



RETREAT
REVIEW

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Peter Schorr
President & CEO

Dear Friends,

It has been a very busy year for us at Retreat. We are doing some new and amazing things. Behavioral health has always been a broad definition of what we do. We are now going to define that further and add mental health to our vast array of services that we provide.

It is a new world for behavioral healthcare providers; it is important that we stay on top of all new studies and techniques that will benefit the patients that come through our doors. It is our job to make sure that when someone comes to us for help we give them the best and most professional service that can possibly be had. It is also important that we treat the whole person and not limit ourselves on what we are able to do. That is why we received our mental health license so we can provide further needed services for each patient.

We look forward to more exciting things coming in 2019. Wishing everyone a very happy and healthy New Year.



Peter Schorr
President/CEO

UPCOMING EVENTS

Florida

FREE COMMUNITY EVENT: REFRESHMENTS SERVED



Community Q&A

How can I protect my child? Who can I call if my friend is abusing drugs? What's the difference between Inpatient & Outpatient? What is Medication Assisted Treatment?

Join us for a stacked panel event where students, families, employers & professionals can ask any questions about substance abuse & treatment with our credentialed staff.
This open forum is FREE to attend for the community. Refreshments will be served.

Save the Date
Tuesday, January 22nd
7-9 PM

Retreat at Palm Beach
4020 Lake Worth Rd, Palm Springs, FL 33461
to RSVP: jennam@retreatmail.com

Sponsored by:
Retreat Behavioral Health
855.859.8810
www.RetreatAddictionCenters.com



Join us for two special Community Q&A's to discover everything you've wanted to know about Addiction & Treating Mental Health

Retreat announces two forthcoming panel events on substance abuse and mental health to be held at its Lancaster County, PA, and Palm Springs, FL, sites

To coincide with National Drug and Alcohol Facts Week® (Jan. 22nd-27th), Retreat Premier Addiction Treatment Centers will host two special panel events at its Lancaster County, PA, and Palm Springs, FL, locations. The goal? To raise awareness for substance abuse and mental health-related issues.

The panel at Retreat at Palm Beach, FL, is scheduled to take place on Jan. 22nd from 7-9 PM; and at Retreat at Lancaster County, PA, on Jan. 24th from 7-9 PM. Any member of the community is invited, and will have the opportunity to ask some of Retreat's most senior leadership anything they want to know about the worlds of substance abuse and mental health.

From protecting our kids from drug abuse to the nuances of inpatient and outpatient care to controversial medication-assisted treatment and more, no topic is off limits.

- Panelists at the Palm Beach County event will include: Peter Schorr, Retreat's President and CEO; Maggie Hunt, Director of Alumni Services; Aldo Morales, MD, Medical Director; Tracey Shaw-Korogodsky, Director of Patient Care; and Seth Kaminsky, Executive Director.
- Panelists at the Lancaster County event will include: Peter Schorr, Retreat's President and CEO; Maggie Hunt, Director of Alumni Services; Jarel Gallman, MSW, Clinical Supervisor; Melissa Callahan, CRNP, Director of Nursing; and Dr. Kristi Dively, DO, OBGYN.

Each of these panelists is highly experienced in the fields of addiction treatment and mental health disorders, and several are in recovery from substance abuse themselves. All of our speakers bring unique perspectives to the world of treatment and recovery, and look forward to answering our audience's questions by providing a comprehensive, in-depth look at the industry and its current trends.

