



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

October
Substance Abuse
Prevention Month

October 19
Epicurean Delight
Fundraiser

October 15
National Latino HIV
Awareness Day

October 23-31
National Red Ribbon
Week

December 1
World Aids Day



6th Annual Epicurean Delight Fundraiser Youth Prevention Education Programs To Benefit

Community residents are invited to attend Renz Center's 6th Annual Epicurean Delight Fundraiser and enjoy an evening of fine culinary cuisine while helping raise money to benefit local youth prevention education programs. Held at Elgin Community College's Spartan Terrace Restaurant on October 19th, 6:30-9:00 p.m., Epicurean Delight guests can expect savory appetizers featuring foods from top culinary students. The evening promises to include many culinary surprises, including watching retired Kane County Judge Allen Anderson; Streamwood Police Chief James Keegan; Kane County State's Attorney Joe McMahon; and, Elgin Police Chief

Jeff Swoboda as they put their epicurean expertise to the test and cook-up delicious favorites for everyone to taste.

Win An iPad 3, Culinary-Themed Baskets

Take a chance at winning an Apple iPad 3 and have some of the most advanced technology at your fingertips. With its retina display for high-quality graphics, the iPad 3 offers more than 375,000 apps at amazing speeds. iPad 3 raffle tickets are now available for purchase. The lucky winner will be announced the evening of Epicurean Delight; winner need not be present to win.

Culinary-themed baskets will also be raffled off the evening of



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Recovery Month: Together On Pathways To Wellness

September marks National Recovery Month, a time where people throughout the country pay tribute to individuals who have reclaimed their lives and are now living drug-free. This year's theme, *Together On Pathways To Wellness*, promotes the societal benefits of prevention and treatment for mental health and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Following is a story about how one individual overcame substance abuse, and is back on the road to recovery.

Overcoming Substance Abuse, Finding A Safe Place To Call Home

Being homeless is difficult; add a substance abuse problem and you've got an insurmount-

able situation. For Anna, it was all she knew. Moving from shelter to shelter had become a way of life, as well as her use of alcohol, marijuana and Ecstasy. It was when she finally stepped into Lazarus House that Anna was introduced to Renz Center's Community Homeless Integration Project (CHIP) that things started to turn around. For the first time, Anna realized that maybe her substance abuse problem was holding her back, and started taking

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2013

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Youth Learn Drug Prevention While Having Fun

Renz Center's Prevention Services team of Specialists has been working with local youth throughout the school year teaching the award-winning *Too Good For Drugs* program. A school-based program, the *Too Good For Drugs* curricula is designed to delay and prevent high-risk behaviors in middle school-age adolescents (11 to 14 years old), 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.

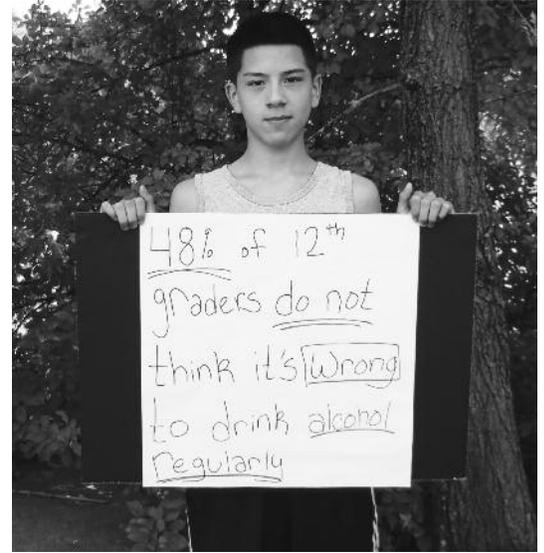
"What makes the *Too Good For Drugs* program better than other prevention programs is that it boosts a child's self-esteem and teaches them how to lead others," said Renz Center's Prevention Services Coordinator Ricardo Gasca, "which is important in teaching youth how to handle peer pressure."

A big THANK YOU to the Alfred Bersted Foundation, Gordon Flesch Foundation, Seigle Family Foundation, and Zurich NA Foundation for funding some of our Prevention Services' programs.

Renz Youth Summer Camp

Middle school-aged youth attended Renz Youth Summer Camp, and for six weeks learned about substance abuse prevention education combined with field trips and good-old fashioned pool fun. Elgin Police Department, TLC Pregnancy Services and the Visiting Nurse Association representatives also spoke to the youth about alcohol, drugs, and sexual abstinence to health and wellness.

To further emphasize the importance of good grades, campers also toured DePaul University and the University of Illinois in



Chicago and learned what the schools had to offer and their acceptance expectations. Youth also volunteered for Feed Our Starving Children, and attended the world-renown Children's Museum on Navy Pier.

