a molecule and come up with a new substance that is not covered by the ban. In Illinois, the Attorney General is working with state health departments to test synthetic drugs in 10 counties. When a local store is found to carry a banned substance, the store's entire inventory is seized.

Talk To Your Kids

Kids are smart, so talk to them about the dangers of synthetic drugs. Educate them on the dangerous, life-threatening side-effects of synthetic drugs. Smoking a drug with a poison sprayed on often turns kids off.

Table 1: Effects of Synthetic Marijuana

- Agitation
- Extreme nervousness
- Nausea
- Vomiting
- Tachycardia (fast, racing heartbeat)
- Elevated blood pressure
- Tremors and seizures
- Hallucinations
- Dilated pupils

Similar to the adverse effects of cocaine, LSD and methamphetamine, bath salt use is associated with:

- Increased heart rate and blood pressure
- Extreme paranoia
- Hallucinations
- Violent behavior
- Harm to oneself or others

Reported by the Office of National Drug Control Policy, May 16, 2012



Welcome To The Board

Renz Center would like to welcome Claudia Martinez as our newest board of director's member. Ms. Martinez currently teaches at Streamwood High School.

5th Annual Epicurean Delight Fundraiser

A Bountiful Harvest Of Fall Sensations

Attend Renz Center's 5th Annual Epicurean Delight Fundraiser, and plan to enjoy an evening of gourmet cuisine, savory fall flavors, and a special presentation by world-renowned Pastry Chef Alain Roby. Held at Elgin Community College's Culinary Arts and Hospitality Department on September 29th, 6:00-9:00 p.m., Epicurean Delight guests can expect savory appetizers, and a delicious dinner featuring foods from top culinary students.

"This year, Renz Center is celebrating 51 years of community service," said Renz Center's Board President Dr. Ian Jones, "and we're grateful to all the people who've helped make this possible. This year's Epicurean Delight is a celebration of how working together as a community can benefit so many people around us."

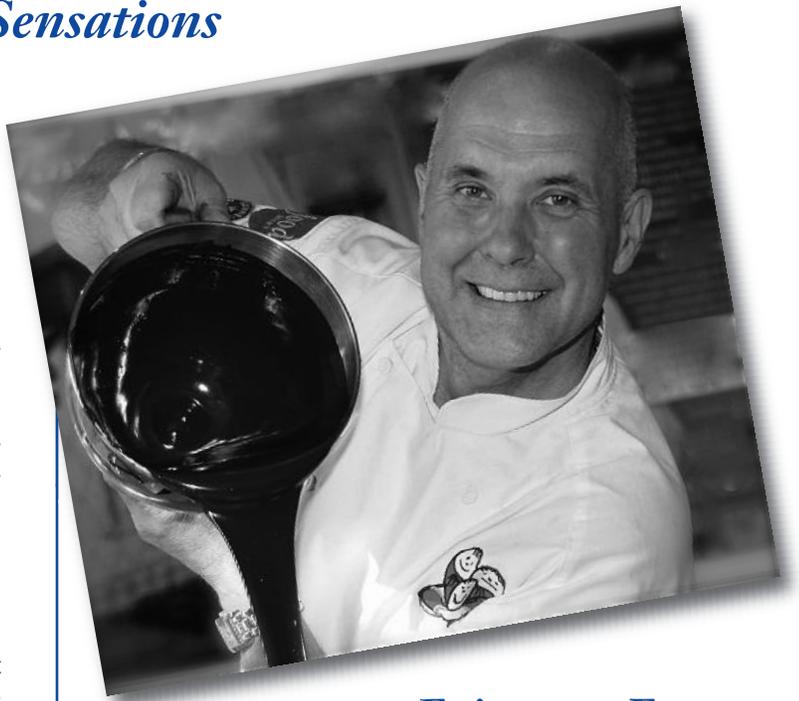
iPad 3, Culinary-Themed Baskets To Be Raffled

The lucky winner of an Apple iPad 3 will be announced during Epicurean Delight; winner need not be present to win. For more information on the iPad 3 raffle drawing, visit www.renzcenter.org. Guests can also participate in raffle drawings throughout the evening for culinary-themed baskets filled with cookbooks, gourmet food and utensils, museum memberships, hotel weekenders, local restaurant gift certificates, and more.

Tickets Available

Epicurean Delight tickets are \$80 per person; and are available by ordering online at www.renzcenter.org/events.htm, or by mailing a check payable to Renz Center to:

Deb Howe
Renz Addiction Counseling Center
One American Way, Elgin, IL 60174



Epicurean Features *Chef Roby, Sugar Presentation*

This year, Epicurean Delight will feature a special sugar creation presentation from Chef Alain Roby, owner of All-Chocolate Kitchen on 33 S. Third St. in Geneva, Ill. Chef Roby is an accomplished pastry chef having studied and learned his culinary art in Paris from the world famous Pastry Chef Lenotre, and is a Certified Master Chef of Pastry and Sugar Artistry. Chef Roby has been featured in numerous acclaimed newspaper and magazine publications, including *Food & Wine*, *Gourmet*, *Chocolatier*, *Traditional Home*, and *Veranda*. He has also been featured on Food Network's *Extreme Pastry* and *Sugar Rush* shows, in addition to judging various Food Network Challenges. Chef Roby is also a two-time *Guinness Book World Records* holder for the world's tallest cooked sugar building (12 feet 10 inches tall) and world's tallest chocolate sculpture (20 feet 8 inches tall).