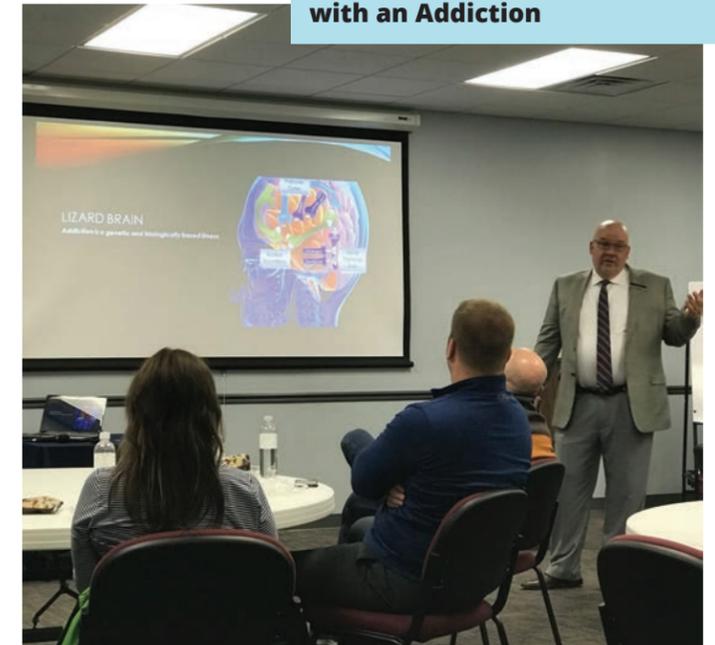
These panels reflect Retreat's mission to create a safer, healthier community by destigmatizing these topics and exploring them without fear or reservations.

PAST COMMUNITY EVENTS

WELLNESS WEDNESDAYS

Retreat partners with the Northern Lancaster County Chamber of Commerce multiple times throughout the year to host educational and informational lunches as part of our ongoing Wellness Wednesdays series.

How to Identify an Employee with an Addiction



Stressed: Understanding Anxiety and How to Control It



CHRISSEY'S CORNER

Pregnancy and Substance Abuse: Treating Addiction With a Baby on the Way

Our very own OB/GYN at Retreat at Lancaster County treats pregnant women up to 32 weeks' gestation who have a history of substance abuse. From medical detox to specially-tailored care regimens, Dr. Kristi Dively, DO, has treated dozens of pregnant women at Retreat. We asked Dr. Dively to answer a few questions about her experience, how she helps these patients, and why it's so crucial to support these women in their journeys to starting their own families.

Tell us about your journey to becoming an OB/GYN.

I went to medical school at Lake Erie College of Osteopathic Medicine in Erie, PA. I didn't plan to be an OB/GYN. I thought I would be a family doctor, but I fell in love with obstetrics during my rotation.

When most people think of OB/GYN's, they don't think of substance abuse treatment. Why is your job such an important one for expecting moms?

There are many pregnant women who are abusing substances, but people aren't screening for it and treating it. Women who



Chrissy Gariano, MA
Chief Clinical Officer

enter treatment while pregnant have better-than-average recovery rates, so getting them into treatment while pregnant is helpful.

How widespread are substance abuse disorders among expecting moms?

According to data published by the National Library of Medicine, as many as 5.9% of pregnant women abuse substances, and 8.5% drink alcohol.

If you're an expecting mom battling addiction, what are the risks of carrying a baby to term or delivering a child without seeking treatment?

Babies of moms who abuse alcohol or benzodiazepines are at high risk for birth defects. Babies of moms who abuse opiates

"...by entering treatment, these moms are doing the right thing for their babies and their own futures."



are at risk for being born with a dependence on opiates and requiring the baby to go through withdrawal. As far as risks for mom, it's everything that we have seen can accompany substance abuse: Prostitution, partner violence, infection from the injection site, and more.

What are some of the most common fears that expecting moms have about admitting a substance abuse problem?

How do you enable them overcome shame or remorse to admit they need help?

The biggest fear that most women have is that, if they seek treatment, their baby will be taken away from them. In fact, entering treatment makes it less likely that they will lose their baby to the authorities, so I try to make moms understand that they are not alone. There are other pregnant women battling substance use disorders and, by entering treatment, these moms are doing the right thing for their babies and their own futures.

Retreat is an industry leader in prenatal substance abuse treatment. What aspects of our specialized treatment regime for expecting moms make our program unique?

Retreat accepts pregnant patients up to 32 weeks and coordinates care with local OB/GYNs and local high risk OB doctors in order to provide comprehensive care for women battling a substance use disorder while pregnant.

