



# Pathways

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

## Mission Statement

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

## Calendar of Events

### September

National Recovery Month

### October 15

National Latino HIV Awareness Day

### October 20

11<sup>th</sup> Annual Epicurean Delight

### October 23-31

National Red Ribbon Week

### November 27

Giving Tuesday

### December 1

World Aids Day



## Epicurean Delight's Feast & Folly Features Improv Comedy, Gourmet Food

Plan to spend an evening enjoying gourmet food while laughing at the hilarious improv comedy of GreenRoom Productions at Renz Center's upcoming Epicurean Delight fundraiser. To be held Saturday, October 20th, 6 p.m. at the Chicago Marriott Northwest in Hoffman Estates, attendees can expect a whole new menu of delicious appetizers and entrees, amazing raffles, and unscripted comedy by a team of comedians.

GreenRoom Improv is an ensemble-based theater company that specializes in improvisation. During the show, improv comedians will take audience suggestions and true-life stories and turn them into hilarious theatre comedy.

An Apple iPad, Mystery Basket, and Apple Watch Series 1 are featured Epicurean Delight raffle prizes, along with other baskets filled with restaurant gift cards, theatre and movie tickets, and other entertainment venues. Raffle tickets can be purchased in advance by visiting Renz Center's Bidding For Good online auction at [www.biddingforgood.com/renzcenter](http://www.biddingforgood.com/renzcenter) anytime between September 15-October 17, 2018.

*Continued on page 5*



## Join The Voices For Recovery: Invest In Health, Home, Purpose, Community

Each September, Renz Center recognizes National Recovery Month to increase awareness and understanding of mental health and substance use disorders, and celebrate the individuals living in recovery. This year's theme, *Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community*, explores how integrated care, strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental health and substance use disorders. Renz Center hopes to encourage individuals to open up about behavioral health needs, and the increased emphasis on tackling our nation's opioid crisis.

### Free Assessments Throughout September

Renz Center, Two American Way in Elgin

The assessment involves completing a questionnaire and meeting with a counselor. For more information or to schedule an appointment, call (847) 742-3545.

*Continued on page 5*

## Board Members

Brian Monson  
President

Sherry Totzke  
Vice-President

Gregory Pratt  
Treasurer

Patricia Arroyo

Donna Kruse

James Lamkin

Claudia Martinez-Carter

Laura Newman

Katy Potts

Linda Siete

Bhopal Singh

Ron Razowsky  
Director Emeritus

## Administration

Jerry Skogmo  
Executive Director

Deb Howe  
Marketing & Fund  
Development Director

Lora Tovar  
Administrative Services  
Coordinator

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

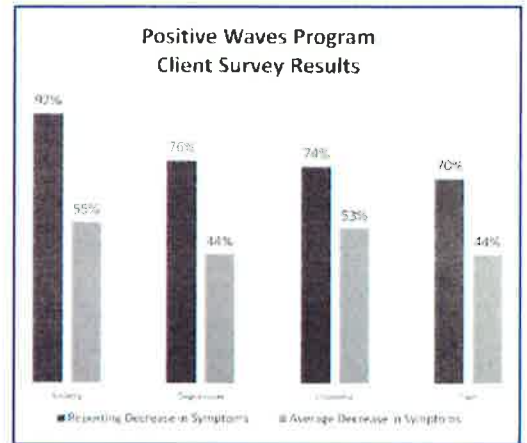
## Making Positive Waves

Now in its sophomore year, Renz Center's Positive Waves program is getting rave reviews from clients who have reported a decrease in anxiety, depression, insomnia and pain; symptoms often associated with substance use disorders. Here's what they're saying:

"I feel calmer." "I didn't realize I was so anxious." "I don't have so much pressure in my chest." "Alpha-Stim has taken the edge off my anxiety. I had it for so long that I had thought it was normal."

"I don't have as much pain." "My anxiety went down, ever since I started Alpha-Stim", "I noticed I've been feeling less depressed", "I've been feeling more happy and positive."

Positive Waves uses Alpha-Stim devices to deliver low current stimulation. Alpha-Stim, when combined with behavioral therapy, can aid in the recovery processes by reducing



symptoms related to substance use disorder such as anxiety, depression, insomnia and pain. For more information about Positive Waves, visit [RenzCenter.org](http://RenzCenter.org).