Event Sponsor: All Chocolate Kitchen

Top Epicurean Delight Sponsors

First Community Bank
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American Chartered Bank

Business Sponsors:

Edward Jones – Michael McKay
IHC Construction
ITW Shakeproof
Park & Longstreet, PC
Smiles For Life Dental

Apple iPad Sponsors:

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Michael Walsh

If you would like to be an Epicurean Delight sponsor or make a raffle basket donation, please contact Deb Howe at dhowe@renzcenter.org. All proceeds benefit Renz Center's treatment and prevention education programs.

Win An Apple iPad 3

Designed with next-generation wireless technology, the new Apple iPad 3 connects to fast data networks around the world...4G LTE. You can now download content, stream videos and browse the web at amazing speed.

Now's your chance to win an Apple iPad 3 and have the latest technology at your fingertips. Take crisper pictures and videos using the iPad 3's 5MP iSight Camera with its breakthrough retina display. Play games, read books, or download movies from the more than 200,000 apps from the Apps Store...and virtually take it with you everywhere you go.

Renz Center is raffling the Apple iPad 3; proceeds to directly benefit treatment and prevention programs. Raffle tickets are 1 for \$10, 5 for \$45, and 10 for \$80. The raffle drawing will take place during Epicurean Delight on September 29th; winner does not need to be present to win. To enter the Apple iPad 3 raffle drawing, simply cut out the raffle tickets, sent it with a check made payable to Renz Center, and mail to Deb Howe, Renz Addiction Counseling Center, One American Way, Elgin, IL 60120.

For more information on the raffle drawing, visit www.RenzCenter.org, or call Deb Howe at (847) 742-3545 ext. 236.

iPad 3 Raffle Drawing

Name: _____

I would like to buy _____ ticket(s)

Please send the ticket(s) stubs to:

Address: _____

Phone: _____

Email: _____

\$10 for 1 \$45 for 5 \$80 for 10

Winners will be announced at Epicurean Delight September 29th. Winner does not need to be present to win. All proceeds to benefit Renz Center programs.

Everyone Benefits From Your Support

Through the purchase of any one of Renz Center's fundraising programs, a portion of your purchase will support treatment and prevention services and the individuals working toward recovery. They include:

Avon for Renz—Need shampoo or cosmetics? 20% from every Avon order benefits Renz Center. Simply visit sbus.avonrepresentative.com/online_event, and scroll down to Renz Center.

Bricks for Serenity—Honor a loved one with an engraved brick permanently placed on Renz Center's Serenity Path. Each 4" x 8" brick is \$100.

Care to Share—Need a birthday gift or planning an evening at a favorite restaurant? Choose from hundreds of gift cards to local businesses and restaurants, and a percentage of your purchase goes to Renz Center.

Epicurean Delight—Renz Center's annual fundraiser is being held September 29th, 6 p.m. at Elgin Community College. Tickets are \$80 each, and includes an evening of gourmet food and culinary raffle baskets.

Hope Bracelets—Choose from two sterling silver Swarovski Crystal bracelets. **\$10 off if you mention this issue of Pathways.**

igive.com—From books to clothes, register online at igive.com and a portion of your online purchase will benefit Renz Center.

For more information on Renz Center's fundraising opportunities, visit www.RenzCenter.org/donations.htm

Foundations Support Renz Center

Several foundations recently awarded Renz Center funding support for the purchase of electronic medical record software, which will enable the Center to maintain Patriot Protection and Affordable Care Act compliance, provide health insurance billing compatibility, and many other cost-saving efficiencies.

Thank You For Your Support!

Alfred Bersted Foundation, Bank of America, N.A., Trustee

Community Foundation of the Fox River Valley

Seigle Family Foundation

"We consider each of these foundations a valued community partner," said Renz Center's Executive Director Jerry Skogmo, "and we appreciate the sup-

port they place on addiction treatment and prevention education. The new software will improve functionality and, in turn, benefit our clients."

Camps, Open Gym Apart of Summer Prevention Programing

Throughout the summer, Renz Center is sponsoring and leading several camps, open gym programs and fun activities that kids are invited to attend, including:

Renz Youth Summer Camp

Youth between the ages of 10-17 are invited to participate in Renz Youth Summer Camp. For 10 weeks, campers will receive the Learning For Life and All Stars curriculum and then step outside for recreational activities. The goal of the camp is to teach such life-skills as leadership, trust and communications, and then have campers take what they have learned and apply it to their everyday life. Renz Youth Summer Camp is sponsored in part by Elgin Township.