What's the most satisfying part of your work?

I have several patients who have been through the program at Retreat and now have more than a year sober with a happy, healthy child. That's the reason we do this.



Dr. Kristi Dively, DO

Dr. Kristi Dively, DO, is a Board Certified OB/GYN, Doctor of Osteopathic Medicine, and Physician for Retreat Premier Addiction Treatment Centers. As an OB/GYN specializing in the unique arena of addiction medicine for pregnant women, Dr. Dively has overseen the treatment of dozens of moms-to-be who are battling substance abuse disorders. She spearheaded Retreat's efforts in that field upon joining the organization in 2015. Educated at the Lake Erie College of Osteopathic Medicine in Erie, PA, Dr. Dively graduated Magna Cum Laude in 1996. She was a practicing OB/GYN in Pennsylvania for a number of years before accepting an offer to join a respected healthcare management firm as a Physician Advisor in 2011. Upon joining Retreat, she resumed actively seeing patients on a daily basis. Dr. Dively is currently a member of multiple leading medical organizations, including the American Osteopathic Association, the Pennsylvania Osteopathic Medical Association, and the American College of Osteopathic Obstetricians and Gynecologists.

FLORIDA VETERAN'S RACE AND BBQ 2018



PA'S TOP HEALTH OFFICIAL: "ADDICTION IS A MEDICAL ILLNESS — NOT A MORAL FAILING."

by Reed Alexander



Pennsylvania Secretary of Health Dr. Rachel Levine tells Retreat why battling the state's substance abuse crisis is her no. 1 priority

Pennsylvania's top public health official has her work cut out for her. Dr. Rachel Levine has had a long and celebrated career in medicine. A graduate of Harvard University and Tulane Medical School, the former Pennsylvania Physician-General and med school professor was elevated to her current cabinet-level post by Democratic Gov. Tom Wolf in October 2017. Since then, she's set her sights squarely on the state's drug crisis.

"As we have seen nationally, in Pennsylvania, the rate of overdose deaths due to opioids has been going up so drastically over the last five to 10 years, that it was readily apparent as soon as we took office that this would have to be one of the priorities of the administration," Levine told Retreat in an interview. It's "symptomatic of a national crisis," she added.

Indeed, on the national spectrum, Pennsylvania has been one of the states most dramatically impacted by the ongoing epidemic of substance abuse. Recent data from the Drug Enforcement Agency found that Pennsylvania's average rate

of overdose-related fatalities in 2017 was nearly twice the national average. The state lost some 5,456 residents to drugs that year.

Levine and her team have deployed a number of solutions in order to combat the urgent problem. She says Pennsylvania's government has identified three distinct "pillars" in their approach: Prevention, Rescue, and Treatment.

The first—Prevention—means partnering with other statewide agencies including the Department of Drug and Alcohol Programs and Department of Education to raise awareness for the danger of drugs. Levine added that she's also been working directly with doctors and drug prescribers over the past several years, to encourage them to be more judicious in prescribing habit-forming medications.

The second pillar—"rescue"—is about springing into action when substance abuser's lives are on the line, such as in the case of life-threatening overdoses. One of Levine's landmark achievements in that regard were the statewide executive orders she signed as Physician-General in 2015, which significantly increased the accessibility that Pennsylvanians now have to naloxone.

Naloxone is a non-habit forming medicine, taken as a nasal spray, which can quickly reverse drug overdoses and save lives. Levine's orders made it available for police officers, EMT's, firefighters, and other emergency responders to have on them or in their vehicles at all times.

She also made abundant supplies of naloxone available to the ordinary public at minimal costs. Now, Pennsylvanians can walk into any pharmacy and request the medication; Medicaid, Medicare, and commercial insurance companies cover its cost. To augment this, the government gave away an additional 6,000 free naloxone kits to anyone who asked for one at 80 sites statewide in December.

Some 20,000 lives have been saved by naloxone, Levine said, since her orders took effect.

