



RETREAT

REVIEW

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Peter Schorr
President & CEO

Dear Friends,

We are so excited to roll out Synergy Health Programs. Synergy will be helping those in need of mental health services. We will be doing this in our Lancaster facilities, both inpatient and outpatient.

We have always taken a holistic approach in treating our patients that come through our doors. We have found a large percentage of people who not only suffer from substance abuse disorder, but also from variable mental health disorders. If these go untreated, a lot of times nothing changes in their addiction.

We are so proud of our staff, that they have been able to assess and identify our patients' needs, so we can give them the best treatment possible.

We are also opening assessment offices throughout Pennsylvania and Florida; look for our locations near you. We will be able to assess locally and send people to the proper level of care that they need — just more exciting things for Retreat Behavioral Health.

Thank you all again for helping us in our never-ending battle against mental illness and the disease of addiction.



Peter Schorr
President/CEO

CHRISSY'S CORNER

Introducing Synergy Health Programs, our new mental health treatment division with specialized clinical programming.

After 20 years in the treatment industry, I've seen firsthand how mental illness and substance abuse often work as a team, feeding off one another to destroy patients' lives and make recovery something that feels impossible, that feels out of reach.

What I've learned is that, to successfully treat our patients' addictions and help them enter long-term recovery, we need to set them up with tools for happy, healthy, and fulfilling lives. The only way to do that is to treat the whole person — including their mental health challenges, too.

Indeed, many patients' substance misuse has its origins in entrenched pain or trauma that our patients endure early on and never properly address. Childhood and relationship trauma; surviving sexual assault; or, in the case of our veterans, living through unimaginable horrors on the battlefield are all examples of what might cause our patients to turn to drugs and alcohol later in life, in an effort to numb their anguish.



Chrissy Gariano, MA
Chief Clinical Officer

What's more, in recent years, our patient population has undergone a gradual but steady transition. As increasingly more powerful drugs like fentanyl end up on our streets, the underlying brain chemistry changes that patients experience have become more long-lasting and destructive. Simply put, the patients we serve come to us sicker and more desperate than ever, seeking both respite from the personal chaos that has ruled their lives, and hope for a better future.

That's why, here at Retreat, we recognized the importance of transitioning to a comprehensive provider of behavioral healthcare: Not just rehabilitation for drug and alcohol use disorders, but treatment for mental health disorders, too. We reflected on our successes in the eight years since our opening and asked how we could push ourselves to be better. So, at the start of 2019, we transitioned from Retreat Premier Addiction Treatment Centers to Retreat Behavioral Health and debuted a new programmatic division: Synergy Health Programs.

As Retreat Behavioral Health, we are now licensed to operate two divisions: our Premier Addiction Treatment Centers department, which will continue to offer industry-leading substance abuse care to our patients at the inpatient and outpatient level; and Synergy Health Programs, our new branch dedicated to mental health.

Synergy operates at both the inpatient and outpatient levels, too. To develop the division, we did an internal review of our programmatic curriculum, and decided to launch an entirely new treatment track specifically for patients with mental health challenges. This includes rigorous psychiatric assessments,



clinical psychotherapy, and, if applicable, mental health diagnoses from our psychiatrists.

In the case that they ascribe more than one diagnosis to a patient — namely, a mental health disorder and simultaneous substance use disorder — we classify it as a “co-occurring illness,” and have a distinct treatment track for those, too.

At the outpatient level of care, we are rolling out a number of changes to provide more flexible, community-centric care. Our psychologists and clinical therapists are equipped to meet with patients privately for one-off psychotherapy sessions, much in the same way a patient would call up the local psychologist to set up an appointment. The goal? To help patients work through any number of personal issues, from adolescent struggles to couples' counseling and more.

These changes are exciting and pervasive throughout the entire organization and represent the deep commitment we have to offering the best in clinical care for our patient community. We're fighting for you.

Chrissy Gariano, MA, BA, is the Chief Clinical Officer for Retreat Behavioral Health.

THE REAL REASONS WHY MORE PEOPLE THAN EVER ARE DYING FROM DRUGS, ALCOHOL, AND SUICIDE

by Reed Alexander

Experts break down the top reasons why hundreds of thousands continue to die from these causes with every passing year.

In America, a quiet catastrophe is claiming tens of thousands of lives — and in spite of growing alarm, a recent report has found that the problem is only getting worse.

According to a new study released in March by two nonprofits — the Trust for America's Health and Well Being Trust — the rate of deaths resulting from suicide, alcohol-, or drug-related causing is escalating fast. Indeed, in 2017 (the most recent year data was collected in this study), 150,000 Americans died as a result of one of those causes.

