



Retreat

Premier Addiction Treatment Centers



Florida Grand Opening 2016

A Note from Our CEO



Dear Friends,

What exciting times for the Retreat Family, two big events happened since last Quarter.

First the opening of our brand new state of the art outpatient facility in Akron, Pa. Our new 17,500 square foot facility opened to an amazing turn out on May 18th. Hundreds of locals and our referral friends attended

our opening party and we were very appreciative of seeing everyone.

June 2nd was a monumental day for the Retreat family as well . Our long and eagerly awaited opening of Retreat at Palm Beach had the most amazing opening party I have ever witnessed. Our open house was attended by over 700 people, our evening sit down dinner had over 350 people attend! We would like to thank all our friends and family members who came all the way from Pennsylvania to support us in Palm Beach.

Retreat will be celebrating our 5th anniversary August 15th, it's been a wild ride for all of us. We have seen the original 40 employees turn into almost 400 strong now. As a CEO of an organization this size the thing I'm most proud of is the family feeling we still have .

Congratulations and continued success to all of the Retreat family .



Peter Schorr
President/CEO

Chrissy's Corner



Alumni Matters

At Retreat, we strive to provide ongoing support during and after a patient's stay at Retreat. Through our alumni organization we offer a safe haven where our alumni can stay connected and foster a spirit of continued support through peers, friends, family members and those in recovery who have gone through our program.

The alumni organization includes a group of Retreat employees who organize quarterly meetings where alumni are presented with a guest speaker and a nice meal. They also have the opportunity to reconnect and strengthen their ties with Retreat staff and peers.

Through the enthusiasm of our alumni organization,

the possibilities are endless as to what can be offered to both alumni and our community. In addition to the quarterly meetings, sober social events are sponsored by Retreat to foster "fun in sobriety". Recently alumni and staff attended the national "Unite to Face Addiction" movement in Washington, DC. Retreat was the exclusive sponsor of a SOBERBARS pool party. Upcoming events include our five year anniversary celebration; the 3rd annual Lancaster County Recovery Alliance-PA Recovery Day; Philadelphia's 15th annual PRO-ACT Recovery Walk and other alumni events.

Retreat's alumni committee also manages a Facebook page, "R@LCA", for alumni. Driven by success from those who leave our doors and are living fulfilling, substance free lives, many alumni proudly share their personal stories in this group. While it is a closed group, any alumni may request to join. It is heart-warming to read many offers of transportation to those that otherwise would be unable to attend events. It is touching to read their shared stories. One alumna member posted: "Hello Retreat Family! Still happy & clean 13 months! I have a full-time job and I FINALLY have a car! Living life beyond my wildest dreams. Sending love to all of the Retreat staff and alumni." An alumnus shared: "6 months today and loving life." along with a picture of his "Clean and Serene For Six Months" key chain.

Through this social media network, alumni and staff continue to provide that close connection and strengthen and support the ties for lifelong sobriety.

Our alumni are important stakeholders in everyone's future. They are advocates and ambassadors nurturing the spirit of recovery. Making positive changes that affect many other lives, they are on the fore-front of the battle against addiction. We cherish, thank and applaud our alumni.





Dr. Joseph Troncale
Lancaster Medical Director

Lancaster MD Update

Chronic Pain & Addiction

One of the “hot topics” these days is the treatment of chronic pain and the overuse of opiate pain medications. Well, here at Retreat, we see the consequences of the prescription of opiates for chronic pain all the time. Usually, for our patients, the use of opiates has caused them a lot of problems and has not really

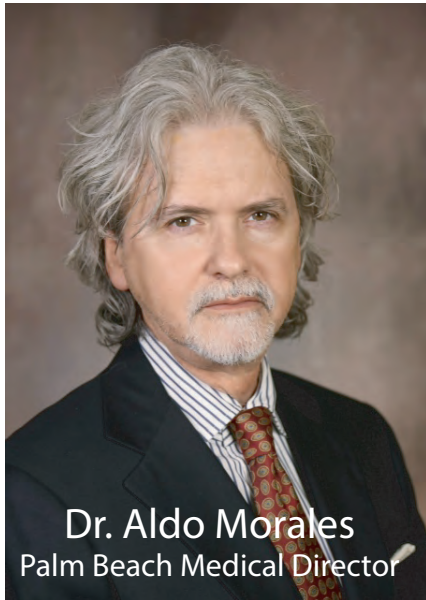
helped their pain significantly.