"Everyone is a first responder," she said. "We want the public to have access to naloxone... [and] the people suffering from the disease of addiction are very keen to have access to naloxone so that others can save their lives, or they can save their friends' lives."

The third pillar—"treatment"—is about getting substance abusers into treatment programs, and, eventually, into sobriety, Levine said. She believes that the expansion of Medicare is vital in helping more patients afford treatment, but she also believes that a combination of "medication-assisted therapy" (MAT) and counseling are crucial.

Innocuous as that belief may sound, MAT has stoked fierce opposition from critics who claim that the use of additional drugs (like ones that help people overcome their reliance on opioids) in treating a drug abuse problem makes no sense.

"Not only is there a stigma about addiction in general, but there's a stigma about MAT, that it's a crutch," Levine conceded. "I view that completely differently. I think it's a tool. I think that these medications are extremely useful tools."

The controversy around MAT is reflective of the deep, entrenched prejudices that exist in the discourse around substance abuse treatment. Another one says that substance abuse is a choice, and that abusers don't have enough willpower to beat their addiction once and for all.

It's a myth that Levine pulled no punches in confronting.

"Addiction is a medical illness, it's a disease," she said. "It's not a moral failing... We need to continue to get that message out... Eighty percent of people who use heroin actually started with prescription opioids that they obtained either legally or illegally."

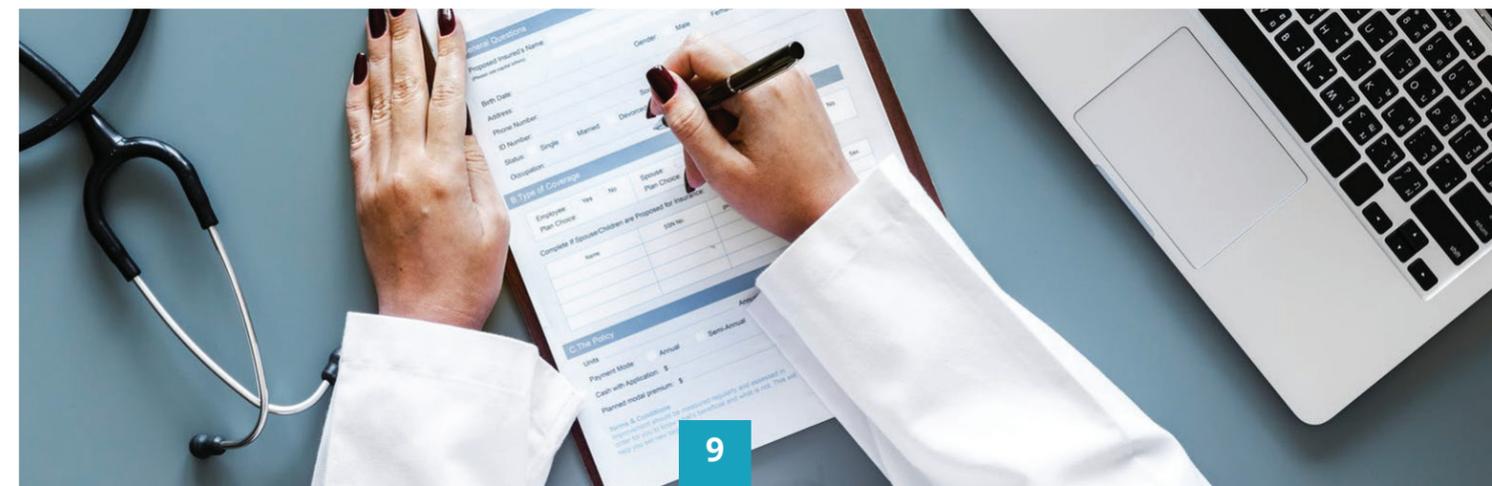
Although she's proud of the efforts Pennsylvania has made to battle the drug crisis since she took office, Levine is wearing no blinders about the challenges that lie ahead. One of them is the emergence of highly lethal fentanyl in an increasing number of drug-related deaths.

