



Retreat

Premier Addiction Treatment Centers

2017 QUARTERLY NEWSLETTER

February



HAPPY NEW YEAR



Peter Schorr
President & CEO

A Note from our CEO:

Dear Friends,

Happy New Year to our friends and family members.

We had a wonderful 2016 and look forward to continuing doing great things for 2017.

The Retreat family is now 600 strong of dedicated individuals that every day make a difference in someone's life that is suffering from the disease of addiction .

As we expand our company our focus stays the same, giving the best care to the people that walk through our doors.

We would like to thank our friends and business associates for helping us reach our goals.

The fight is not over and we will continue to strive to be better and do great things.

Thank you and all the best,



Peter Schorr
President/CEO



Chrissy Gariano, MA
Chief Clinical Officer

Chrissy's Corner

ELDERLY AND ADDICTION

Following decades of inattention, added research and diagnosis is being performed on a growing group of special addicts, our nation's senior citizen addicts. The number of seniors using, and abusing, controlled substances and alcohol continues to climb. Hundreds of thousands of mature adults are misusing prescription drugs, often spurred by a medical community that is quick to offer narcotic painkillers, anxiety medications and drugs for everything from joint pain to depression. Despite a push by public

health officials to slash dispensing rates, doctors are prescribing highly addictive drugs at record levels. Some elderly have been carrying a laundry bag overflowing with medications for decades. Others turn to increased alcohol consumption as a means of coping with the pain and grief of losing their spouses; retirement; and/or entering the "empty nest" syndrome and a multitude of other reasons.

Irrespective of the situation, it's critical to understand that older adults generally do not have a history of lifelong, hard-core addiction. They are usually reluctant to be associated with those typically stereotyped as down and out alcoholics or drug addicts. However they do need to be understood and treated in the contexts that are comfortable for them. As the number of older adults with substance abuse problems grows, there is an even greater need to address the numerous barriers to effective identification and treatment. Education for family members is crucial. The negative stigma attached to addiction must be erased.

Talk with your loved ones about addiction. Don't chalk off all erratic behaviors as due to the aging process. Psychological factors such as cognitive decline may be a symptom of more than growing old. Health professionals estimate the number of baby boomers entering rehabilitation facilities will double by the year 2020. Our society owes our senior citizens the same addiction treatment provided to all ages. Retreat offers supportive, non-confrontational approaches of treatment to those ages 18 and up. There is no one size fits all approach. Addiction doesn't discriminate.



Dr. Joseph Troncale
Lancaster Medical Director

MEDICATION ASSISTED TREATMENT by **Joseph A. Troncale, MD FASAM.**

One of the more misunderstood and controversial area of addiction medicine has to do with the area of Medication Assisted Treatment (MAT) and how it is used in people with addiction. MAT can mean different things to different people. What it should mean is the use of medications to help people live with, rather than die from, their addiction. What makes it controversial and causes people to have strong feelings about has to do with who it is used on and how it is applied. MAT also is not well understood by some individuals and there is prejudice against it without all the facts being considered.

Regardless of your current feelings and thoughts about MAT, I would like

to give you an overview of MAT and how and why it should be used. Addiction is a potentially lethal disease, and the data we have about opiate overdose deaths, drunk driving fatalities, etc. are all consequences of addiction. Active heroin addicts have a 64 times greater morbidity and mortality than the general population. That is a staggering statistic.

MAT can be the use of legal opiates such as buprenorphine or methadone. For people who are chronic opiate relapsing patients, the use of buprenorphine and methadone has the potential to be life-saving. Obviously, the use of MAT is not magical in itself, and if it is not used properly either by the provider or the patient, it will not be successful. There needs to be close supervision, drug testing, outpatient counseling and support for MAT to be successful. Just handing someone a prescription is not "treatment."

There are also anti-craving drugs for both opiates and alcohol that are available that can also be considered MAT. Naltrexone, an opiate antagonist can be given intramuscularly, orally or implanted. The use of naltrexone has been shown to show statistically significant decrease in opiate use and binge drinking. Please feel free to contact me if you have any questions or if you would like further information.