### Training For Intervention Procedures

Renz Center's TIPS program is designed to help individuals and businesses who sell and/or serve alcohol get the skill-based training they need to prevent:

- Intoxication
- Underage drinking
- Drunk driving

At the program's completion, participants will receive BASSETT certification; now required by law in Illinois. Offered in English and Spanish. For more information, call (847) 742-3545 ext. 233 or visit [RenzCenter.org](http://RenzCenter.org).



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

**Wednesdays, 6 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

## Parents, Teens Learn To Better Communicate

Parents and teens often struggle with communicating with each other, many times arguing over simple misunderstandings. To help parents and teens navigate effective communications, Renz Center held several gender-specific conferences earlier this year to help parents and teens better connect and make healthier choices.

Learning to listen and share viewpoints were common topics throughout the conference. Through a series of topics and exercise, participants had an opportunity to practice what they learned with one-on-one training sessions. Several speakers were also on-hand to share their experiences dealing with domestic violence, alcohol and drugs abuse, and the importance of building healthy relationships. Dating, HIV/AIDS, and sexually transmitted infections were also discussed, along with substance use disorder prevention education.

"When you improve parent-teen communication, you often can delay or prevent the onset of alcohol and drug use," said conference Coordinator Carlos Chavez. "Knowing when to listen is key; parents are often more influential than they think."

# Raffle Mania



## Apple 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

## Apple Watch Series 1 – A \$249 value

Move, Exercise, and Stand rings visualize the ways you move each day, and smart coaching features help you hit your activity goals. Receive calls, messages, and notifications and do things quickly and conveniently right from your wrist, so you never miss a beat. Includes:

- Dual-core processor
- Splash resistant (Apple Watch Series 1 has a water resistance rating of IPX7 under IEC standard 60529. Apple Watch Series 1 is splash and water resistant, but submerging Apple Watch Series 1 is not recommended.)
- Aluminum Case



## 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**. 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.

# \_\_\_\_\_ Apple iPad Pro

# \_\_\_\_\_ Apple Watch Series 1

# \_\_\_\_\_ 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

# Teens Empowering Teens Through LEAD



For six weeks this past summer, 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  
 Kane County Cougar’s Game  
 Museum of Science and Industry

Gail Borden Public Library  
 Field Museum  
 Rosewood Senior Center

Lincoln Park Zoo  
 Great Lakes Naval Station  
 Elgin Community College



Teens also teamed up with the Coalition For a Safe and Healthy Elgin (CSHE) to participate in “Project Bottle Neckers”. Project Bottle Neckers is a community awareness program designed to encourage people 21 and older to not purchase alcohol for minors. Seven local liquor stores and gas stations in the Elgin area participated in the project by allowing the teens to come in and put blue bottle hangers on beer, wine and other liquor products.



**Thank You For  
 Your Support...  
 Elgin Township  
 First Congregational  
 United Church of Christ  
 Kiwanis Club of Elgin**



Tickets to Epicurean Delight are \$95 per person, and include appetizers, a gourmet dinner, an hour of improv comedy and parking. Early bird and group discounts of 8 or more people are available by calling Deb Howe at (847) 742-3545 ext. 236, or visit [RenzCenter.org/news-events/](http://RenzCenter.org/news-events/).

Proceeds from this year's fundraiser benefit individuals utilizing treatment and prevention services. It's through these proceeds that Renz Center can help an individual overcome an addiction, including an opioid addiction, or provide prevention programs that empower youth to develop positive decision-making skills.



### A Personal Story:

#### Finding His Way Back From Depression, Alcoholism

Last year I was in a bad place. I was losing my house, relationships were struggling, and my business was failing. One night I found myself home alone, drunk, and depressed...and for the first time suicidal. After a suicide attempt and hospital detox, I went to the Elgin Mental Health Center (EMHC) where I was prescribed medications for depression. I was there for two weeks and feeling better. For the first time in a long time I began to think about my future, and where I would go from there.