Leadership Camp

Area youth turned out in historic numbers to attend the Cebirin Goodman Teen Institute in July. Held at the Illinois Eastern Illinois University in Charleston, IL, 42 local middle and high school students learned substance abuse prevention education and how to take a lead-



ership role in their community and school. Two adult mentors from Renz Center also attended the camp to help guide youth and prepare a local action plan. Throughout the week, campers attended workshops and participated in group discussions, and created an action plan to prevent alcohol and drug use in their school and community. While the camp is sponsored in part by the Illinois Alcohol and Drug Dependence Association (IADDA), area youth need local sponsorships from individuals and/or businesses in the future. If you or your company would like to sponsor a local youth at next year's leadership camp, please contact Deb Howe at dhowe@renzcenter.org.

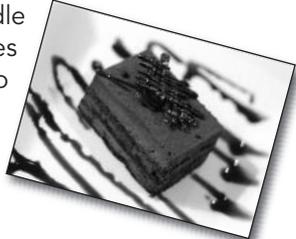


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Epicurean Delight, including gift cards to local restaurants and Walt Disney World. For more information on the iPad 3 raffle drawing and culinary baskets, visit www.renzcenter.org.

Help make a difference . . .

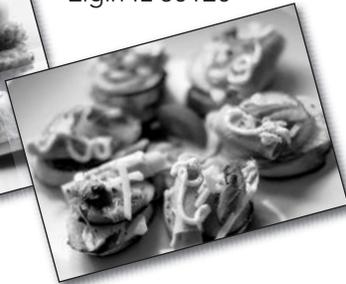
"With crime and gang activity often linked to substance abuse," said Renz Board President Jolie Esposito, "it's difficult to understand why the state has reduced youth prevention education funding. Educating youth before they start experimenting with drugs and alcohol can have a direct impact on our community, which is why this year's fundraiser is so important. Renz Center offers prevention programs specific for elementary, middle and high school students, and gives them the necessary tools and leadership skills to help them navigate through the difficulties of school and secure a bright, successful future."



Tickets Now On Sale

Epicurean Delight tickets are \$80 per person, and are now available for purchase 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 60120



A Special THANKS To Top Epicurean Delight Sponsors...

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Win An Apple iPad 3 Raffle Drawing

Name: _____

I would like to buy _____ ticket(s)

Please send the ticket(s) stubs to:

Address: _____

Phone: _____

Email: _____

Winners will be announced at Epicurean Delight on October 19th. Winner does not need to be present to win.

All proceeds to benefit Renz Center's Youth Prevention Education Programs.

Please make checks payable to Renz Center, and mail to: Deb Howe
Renz Addiction Counseling Center
One American Way, Elgin IL 60120

\$10 for 1

\$45 for 5

\$80 for 10

7.5 Million Children in US. Live With Alcoholic Parent

A new government report finds 7.5 million children in the United States—10.5 percent—live with a parent who has experienced an alcohol use disorder in the past year.

Children who live with a parent with an alcohol use disorder are at a greater risk for depression, anxiety disorders, problems with cognitive and verbal skills, and parental abuse or neglect, according to SAMHSA. They are also four times more likely than other children to develop alcohol problems themselves, the agency notes.

The enormity of this public health problem goes well beyond these tragic numbers as studies have shown that the children of parents with untreated alcohol disorders are at far greater risk for developing alcohol and other problems later in their lives," SAMHSA Administrator Pamela Hyde said in a news release.

Renz Center's Passage Program For Women helps families reunite. This is a gender specific program that provides outpatient and intensive outpatient services through individual and group counseling sessions in a safe environment. Passage also provides a strong educational component to further help parents rebuild their family lives

Reprinted with permission from Join Together, February 16, 2012.



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steps toward participating in the Center's intensive outpatient treatment program.

At the onset of treatment, Anna had a lot of anxiety and mixed emotions about the counseling process; however, maintained a positive attitude about giving treatment a chance. Throughout treatment, Anna's trust in her counselor and case manager grew and she started opening up about her painful past. Slowly she began sharing traumatic experiences, and how substances were her only coping mechanism.

While learning to overcome her substance abuse, Anna also began receiving mental health treatment. Gradually she began to learn healthy ways to cope with stress. For Anna, music played an integral role in stress management, and it quickly became a part of her every day routine. Through group and individual counseling, Anna also learned how to better deal with interpersonal communication, boundaries and personal safety issues.

Group counseling also plays an integral part of the recovery process, and Anna approached it with an encouraging attitude. She became a valued group member who provided excellent feedback to other group members, and demonstrated a clear understanding of her own recovery. Moreover, Anna began to form meaningful relationships with other group members as her confidence in her communication skills and boundaries improved. She also began taking on a leadership roles in many areas of her life, including employment and attending 12-step meetings.

