



# Pathways

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

## 7th Annual Epicurean Delight Fundraiser To Benefit Prevention Education, Treatment 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**  
Renz Center moves St. Charles office

**October 18**  
Epicurean Delight Fundraiser

**October 15**  
National Latino HIV Awareness Day

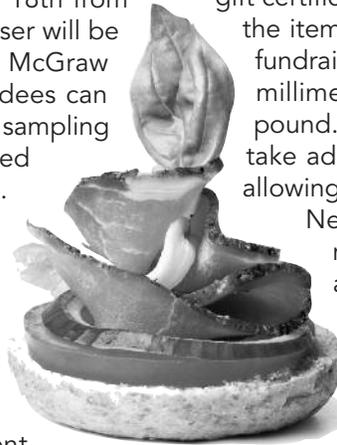
**October 23-31**  
National Red Ribbon Week

**December 1**  
World Aids Day



Come and enjoy a variety of fine culinary cuisine at this year's 7th Annual Epicurean Delight fundraiser. Held October 18th from 5:30- 8:30 p.m., this year's fundraiser will be held in the picturesque Max McGraw Wildlife in East Dundee so attendees can enjoy the colorful fall foliage while sampling a variety of gourmet foods prepared by the Foundation's own chefs. From savory to sweet, menu items will vary to complement even the most distinctive of palates.

"This year's fundraiser is critical in providing the treatment support necessary to help people through the recovery process," said Renz Center's Board President Brian Monson. "This ultimately will help keep our roads safe, lower crime rates, and reduce healthcare costs."



**Win An iPad Air, Fun-Filled Raffle Baskets**  
iPad Air, Walt Disney World tickets, restaurant gift certificates and more are just some of the items to be raffled off at this year's fundraiser. The new iPad Air is just 7.5 millimeters thin and weighs one pound. Its new iOS 7 was designed to take advantage of 64-bit architecture, allowing for sharper graphics and Apps.

New features include smarter multitasking, Control Center, and AirDrop...a new technology which allows the user to share photos/information/files with another computer or device using Wi-Fi and Bluetooth.

Lucky raffle winners will be announced the evening of Epicurean Delight; winner need not be present to win. Raffle tickets for the iPad Air,

*Continued on page 3*

## Renz Announces New Services For Minority Women

Renz Center has expanded substance abuse treatment services for minority women, thanks in part to a new Substance Abuse Mental Health Services Administration (SAMHSA) federal grant. Minority women, ages 18 and up, now have access to trauma informed services that provide free:

- Substance abuse treatment
- Mental health counseling
- Psychiatric services
- Case management
- Recovery Coaching
- HIV testing and counseling
- Parenting support and education
- Free childcare

- Access to transportation assistance
- Other supportive services to decrease barriers to treatment and increase their ability to begin recovery.



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## Board Members

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# Prevention Education Key To Youth Success

While most kids spend the summer sleeping in late and playing video games, one group of local teens spent six weeks learning substance abuse prevention and performing community outreach activities. Renz Center's team of prevention specialists taught 40 teens the Project Towards No Drug Abuse curriculum, and the importance of making healthy choices. Teens also learned firsthand how to discourage friends from alcohol and drug use, and techniques to engage them in more productive activities.

To further foster school success and community outreach, campers also participated in field trips throughout the Elgin and Chicago-land area. They visited community colleges and universities, in addition to touring museums and the Gail Borden Public Library. Representative Anna Moeller also met with teens to discuss politics and the value of community involvement.

"While teaching prevention education is critical to keeping kids from experimenting with alcohol and drugs," said Renz Center's Prevention Services Coordinator Ricardo Gasca, "so is taking them outside the classroom and exposing them to future possibilities. Visiting a college campus helps to inspire teens to do better in school if they understand their options."

**THANK YOU Elgin Township and Zurich North America for funding this year's summer camp...it would not have happened without your support.**

### Taking It A Step Further

At the conclusion of summer camp, teens headed down south to the Cebrian Goodman Teen Institute. Held at the Eastern Illinois University in Charleston, IL, teens furthered their substance abuse prevention education and learned firsthand how to take a leadership role in their community and school. Throughout the week, teens attend workshops and participated in group discussions, and created an action plan to prevent alcohol and drug use in their school and community. In the past, youth have created poster campaigns and held special assemblies to encourage drug and alcohol abstinence.

### Calling All Freshman

Freshman students attending Elgin and Larkin High School last school year had an opportunity to participate in Renz Center's Project



Toward No Drug Abuse program. Throughout the school year, over 1,000 students learned prevention education skills designed to delay and prevent high-risk behaviors, including substance use, violence, and premature sexual activity by fostering development of positive personal characteristics.