Previous, more narrowly-defined data found that 72,000 Americans died from drug overdoses alone in 2017, per a New York Times report, which named this cause of death the most common in the US for adults under age 50.

The new report paints a bleak picture of a nation encumbered by mental health and substance abuse issues that too often go ignored and unsolved.

Other key findings from the research include:

- Deaths related to synthetic opioids like fentanyl skyrocketed 45% from 2016-2017.
- 38% of opioid-related deaths involve synthetic drugs like fentanyl, up from 4% twenty years ago.
- Blacks, Whites, and Americans ages 18-54 were the demographics hardest hit by synthetic opioids

A broken healthcare system

"Because this is now a decades' old problem, it's going to require decades of solutions that are more comprehensive and systemic than what we've brought forward today," Benjamin Miller, a psychologist and Chief Strategy Officer for Well Being Trust, told Retreat in an interview.

Miller blamed, in part, a schism between mental health and substance abuse treatment that stems from prejudices toward people with a drug or alcohol problem.

It's a supposition supported by data: For example, a 2018 poll from the Associated Press-NORC Center for Public Affairs Research found that fewer than one in five Americans would be "willing to associate closely with someone who is addicted to prescription drugs as a friend, colleague, or neighbor."

Nearly one in two (44%) of respondents admitted they believe that consistent misuse of opioids was indicative of someone who had "a lack of willpower of discipline," and over 50% said they would be in favor of a "crackdown" on such individuals.

Other factors

Anna Lembke, the Medical Director for Addiction Medicine and an associate professor of psychiatry and behavioral sciences at Stanford University School of Medicine, points to broader environmental factors that often go unrecognized as contributing to this crisis.

"I think the lack of meaningful work is really a huge factor," Lembke told Retreat, pointing to an economy in which "manufacturing towns have crumbled in the face of globalization," and millions of workers are at risk for displacement by automation.

It's a theory underscored by past research, too. One National Survey on Drug Use and Health found that nearly one in six (17%) unemployed workers suffered from drug and alcohol addiction — twice the rate for full-time workers — while another study from the National Bureau of Economic Research determined that every one percent increase in nationwide unemployment is correlated with a 3.6% uptick in the number of people who rush to hospital emergency rooms, in the throes of a life-threatening opioid overdose.

What role does social media play?

According to the experts interviewed for this article, the wired world in which we live often doesn't help, either.

Indeed, online bullying has been known to incentivize hopeless victims to turn to suicide in a number of well-known cases. And, according to Molly May, Clinical Supervisor for mental health and substance abuse treatment provider Retreat Behavioral Health, social media is a breeding ground that cultivates feelings of inadequacy and unworthiness by inherently encouraging us to compare ourselves to the images that others portray.

On social media, "everything is whitewashed, everything is better," May speculated. "There's this constant comparing that happens to people... (and) that leads to being really isolated."

In 2018, a group of researchers set out to prove this theory, studying 143 University of Pennsylvania students who used social media.

At the conclusion of the research, students who were given restricted access to social media "showed significant reductions in loneliness and depression," compared to those who had unfettered access during the course of the study.

"Our findings strongly suggest that limiting social media...may lead to significant improvement in mental well-being," the authors summarized.

Where do we go from here

Without fresh strategies to combat drugs and mental illness, it is doubtful that future numbers will get better. In fact, some foreboding studies postulate that they're only going to get worse in the near future.

In February 2019, a team of investigators from Massachusetts General Hospital's Institute for Technology Assessment asked the question: What would happen in America "if no further reduction in the misuse of prescription opioids occurs in the coming years"?

What they found was disquieting indeed. By the year 2025, the researchers concluded, 700,000 people are expected to die from an opioid overdose.

Reed Alexander is the Managing Content Editor for Retreat Behavioral Health.

RETREAT ♥ HORSES HEALING HEARTS

Retreat Behavioral Health is joining forces with Horses Healing Hearts to support at-risk children whose parents have suffered from the disease of addiction.

The organizations will partner on an educational event featuring equine-assisted therapy on May 7th, and will raise funds for Horses Healing Hearts' Children's Prevention Program.

Get ready for the mane event.

Retreat Behavioral Health — a leading provider of substance abuse and mental health treatment services — is partnering with Horses Healing Hearts, a 501(c)(3) nonprofit based in South Florida that aids children whose loved ones have suffered from addiction.

Together, on May 7th, from 10 am-1 pm, they will host a dynamic, educational event to introduce local members of the community to the many benefits of equine-based education at horse stables in Delray Beach.