Opiates can be a great medication for acute pain, and is the drug of choice for severe acute pain such as surgery or a badly broken bone. Once the need for acute pain treatment is over, (a few days to a few weeks,) opiates not only lose their ability to treat pain adequately, they set the person up for increased pain (“opiate-induced hyperalgesia”) and the possibility of addiction.

So here at Retreat, when we get patients with chronic pain having been placed on long-term opiates, we begin by having the individual understand that getting off opiates will actually raise their pain threshold, and also allow them to get out of the fog of being on chronic opiates. Sometimes that is a hard sell, especially since every sane individual wants to avoid pain and is afraid of trying something new and different.

The second thing is to work with patients to re-frame their pain from thinking of it as suffering as to something that can be accepted and moved through. Many people with chronic pain put their lives on hold expecting that doing things they enjoy would exacerbate their pain. In fact, being active and mobile actually decreases pain and helps the person to do things that are consistent with their values and enjoyment in life rather than numbing themselves and isolating from others.

Third, many types of pain have never been treated with perfectly good non-medical alternatives. At Retreat, we introduce people to mindfulness, new ways of appreciating art and music, exercise or yoga, message, aroma therapy, and other things that lead to a meaningful life.



Dr. Aldo Morales

Palm Beach Medical Director

Palm Beach MD Update

The Opioid Epidemic And The Medical Mainstream

I would daresay that every American has been touched—either firsthand or with a couple of degrees of separation—by the current epidemic of opioid misuse. In 2010 our climbing death rate by opioids (heroin and prescription painkillers) for the first time surpassed that of motor vehicle accidents; this trend has continued upwards. There has been a resurgence in the consumption of heroin as users either can't afford or can't find ready access to pharmaceutical opiates. The results, from a public health perspective, have been devastating.

Let's look at the role of the medical profession in this situation. In the late 80s and early 90s a movement began to gain momentum. It began to call for more aggressive pain management on the part of doctors, who, it was felt, were not providing adequate relief for patients who suffered from pain. In 1998 The Veterans Administration established pain as "the fifth vital sign." It wasn't long before every doctor-patient encounter in the country included not only a check of the patient's blood pressure, heart rate, respirations and temperature (the Four Vital Signs) but also the new "degree of pain,"—"On a scale of 1 to 10, what is your pain level today?"

At around the same time, in the mid 90s, a long-acting dosage form of the painkiller oxycodone was introduced into the US market. Formulated to release its contents into the bloodstream gradually over a twelve-hour period, it soon became subject to adulteration by savvy drug users who discovered that biting into the tablet would allow for the immediate release of the entire contents, thereby delivering to the consumer a large dose of the potent narcotic. This new dosage form gained widespread popularity. Another consequence of this new prescription drug was a decrease in the age of first-time users —after all, this drug was a bona fide pharmaceutical grade product, something to be found in the medicine cabinet, prescribed by doctors, and thus "safe."

Florida became the epicenter of the opioid epidemic, with Pain Clinics at every turn of the corner, catering generously to all claiming to be afflicted with intractable pain. Patients came from far and wide, including from neighboring states in the Northeast corridor. In fact, law enforcement from South Florida all the way to Massachusetts became aware of a peculiar phenomenon: an increase in the number of traffic incidents on northbound I-95 as "patients" driving back from their visit to the Florida clinics invariably got into traffic accidents.

Eventually the medical establishment began to react. With the help of the State Attorney's Office the pain clinics in Florida were shut down. The FDA issued directives to drug manufacturers for the reformulation of products to mitigate the inherent risks. States created databases to monitor consumers' prescriptions for controlled drugs in order to curb the practice of "doctor shopping." Doctors are being trained on judicious prescribing practices.

The latest salvo from the medical mainstream is a recommendation from the American Medical Association (AMA) to remove Pain as the Fifth Vital Sign. After all, they stipulate, pain is highly subjective and difficult to measure, unlike temperature or blood pressure, which are readily quantified. There has been some opposition, calling this measure "overkill." I, for one, applaud the move.