Project Toward No Drug Abuse is a program 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 received 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. The objective of this evidence-based program is to have students:

- Stop or reduce the use of cigarettes, alcohol, marijuana, and hard drugs (i.e. cocaine, hallucinogens, depressants, amphetamines, etc.)
- Stop or reduce weapon carrying
- Understand information about the consequences of drug use and abuse, including environmental, social, physiological and emotional consequences
- Demonstrate behavioral and cognitive coping skills
- Make a personal commitment to remain drug free.

Incoming freshman at both high schools will also have the opportunity to participate in the program during the 2014/2015 school year **thanks in part to funding support from the EFS Foundation, and the Department of Human Services Family and Community Services.**



Continued from page 1 . . . Epicurean Delight

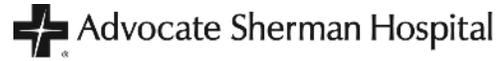
Walt Disney World, and Mystery Basket are on sale now by either completing and mailing the below raffle coupon or visiting [www.renzcenter.org/index.php/what-s-happening-main/latest-news](http://www.renzcenter.org/index.php/what-s-happening-main/latest-news).

**Tickets Now On Sale**

Epicurean Delight tickets are \$80 per person, and are now available for purchase by ordering online at [www.renzcenter.org/index.php/what-s-happening-main/latest-news](http://www.renzcenter.org/index.php/what-s-happening-main/latest-news), or calling (847) 742-3545 ext. 236, or by mailing a check payable to Renz Center to Deb Howe at One American Way, Elgin IL 60120.



**A Special THANKS To Top Epicurean Delight Sponsors**



Inspiring medicine. Changing lives.



**Table Sponsors**

The bank for your business®  
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**Appetizer Sponsors:**

IHC Construction Co., Inc.  
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**Apple iPad 4 Sponsors:**

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Sherry Totzke  
Michael Walsh



**Win An Apple iPad 4 Raffle Drawing**

Name: \_\_\_\_\_

I would like to buy \_\_\_\_\_ ticket(s)

\_\_\_ iPad Air

\_\_\_ Walt Disney World Tickets

\_\_\_ Mystery Basket

Please send the ticket(s) to:

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



**Winners will be announced at Epicurean Delight on October 18th. Winner does not need to be present to win**

**All proceeds to benefits Renz Center's youth prevention education and treatment 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**

*or* **\$45 for 5**

*or* **\$80 for 10**

# Join The Voices For Recovery: Speak Up, Reach Out

During National Recovery Month this September, reach out and support a friend or family member in recovery. Throughout the country, people will pay tribute to individuals who have reclaimed their lives and are now living drug-free.

This year's theme, "Join the Voices for Recovery: Speak Up, Reach Out", encourages people to openly speak up about mental health and substance use disorders and the reality of recovery...prevention works, treatment is effective, and people can and do recover. National Recovery Month promotes the societal benefits of prevention and treatment for mental health and substance use disorders, celebrates people in recovery, and lauds the contributions of treatment and service providers.

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

## Making Time, One Man's Journey To Recovery

*Alcohol, Cocaine, Marijuana...*all substances Richard abused since his teens. So when he got pulled over by the police for driving under the influence he finally resolved to enter treatment.

## Dual-Diagnoses

Scheduling treatment into his busy life was no easy task...Rich had a business to run, a family to support, and was actively involved in his church. For the first time in his life, he had to put himself first. After completing an initial screening, Rich came to learn that his substance abuse was far more advanced than he realized; further compounded by his bi-polar disorder mental health diagnosis.

## Finding Courage

Rich embraced treatment, and maintained a positive attitude. He met regularly with his counselor and psychiatrist, and learned the importance of staying on his medication to further his recovery. During individual counseling sessions Rich was also encouraged to open up about his mental health issues, and share his experiences in group. When faced with this challenge, Rich with filled with shame. Slowly he began to tell his story, and found comfort in knowing other people shared his same struggles. Rich also found the new coping strategies he learned during counseling helped him find the courage to overcome many of his addiction issues.

## Community Support

One lesson Rich learned along the path to recovery is the support network available to him in his community. Rich was urged by his counselor to attend Alcoholics Anonymous (AA) meetings and began the 12-step process. His sponsor supported him and shared some of the strategies he used to maintain his 21 years of sobriety. And while his treatment at Renz Center is complete, Rich continues to attend regular AA meetings at Renz Center and in the community and is a role model for others.

In 2012, 23.1 million people aged 12 or older needed treatment for an illicit drug or alcohol use problem, but only 3.8 million received treatment.

—2012 National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration (SAMHSA).