Fentanyl is a narcotic that's 30 to 50 times as powerful as heroin and, according to recent CDC data, was involved in as many as 70% of fatal overdoses in 2016.

The crisis has grown so threatening that Gov. Wolf recently renewed a declaration calling the opioid epidemic a "disaster," which he called "the best current means we have to maintain a concerted effort focused on fighting this scourge on our state and our nation," in a statement.

There may be no immediate end in sight, but Levine vowed that the fight will continue when Gov. Wolf, recently reelected in the 2018 midterms, is sworn in for his next four years in office on January 15th.

"Gov. Wolf remains committed to the opioid crisis," Levine concluded. "We're very excited and enthusiastic about our second term."



PENNSYLVANIA EMPLOYEE COSTUME CONTEST WINNERS

We asked our Lancaster County, PA, team to break all the rules of fashion and wear their best mismatched disguises to work. Check out our 2018 winners.



PENNSYLVANIA HAUNTED HILL & TRAIL OF TERROR

Every year, as Oct. 31 closes in, our Lancaster County, PA, team proudly exhibits our inner ghouls and goblins to entertain our patients. The result is our annual Haunted Hill & Trail of Terror, which encourage our patients to get in the spooky spirit of Halloween. Check out some highlights from our 2018 celebration.



FLORIDA HAUNTED HOTEL

Every year, as Oct. 31 closes in, our Palm Beach County, FL, team proudly exhibits our inner ghouls and goblins to entertain our patients. The result is our annual Haunted Hotel, which encourages our patients to get in the spooky spirit of Halloween. Check out some highlights from our 2018 celebration.



FLORIDA EMPLOYEE COSTUME CONTEST WINNERS

We asked our Palm Beach County, FL, team to channel stars from their favorite TV shows. See if you can guess whom they chose to bring to life!



FENTANYL IS NOW THE NO. 1 KILLER AMONG ILLICIT DRUGS: CDC REPORT

by Reed Alexander

Almost one in three deaths caused by a drug overdose in 2016 involved the lethal opioid, says a recent government report

The synthetic opioid fentanyl was the drug involved in the greatest number of overdose-related deaths in the years from 2011 to 2016, according to a report published by the Centers for Disease Control and Prevention in December. In fact, the number of fentanyl-related deaths jumped a staggering 113% per year in each of the years from 2013 to 2016, the report found.

Of the total 63,662 overdose-related deaths in 2016, 18,335 —about 29% —involved fentanyl, according to the findings. Meanwhile, 15,961 (25%) of the deaths involved heroin; and 11,316 (17.8%) involved cocaine.

The fentanyl epidemic has been reaching a dangerous fever pitch in recent years. The powerful opioid, often used as a heroin-or cocaine-cutting agent, is 30 to 50 times stronger than heroin, and 50 to 100 times stronger than morphine. Just a 0.25 milligram dose can be fatal.

“For a sense of just how little that is, a typical baby aspirin tablet is 81 mg. If you cut that tablet into 324 pieces, one of those pieces would be equal to a quarter-milligram,” a recent CNN report explained.

Overdoses often involve multiple drugs.

Oftentimes, researchers say, multiple drugs are found in a substance abuser’s system at the time of death, so it’s difficult to conclusively determine which one—fentanyl, heroin, cocaine, or something else altogether—is responsible for the lethal overdose. Indeed, it could be a combination of several substances that is to blame.

“These drugs aren’t necessarily being taken in isolation,” said Holly Hedegaard, a medical epidemiologist for the CDC and author of the report. “Most times, fentanyl is not the only drug that’s found in these overdose deaths. About 70% of the time, it’s fentanyl plus some other drug,” Hedegaard told Retreat.

How many people die from drugs every year?

According to the CDC, the opioid epidemic—and the number of overall overdose-related deaths—has been ballooning in recent years. From 2011 to 2016, the death toll grew by an average 54% each year. Separate overdose statistics from 2017 indicated that 72,000 people passed away from an overdose that year—almost 10,000 more than the year before.