Welcome back, Four Vital Signs.

Retreat at Palm Beach

Grand Opening 2016



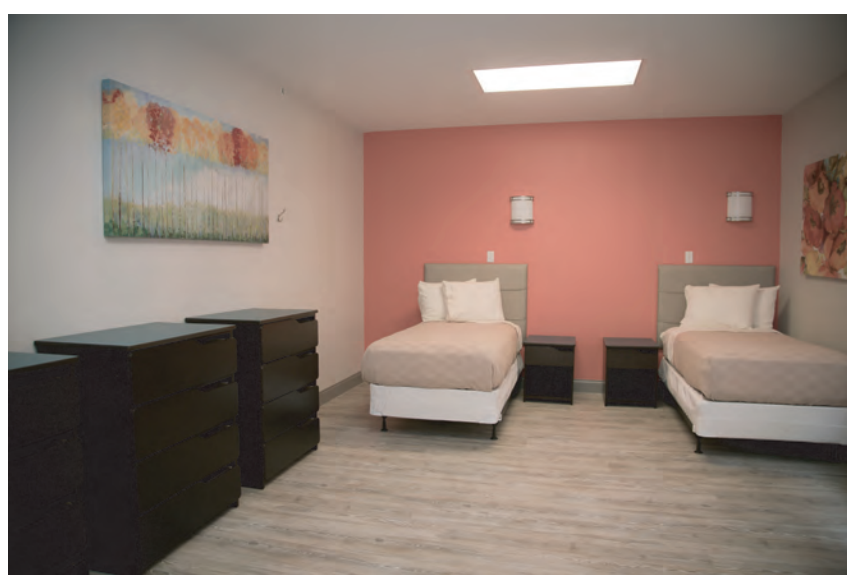


Retreat at Palm Beach

Inside Our New Facility

4020 Lake Worth Road, Palm Springs 33461

www.RetreatPB.com | 855.859.8810



Retreat at Lancaster County New Outpatient Treatment Center Opens





View all our photos on
www.facebook.com/retreatlc

Retreat Launches it's University Partnership Program

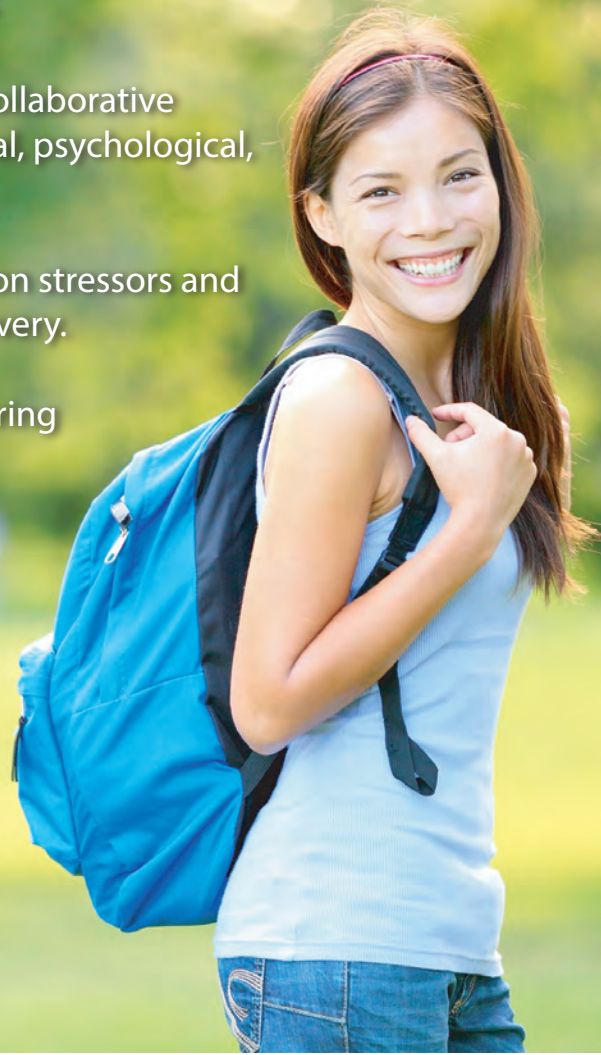
Retreat is launching it's University Partnership Program geared at assisting College and University students in obtaining the help they need while addressing an addiction while enrolled in school.