10-Months Sober And Counting . . . Through a lot of hard work, Anna completed treatment successfully. At its conclusion, Anna was able to identify the progress she has made with regards to sobriety and other personal goals. She also continues to attend Alcoholic and Narcotics Anonymous meetings, and is 10-months sober. Anna is now employed, and happy to call her new apartment a safe place to call home.

Affordable Care Act To Help People In Need Of Treatment

The future looks even brighter for those in need of treatment with the addition of the Affordable Care Act (ACA). The Act, to officially take effect next year, is expected to help millions of people in need of substance abuse treatment.

Currently, just 2.3 million Americans receive some type of substance abuse treatment...a number far shy of those who need it. According to A. Thomas McLellan, PhD, CEO and co-founder of the Treatment Research Institute, "23 million American adults suffer from substance abuse or dependence, and an additional 60 million people engage in 'medically harmful' substance use."

With the advent of the Affordable Care Act (ACA), comprehensive health insurance reform is designed to:

- ✓ Make health insurance available to many more people
- ✓ Lower health care costs
- ✓ Guarantee more health care choices
- ✓ Enhance the quality of health care to all Americans

"The ACA includes substance use disorders as one of the ten elements of essential health benefits, and health insurance sold on Health Insurance Exchanges or provided by Medicaid to certain newly eligible adults starting in 2014 must include services for substance use disorders," said Renz Center's Executive Director Jerry Skogmo. "Although there is room for optimism, many hurdles related to implementation will need to be overcome."

Certified Counselors Help Problem Gamblers Reclaim Family, Employment



While the Blackhawks are big winners at this year's Stanley Cup, some hockey fans lost thousands of dollars betting against them. And while for most people it's a harmless way to have fun, for the problem gambler it's the beginning of the end. Some gamblers will not stop until they have lost everything—their home, car, job, family and friends.

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."

To help raise public awareness, Renz Center is offering free gambling assessment screenings at their Two American Way location in Elgin in September as a part of National Recovery Month. The Center is also offering free treatment throughout the month for individuals in need of counseling. Appointments for assessment screenings are necessary.

"When a family member starts lying about how much time and money he is spending gambling," said Renz Center's Certified Gambling Counselor Patti Anderson, "he may have a

Signs of a gambling problem include:

- ~ Loss of interest and participation in normal activities with friends and families,
- ~ Time unaccounted for
- ~ Missing possessions or assets
- ~ Changes in attitude and personality

Gambling problems may also be evidenced by neglect of personal needs (such as food, utilities and medical), secrecy, avoidance when discussing time and money, and depression.

gambling problem. Renz Center is offering the gambling assessment free to encourage people to get tested before their addiction compromises their personal, family and career pursuits."

Let's Go Shopping... Your Support Directly Benefits Those In Recovery

Help support someone in our community in need of substance abuse treatment by participating in any one of Renz Center's fundraising programs, including:

Avon - Fashion and Beauty—Need shampoo, cosmetics, or jewelry? 20% from every Avon order benefits Renz Center. Simply visit sbus.avonrepresentative.com/online_event, and select Renz Center on the menu of options.



Commemorative Bricks—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 Gift Card Program—Choose from hundreds of gift cards to local businesses and restaurants, and a percentage of your purchase goes to Renz Center.

Epicurean Delight Fundraiser—Attend the Center's annual fundraiser October 19th at Elgin Community College, and enjoy an evening of culinary cuisine. Tickets are \$80 each.

Hope Bracelet—Support someone in recovery with a sterling silver bracelet for \$20. Add a crystal charm for an additional \$10.

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

For more information on how you or your employer can support Renz Center, visit www.RenzCenter.org/donations.htm.

Check Out Our New Website

Renz Center has a new website, and would like to invite you to check it out. You will find:

- Information about Clinical and Prevention Services
- Upcoming events
- News you can use
- All the different ways you can donate

The website is easier to maneuver around in, and includes staff contact information.

You can find Renz Center at www.RenzCenter.org. Also check us out on Facebook, Pinterest, and LinkedIn.



Welcome To The Board



Renz Center would like to welcome Bill Kousoulas and Linda Siete as our newest board members.

Bill Kousoulas is an account executive at Gordon Flesch Company in Geneva, a local company offering business technology solutions throughout the United States.



Linda Siete currently is a sales and operations manager at *Reflejos*, a bilingual Latino publication that serves the Elgin and surrounding communities.

Both Kousoulas and Siete serve on the board's Public Relations Committee, and participate in public awareness campaigns and fundraising events.



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.

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