Leadership Camps

This year, Mid-Level Institute (MLI) and the Illinois Teen Institute (ITI) will be held simultaneously on July 22-24 at Illinois Wesleyan University in Bloomington, Ill. MLI is open to all incoming 6-9th grade youth, and ITI is targeted toward high school students. Each camp is a state



and national award-winning prevention program which emphasizes positive peer influence and helps teens and adults join together to prevent alcohol and other drug abuse. Throughout the week, campers will attend workshops, participate in discussion groups, and create a community/school action plan to prevent alcohol and drug use.

Both camps are sponsored in part by the Illinois Alcohol and Drug Dependence Association (IADDA). Renz Center's Prevention Services staff is organizing local teen participation, and will assist teens throughout the week.

Open Gym Program

This summer, kids can have fun playing games, creating crafts, participating in recreational/social activities and join in Field Trip Fridays at Hanover Township's Open Gym program. This is a free program geared toward providing a safe, supervised place for kids to have fun. Renz Center's Prevention Services staff will provide alcohol and drug prevention education activities twice a week. Visit www.renzcenter.org for Open Gym dates, times and locations. No reservations necessary.

All Stars, Boy/Girl Power!

Offered At YWCA

Held at Elgin's YWCA, Renz Center's Prevention Services staff will present All Stars and Girl/Boy Power! programs to help keep kids off drugs and alcohol while at the same time boosting their self-esteem. All Stars is designed to delay and prevent high-risk behaviors in youth between the ages of 11 and 14, including substance use, violence, and premature sexual activity by fostering development of positive personal characteristics. The program is intended to reinforce positive qualities that are typical to today's youth, and works to strengthen self-worth and decision-making skills. Boy/Girl Power is part of a national public education program designed to help encourage and motivate 9-13 year-old boys and girls to make the most of their lives. The program seeks to reinforce positive values by targeting health messages to the unique needs, interests and challenges of today's youth. For more information and to register, call (847) 742-7930.

For more information on Renz Center's summer programs, visit www.Renz-Center.org or call Prevention Coordinator Ricardo Gasca at (847) 742-3545 ext. 264.



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Changing Behavior, Making Progress

Early in treatment, Gerald had some issues integrating into the services due to his resistance. He was attending and reluctantly participating, but he continued to be frustrated with his counselor's continued efforts to engage him in the treatment process. As the weeks passed, there was more evidence that Gerald was connecting to the staff which led to an attitude shift that altered the course of his treatment. Gerald developed insight into his substance abuse issues and how to change his lifestyle. As a participant in the Cognitive Change Group, he developed insight into how his thinking patterns affected his behaviors.

Although there were many signs of progress as treatment progressed, there were a few things that stood out about Gerald's treatment that demonstrated changes in his attitudes and behaviors. One was that fairly early in treatment, he complained about one of the group counselor's contin-

ued probing about his issues. However, when that group counselor took a brief leave, he was eager to have her back because she had become familiar with Gerald and would push him to get to the heart of his issues. Another example of Gerald's progress was the change from someone who refused to participate to someone who was a leader in group. In Cognitive Change Group, he led by being willing to explore his own choices while also giving strong feedback to his peers.

Everyone Benefits From Recovery

By the end of treatment, Gerald had made significant changes. Slowly he became motivated to succeed, build on relationships, be a positive role model to his siblings, and to become independent. He quickly learned that his substance use and other poor choices were interfering with his full potential. Having experienced the benefits of "talking," Gerald voluntarily extended his treatment and continues to push toward sobriety.



Capital Campaign Update: Commemorative Bricks Now Available

As the Investing in the Community Capital Campaign continues to move forward, Renz Center is pleased to announce the availability of Commemorative Bricks. Community residents are invited to purchase a "4 x 8" Commemorative Brick for \$100, and forever leave a legacy of support for individuals in recovery. Each brick includes three message lines (19 characters per line), which includes spaces and punctuation.



The Commemorative Bricks are also an excellent way to remember someone, whether they have passed or are still living. Honor a birthday, anniversary, wedding or any special occasion with a Commemorative Brick that will forever leave a legacy of care and support.

"Next spring, the Commemorative Bricks will be placed on the Serenity Path," said Renz Center's Executive Director Jerry Skogmo. "It's our hope that these bricks will be a testament of support to those going through treatment, and give inspiration to those struggling with sobriety."

To purchase a Commemorative Brick, visit www.RenzCenter.org, or call Deb Howe at (847) 742-3545 ext. 236



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.

www.RenzCenter.org

(847) 697-2719 (Prevention Office)
(847) 742-3545 Fax: (847) 697-5583 (Admin. & EAS)

One American Way, Elgin, IL 60120
**Employee Assistance Services
Prevention Office, Administration &**

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

(630) 513-6886 Fax: (630) 513-6892
309 Walnut Street, St. Charles, IL 60174
St. Charles Outpatient

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

Renz Addiction Counseling Center



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