In light of the trend, the New York Times has named drug overdose the no. 1 cause of death among Americans under the age of 50.

The fentanyl crisis shows no signs of stopping

A spate of recent journalistic and law enforcement investigations allege that much of the illegal fentanyl being smuggled into the United States is generated at factories in China and Mexico.

With a seemingly unstoppable supply being mixed into batches of other drugs, experts fear that fentanyl-related overdoses will remain all too common in the future. Dealers combine the drug with other substances to inexpensively boost the intense high that they produce.

“No one says, ‘I want to shoot fentanyl.’ [These people] want to shoot heroin,” speculated Melissa Callahan, the Corporate Director of Nursing for Retreat Premier Addiction Treatment Centers.

“[Fentanyl] will kill you because it suppresses your respirations... You’ll stop breathing,” she noted. “Heroin is already an opiate which suppresses your respirations and your heart rate. Add fentanyl, [and] you’re doing a double dose of the same thing” — but in a much more life-threatening way.

“I’m concerned that the number of fentanyl-related deaths will continue to rise in the coming years,” Callahan concluded. “The supply seems to be unlimited.”

SELF-CARE MONTH AT RETREAT

PA EMPLOYEES CREATE AND SHARE DELICIOUS, GLOBALLY-INSPIRED DISHES



PA EMPLOYEES CHILI COOK OFF



PRESIDENT & CEO PETER SCHORR ON WFTL 850 RADIO IN WEST PALM BEACH, FL



RED RIBBON WEEK

Red Ribbon Week is a time for national reflection on drug abuse, and an opportunity to raise awareness about illicit substances. Retreat brought together families of our employees at our Palm Beach County, FL, site to celebrate.



RECOVERY RADIO



Check out our weekly show **Recovery Radio**, which is now available to download nationwide on iTunes, Spotify, and Google Play. The program is also broadcast Saturdays from 6-7 pm ET on WPHT 1210 Radio in Philadelphia, PA. Hosted by veteran radio journalist Steve Martorano, we explore topics pertaining to substance abuse and inspiring stories of recovery.



IN THE NEWS

RETREAT IS MAKING HEADLINES.

Rodney T., Retreat alumni & Clinical Aide, spoke with ABC 25 in Palm Beach County about his active military duty and how he transcended addiction to help others at Retreat.

ABC 25



Alumni Grace & Maggie at ABC 6 discussing Navigating the Holidays

ABC 6



NBC 10

KWY 1060



PENNSYLVANIA'S HOLIDAY PARTY

Our annual Lancaster County, PA, holiday party is a chance for our staff to celebrate all our hard work throughout the year, and ring in the festivities together.



ASPIRE WINNER OF THE YEAR - PENNSYLVANIA

Chris Hecker, Transportation Manager at Retreat at Lancaster County, PA, joined the company as a Transportation Specialist in April 2014, and was promoted to his current role in July 2017. Chris also serves on Retreat's Policy & Procedures and Safety Committees, and is a student in our Keystone Academy where participants develop leadership skills to benefit our entire organization.



FLORIDA'S HOLIDAY PARTY

Our annual Palm Beach County, FL, holiday party is a chance for our staff to celebrate all our hard work throughout the year, and ring in the festivities together.



ASPIRE WINNER OF THE YEAR - FLORIDA

Craig Stevens is a Team Therapist at Retreat at Palm Beach. An ordained minister who uses his chaplaincy to treat people of all faiths and denominations, he began working at Retreat's South Florida site the first day that it opened. Craig has spent ten years working in substance abuse treatment, and specializes in caring for patients with co-occurring disorders.





33 AMERICAN STATES NOW CONSIDER MARIJUANA LEGAL. HOW LONG UNTIL THE OTHER 17 DO, TOO?

by Reed Alexander

On November 6th, millions of American voters flocked to polling places to cast their ballots on a variety of midterm election issues. In three states —Michigan, Missouri, and Utah—voters approved measures that would legalize it either for recreational or medical use. The addition of the three states brings the new total number in which cannabis has been legalization to 33. That’s two out of three nationwide.