Using Comprehensive rehabilitation programs, we assist students in navigating through early recovery while continuing to pursue their academic goals. Retreat offers free resources and provides consultation services to University personnel. We also work collaboratively to educate and raise student awareness regarding substance abuse related issues. University staff can be the first individuals to recognize a student is struggling with substance abuse. Retreat will ensures collegiate staff members have the necessary toils and resources to answer any questions to these struggling individuals. Our goal is to assist collegiate students in maintaining their education goals as a top priority while in the early stages of recovery.



Benefits offered to the student include:

- Specialized treatment includes a dynamic & collaborative approach for individuals that focuses on physical, psychological, educational and spiritual health.
- Focused treatment on management of common stressors and navigating challenges for students in early recovery.
- Alumni services for ongoing social support during integration back into school.
- Curriculum Style Scheduling
- Time Allowance for Academics
- Master Level Educator to assist students while in treatment.





Retreat Premier Addiction Treatment Center's Shinning Star Award

The following criteria is used to select the Aspire nominations:

Respect

Empathy

Teamwork

Reliable

Enthusiasm

Accountability

Trust



August
Robin Brown



July
David Danilyuk

Q&A with Executive Director Seth Kaminsky



1. What made you choose Retreat?

Choosing Retreat was an easy decision for me. I trust the owner, I have worked with the leadership team, and I believe in the vision.

In 2012, I had the opportunity to meet with Peter and his leadership team. The vision and mission Retreat had established was far beyond any other organization with which I had come in contact.

Over the course of the next several years, I began to know Peter and his team on a more personal level. I would come away from these encounters inspired and impressed with who Peter is as an industry leader and role model.

Experiences have taught me relationships are what matter most. These relationships are rare and invaluable, and ultimately this is what drew me to Retreat.

2. What was your reason for becoming involved in the D&A industry?

The disease of addiction is a life or death battle and there is a sense of

urgency around it. Our patients are experiencing this struggle first-hand and their loved ones become significantly impacted as the disease takes hold. Assisting in the recovery process and witnessing the healing both patient and family members receive is truly a rewarding event.

3. What is the most fulfilling aspect about your job?

Collaborating with, and learning from like-minded individuals towards a common goal is amazing. I am blessed to be a member of a team that seeks to create a new industry standard. In addition, seeing patients benefit from the care they receive at Retreat is always incredibly gratifying.

4. Finish this sentence.... If I wasn't working in D&A I'd be...

If I wasn't working in Drug and Alcohol treatment I would probably be working in academia. So much of what we do in addictions treatment is education. Whether teaching patients about addiction and recovery or working on staff development, It's an area I really enjoy.

5. My perfect day is....

My perfect day would certainly include spending time with family and friends at the beach, or pool. The Retreat leadership team certainly enjoys the water as well so I am able to enjoy these days fairly regularly.

6. Growing up I thought... I would be the first baseman for the New York Yankees.

Upcoming Marketing Conferences & Events

September

8-11th	Cape Cod Symposium (CCSAD), Cape Cod, MA
13-15th	FADAP, Baltimore, MD
17th	NJ Recovery Rally 2016, Middlesex, NJ
17th	Maryland Society for Addiction Medicine, Baltimore, MD
26-29th	Moments of Change, The Breakers, FL
30th	Addiction Professionals Panel, Detroit, MI

October

4-6th	2015 LAP Conference, Vancouver, Canada
6-9th	2016 NASW-PA, King of Prussia, PA
7-11th	NAADAC Annual Conference, Minneapolis, MN
14th	Bergen Tree of Addiction Conference, Teaneck, NJ
27th	Addiction Professionals Panel, King of Prussia, PA
31st-Nov 3	2016 World EAP Conference, Chicago, IL

November

2nd	Addiction Professionals Panel, Baltimore, MD
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Contact Us Today for More Information:

717.859.8000

Or Visit Us Online At:

www.RetreatAddictionCenters.com

Retreat is a fully accredited rehabilitation center and accepts most insurance plans. We treat patients throughout the United States and are headquartered in a private and secure facility nestled in rural Lancaster County, PA