Retreat Happenings

Our company believes not just in supporting and caring for our patients, but also our staff. Every holiday season we put together a few different events to bring Holiday Cheer to Retreaters.



Brian Hayes



Megan Newlin



Billy Dotts



Awards:

Congrats to Megan Newlin on winning first place overall for the Gratitude Essay. Her touching and heartfelt essay won her a gift card & Caribbean cruise!

Our Runner up winner in PA, Billy Dotts & our FL winner Brian Hayes also won a gift card for their essays about what Retreat means to them.

FL Staff Holiday Party



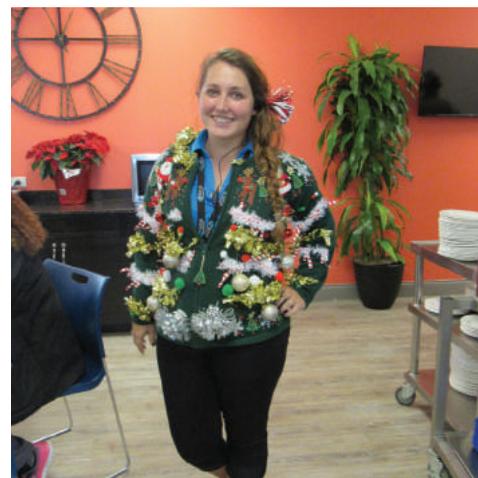


PA Staff Holiday Party





FL Ugly Sweater Contest



PA Ugly Sweater Contest



PA Holiday Santa's Wonderland





FL Winter Wonderland





Retreat Happenings

Every year Retreat puts on a holiday show for patients to help get them in the holiday spirit. This year both Retreat at Lancaster County & Palm Beach showcased our staff's talents in two wonderful productions.



Awards:

Retreat at Palm Beach won First Place in the Wellington Holiday Parade! Congrats!



In-Network Insurances



JOHNS HOPKINS

Health NetSM



Veterans Administration



Capital BlueCross
Independent Licensee of the BlueCross BlueShield Association

JOHNS HOPKINS



ASPIRE

Retreat Premier Addiction Treatment Centers

The following criteria is used to select the Aspire nominations:

- RESPECT
- EMPATHY
- TEAMWORK
- ACCOUNTABILITY
- RELIABLE
- ENTHUSIASM
- TRUST



December: ASPIRE Winner of the year:
ROBIN BROWN



January: CHERYL TEMPLETON



Q&A with Melissa Callahan, CRNP

1. How did you get into the addiction field?

As a Nurse Practitioner student I had a rotation in a private medical practice that managed an acute hospital level detox and a residential level facility. From the first exposure I became very interested in the field.

2. What is your current position and what does it entail?

I currently manage both the PA and FL nursing departments as the Corporate Director of Nursing. My goal is to create a team of nursing management at both facilities to monitor, maintain and deliver an excellent and efficient quality of care to patients.

3. What do you enjoy doing when you aren't working?

Every moment I am not working I enjoy being a mom and raising a family of 4 sons and 2 girl dogs. I am fairly competitive and love to watch and/or play just about any sport.

4. What brought you to Retreat?

I worked with many of the Retreat staff in the past and I bumped into Chrissy Gariano at a football game and in time Retreat became my next endeavor.

5. Were you always in the addiction field? If not what did you do prior to D&A?

I became a nurse and worked in Geriatrics originally. While completing my Master's I was introduced to addiction medicine and worked as a Nurse Practitioner in primary care with a specialty in addiction medicine since 1998.



Retreat

Premier Addiction Treatment Centers

Contact us today for more information:

855.859.8810

Or visit us online at:

www.RetreatAddictionCenters.com

Retreat Premier Addiction Treatment Centers offers addiction services from medically monitored detox to outpatient rehabilitation, providing a full continuum of care. We work with most commercial insurers, offer 24/7 admissions and complimentary transportation. We have locations in Lancaster County, PA and Palm Beach County, FL. At Retreat we pride ourselves in providing a compassionate and spiritual environment for those struggling with addiction in a secure and comfortable setting with dedicated and caring staff.