At the time, groups like the Coalition to Regulate Marijuana Like Alcohol, which is based in Michigan and pushed hard for legalization, celebrated the victory—but added that their work is far from over. “We’re obviously thrilled,” Josh Hovey, the Coalition’s Communications Director, told Retreat. “There will be problem users,” he conceded, “[but] the point of legalizing marijuana is that we’re not going to criminalize those users.”

Hovey said that the Coalition is hopeful that legalization will empower people who have illicitly sold or possessed marijuana in Michigan to finally emerge from the shadows and pursue treatment, without fear of law enforcement. He rejected the idea that recreational marijuana will, or should, lead to rampant use simply for the purpose of getting high.

A number of other organizations are part of a growing chorus calling for nationwide legalization. “The 2018 midterm elections were an overwhelming victory for marijuana law reform advocates,” said Jolene Froman, a staff attorney for the Drug Policy Alliance. “The Drug Policy Alliance supports marijuana legalization for a variety of reasons. One is that criminalization is totally unequal —[minority groups] are disparately harmed by marijuana law enforcement, despite similar rates of use,” across nationalities, she noted.

According to the data, Froman’s not wrong: The American Civil Liberties Union says that black Americans are 3.73 times likelier than whites to be arrested for marijuana possession. Plus, she added, recreational legalization will cut down on complications for those seeking to obtain marijuana for medical purposes, too.

Nationally, the wind at the sails of marijuana legalization reflects the broader sentiments of the American electorate: 62% of American voters said they support legalization, according to a recent Pew Research Center poll released in October. Unsurprisingly, the primary crop of support comes from Democrats and millennial-aged voters, but legalization’s popularity has even grown among conservatives in recent years.

Why? For one thing, more voters are putting their faith in marijuana’s purported medical benefits (like treating pain from multiple sclerosis or Chron’s disease), according to 2015 Pew research. For another, more voters are simply resigning themselves to the idea that marijuana is “no more dangerous than alcohol or cigarettes,” the poll found. Separate 2014 Pew data found that almost two-thirds of Americans want to see mandatory sentences for non-violent drug offenses done away with, which could also be a factor contributing to public support.

Leading health and policy experts told Retreat that they maintain reservations about what legalization could mean for millions of Americans, however.

For instance, the “spillover effect into younger populations” — that is, the chance that cannabis bought on the open market might end up in the hands of minors under the age of 21 — is what worries Rebecca Haffajee, an assistant professional of health management at policy at the University of Michigan School of Medicine, the most.

“We have more longitudinal studies that suggest that those who have been exposed to marijuana and other drugs are more prone to have substance abuse disorders later in life,” Haffajee told Retreat, underscoring concerns about marijuana’s potential addictiveness, and capacity to act as a “gateway drug”—a pathway to more severe substance abuse later on.

“There’s a lot we don’t know, that there are enough concerns here to make us worried that the cart is a little ahead of the horse,” she said.

And more forceful critics, like Scott Greenlee, president of the anti-recreational marijuana committee Healthy and Productive Michigan, went further. “It is unfortunate that my fellow Michiganders have chosen to put the commercialization of potent pot candies and lollipops over the future of our young people, the safety of our roads, and the very real issues of mental health and addiction we are suffering from,” Greenlee said in a statement after the election. “I am proud of the work done by our volunteers and staff to share with voters how unleashing this industry on our state will harm us.”

In spite of these fears, most experts have coalesced around the view that marijuana’s march to legalization will only gain momentum in the coming years. For its part, Froman said that the Drug Policy Alliance is “committed to continuing to legalize marijuana across the country.”

Other advocacy groups that harbor similar ambitions can be expected to follow suit, encouraging states to implement their own pro-cannabis legislation and calling on the federal government to deschedule marijuana as a controlled substance altogether.

As Haffajee concluded: “My prediction is that, in the next decade, we will have marijuana legalized at a federal level in some way, shape, or form.





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.