From EMHC I immediately moved into Lazarus House, a homeless shelter in St. Charles. I was grateful for a roof over my head, a warm meal, and the opportunity to move forward with my life. I was working full time and busy getting my business back on track, so when a Lazarus House counselor asked me to go to Renz Center for an alcohol and drug assessment I was a little put out—but willing to do what they asked. After completing the assessment, I was again surprised when I was told I needed treatment three times per week...a bit much. I was also worried about how I would get there because I didn't have a license or car. I know the old me would have



been overwhelmed and given up. But now I was sober, clear headed and hopeful, and knew I needed to do what was best for me in the long-run so I figured out transportation and started treatment.

I wasn't sure what to expect at Renz Center, but I was pleasantly surprised. I quickly saw that I could relate to others—their stories and experiences. Because of this I felt comfortable opening up and sharing my story. I also learned a lot about how my alcohol use and mental health go hand in hand. I focused on building relapse prevention tools and safe coping skills. I have also been using Alpha-Stim, which is a drug-free treatment tool that helps reduce anxiety and depression. It helps me feel positive and clear headed, along with the medications I take. I have also started building a good support network around me. I now attend SMART Recovery and Alcohol Anonymous meetings.

Today I'm in a positive place, and my family and friends have noticed the difference. Letting go of alcohol 14 months ago was the best thing I've ever done. My medication, Renz counseling, and Alpha-Stim work together to keep my life going in the right direction...the possibilities are endless.

## CSHE Promotes Alcohol, Drug Prevention Awareness

Since last October, the Coalition For A Safe and Healthy Elgin (CSHE) has taken the community by storm with alcohol and drug prevention awareness programs and events. In that time, CSHE has grown from two to 26 volunteers, and has participated in such community-wide activities as:

- Having teens place bottleneck hangers on hundreds of bottles in various liquor-selling establishments to promote underage drinking awareness
- Publishing a bilingual parental question and answer section in *Reflejos*
- Attending Elgin Liquor Control Commission meetings
- Participating in a Love Elgin Day Youth Impact event
- Holding a summer kick-off, including a movie night, a Jalapeño Eating Contest, and a middle school dance
- Presenting to the Elgin Police Department's Young Marines group
- Attending the National Coalition Academy and other community-based organization meetings
- Participating in National Night Out
- Developing an education campaign on medical cannabis
- Researching social host violations enforcement
- Hosting National Red Ribbon week school assemblies

Parents or business owners who would like to make an impact on the Elgin community and become a CSHE volunteer, contact Gil Feliciano at [gfeliciano@RenzCenter.org](mailto:gfeliciano@RenzCenter.org) or visit [cshelgin.org](http://cshelgin.org).



Teens dance the night away at a CSHE sponsored event.

## Epicurean Tickets Now On Sale

Renz Center's 11th Annual Epicurean Delight's Feast & Folly tickets are now on sale. Visit [www.RenzCenter.org](http://www.RenzCenter.org) for more information and to order tickets.



## Online Auction Opens September 15

Want to better your raffle odds? The Apple iPad, Mystery Basket, and Apple Watch Series 1 will be available on Renz Center's Bidding For Good website September 15-October 19th. Visit [www.BiddingForGood.com](http://www.BiddingForGood.com) to increase your chances of winning, or to bid on other items such as restaurant gift cards, theatre and movie tickets, and more.

## Access Pathways Online

To receive Pathways online, contact Lysette Pullman at [lpullman@renzcenter.org](mailto:lpullman@renzcenter.org) with your name and email address. Money saved from reducing printing, paper and mailing costs will go toward treatment and prevention programs.

[www.RenzCenter.org](http://www.RenzCenter.org)

(847) 742-3545 360 Park St, Elgin, IL 60120

One American Way, Elgin, IL 60120

Employee Assistance Services

Prevention Office, Administration &

(630) 837-6445

1535 Burgundy Parkway, Streamwood, IL 60107

Streamwood Outpatient

(630) 513-6886

409 Illinois Street, Suite 1A, St. Charles, IL 60174

St. Charles Outpatient

(847) 742-3545

Two American Way, Elgin, IL 60120

Elgin Outpatient & Passage Program

**Renz Addiction Counseling Center**