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"The impact of trauma on women and the lack of access to integrated substance abuse treatment, mental health and primary health care, HIV prevention and other support services can create a barrier to requesting or receiving help," said Director of Clinical Services and SUPPORT Project Director Colleen Koncilja. "The SUPPORT program helps fill this need."



## Women Need Your SUPPORT

Substance abuse recovery can sometimes be a long, difficult journey. If you would like to support someone going through recovery, gift cards and/or personal care items for reaching various treatment goals are always welcome. Please contact Deb Howe at (847) 742-3545 ext. 236 or through email at [dhowe@renzcenter.org](mailto:dhowe@renzcenter.org) for more information.

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



## 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.

# Renz Center Partnered with Walgreens, Greater Than AIDS To Provide Free HIV Testing

In support of National HIV Testing Day last June, Renz Center teamed up with Walgreens and the Greater Than AIDS to provide free HIV testing. Individuals throughout the Elgin community participated in the free testing.

Of the more than 1.1 million people living with HIV in the U.S., an estimated one in six do not know that they are infected and only one in four has their virus under control with treatment. Early diagnosis and treatment saves lives and is known to reduce the spread of HIV. Those with HIV who are on treatment and in care can reduce the risk of spreading the

*“Renz Center partnered with Walgreens and Greater Than AIDS as part of a community outreach to reduce the rapid spread of AIDS,” said Renz Addiction Counseling Center’s Executive Director Jerry Skogmo. “I would encourage community residents who still need HIV testing to call Renz Center...the test is free, confidential, painless, and results are available in a matter of minutes.”*

virus to others by as much as 96 percent. Renz Center is among state and local health departments and AIDS service organizations across the country that coordinated National HIV Testing Day and provided results on-site at participating Walgreens locations. The Centers for Disease Control and Prevention encourages everyone to know their status.

Renz Center provides HIV education, outreach, support groups, risk-reduction counseling, partner notification and free HIV testing at its Elgin facility. For more information, contact HIV Prevention Coordinator Katie Stauffer at (847) 742-3545 ext. 262.

## New Mission More Reflective Of Services, Programs

Renz Center is dedicated to empowering people to lead healthier lives. The Center’s new mission is delivered through substance abuse and problem gambling treatment services, HIV prevention services, teen pregnancy prevention education, employee assistance services for small businesses and substance abuse prevention education for youth and the community including drug/gang coalition building.

### Our Promise To Clients, Community

With the Center’s new mission, management, counselors and staff are guided daily by the following values:

**Supportive**—With compassion and encouragement, empower individuals to achieve positive healthy lifestyles.

**Outcome Driven**—Regularly assess agency evidence-

based outcomes to ensure quality and innovative services that promote positive and healthy change.

**Effective**—Implement proven and quality methods of care resulting in improved health, self-empowerment and continual maintenance of positive change.

**Integrity**—Consistency and transparency of actions, values, methods, measures, principles and expectations for the best outcomes.

**Professionalism**—Provide excellent services in an optimistic, conscientious and respectful manner.

For more information on Renz Center, visit [www.renzcenter.org](http://www.renzcenter.org).



## Thank You I Support Community!

Through the generosity of I Support Community, Renz Center is now able to share its story through a new video. Community residents can now see firsthand all of the services and programs Renz Center provides, and how treatment and prevention education can make a difference.

I Support Community is a not-for-profit agency whose mission is to connect people to charities to increase giving and volunteerism in this community. This is accomplished through their website which highlights various charity partners through video storytelling, and through Coffee Campaign Crew that has monthly social, networking and volunteer events that make it easy to learn and connect with organizations in the community.

To view the new video, visit I Support Community at [www.isupportcommunity.org](http://www.isupportcommunity.org).



## On The Move

To be more centrally located, Renz Center is moving its St. Charles office to a more convenient site with ample parking. The new location also provides bigger, brighter offices so counselors can continue to provide outpatient and intensive outpatient treatment for adolescents and adults living in the Fox Valley area.

Visit us online at [www.renzcenter.org](http://www.renzcenter.org) for more information, or stop by our new location after October 1st at:

Renz Addiction Counseling Center  
409 Illinois, Suite 1A  
St. Charles, IL 60174





He has a  
gambling problem.  
His Mom.



Renz Addiction Counseling Center  
WWW.RENZCENTER.ORG

847 ♦ 742 ♥ 4033

**Access Pathways Online** 

To receive Pathways online, simply contact Lysette Pullman at [lpullman@renzcenter.org](mailto: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](http://www.RenzCenter.org)

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)

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

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

Elgin Outpatient & Passage Program  
Two American Way, Elgin, IL 60120  
(847) 742-3545 TDD: (847) 742-0242  
Fax: (847) 742-3559 (Outpatient)  
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**Renz Addiction Counseling Center**



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