In the run-up to the event, the organizations are actively raising funds to support the Children's Prevention Program, a special initiative that Horses Healing Hearts has created to care for at-risk youth whose parents have suffered with substance use disorder. Through weekly, interactive sessions, the program equips these children — the parents of many of whom have passed away as a result of substance misuse or suicide — with the tools they need to overcome the generational cycle of addiction, and to begin to heal after surviving debilitating childhood trauma.

You can show your support for this important cause by donating at our official fundraising page. The fundraisers have declared an objective of raising \$10,000 by May 7th. One hundred percent of the proceeds will go to the Children's Prevention Program, to make it possible for children from low families to receive the vital attention they need.



What is equine-based education?

Equine-based education is an immersive way to help participants get in touch with their emotions, confront entrenched trauma, and begin the recovery journey. It involves working with, and caring for, horses, who are highly attuned with patients' mental states and can start the process of fostering trust and mutual dependence.

Thank to Horses Healing Hearts, Retreat at Palm Beach County, FL, has operated weekly equine engagement for our patients for the past two years. For its part, equine-based education has been a key element of clinical programming at Retreat at Lancaster County, PA, for the past seven years. The site even has two of its horses, affectionately called Mickey and Mantle, which are utilized in the program.

An immersive experience

At the upcoming event on May 7th, community members and local professionals will have an opportunity to directly partake in equine-based education, while learning about how it works from Horses Healing Hearts' expert instructors. Guests will also hear directly from Retreat's CEO and Founder, Peter Schorr, and Horses Healing Hearts Executive Director Liz Olszewski.

"We're proud to partner with Horses Healing Hearts on this event," Schorr said in a statement. "They've been a phenomenal asset to our patients and the local community, and we hope this event will give people insight into exactly what makes equine-based engagement so advantageous."

RSVP now! Email our National Events Planner Jenna Moore to reserve your space: jennam@retreatmail.com.



LIMITED-EDITION
HEALING HEARTS
TANK TOP BY RETREAT
\$25



Horses Healing Hearts

DATE & TIME

Tuesday, May 7 | 10 am-1 pm

LOCATION

5135 Conklin Drive, Delray Beach, FL 33484

DONATE

Support the Children's Prevention Program now.
Donate at: www.bit.ly/donatetohhh

Purchase a *limited-edition* Healing Hearts tank top by Retreat for \$25. Proceeds support the program, too.

Order yours now: bit.ly/retreatloveshhh

MEET THE FOUNDER OF HORSES HEALING HEARTS

Horses Healing Hearts is a 501(c)(3) nonprofit organization based in Delray Beach, FL, which is dedicated to employing equine therapy, involving horses, to benefit a variety of patients.

Some of the people most heavily supported by HHH are children who have lost their parents to the disease of addiction, or who come from homes in which the disease went rampant. In other cases, HHH's addiction professionals utilize their horses to aid our very own patients at Retreat Behavioral Health, through our weekly equine therapy program.

We asked HHH Founder and Executive Director Liz Olszewski, to tell us about why she created the organization, and what she hopes to achieve through it. To learn more or donate to HHH, visit their website: www.HorsesHealingHeartsUSA.org.

RETREAT: Why did you create Horses Healing Hearts?

LIZ OLSZEWSKI: I started Horses Healing Hearts in 2009 because I wanted to pass on the gifts that saved me — namely, mentors and horses. Growing up with an alcoholic mother, father, and step-father, my two brothers and I endured the chaos, violence, and trauma typically present in families struggling with addiction. At 14, I spent a summer with my aunt in Pennsylvania, who had a horse. My world changed, and I began to heal.

That's why I created HHH: To pay forward the opportunities I had, so that kids standing where I once stood can have a better life.

RETREAT: Describe your Children's Prevention Program to us. How does it work?

LIZ: Horses Healing Hearts (HHH) is a psycho-educational prevention program that works with children whose parents suffer from the disease of addiction, while providing a safe and nurturing environment to build self-esteem and confidence by working with horses. HHH equips children with the tools to change their lives and break the generational cycle of addiction. Children who attend Horses Healing Hearts are given proper riding instruction, taught about the overall care of horses, and benefit from curriculum-based group counseling sessions.



Liz Olszewski
Founder & Executive Director of HHH

RETREAT: What are some of the struggles that the children you help have endured?

LIZ:

- Overwhelming fear their loved one will overdose and die
- Enormous pressure of not being able to share "the family secret"
- Burden from the feeling that their loved one's disease is somehow their fault, even though that certainly isn't true
- Disappointment when their parent(s) breaks promises or doesn't show up to watch or support them for an athletic/musical or other scholastic event
- Conflicted feelings towards their parent — eg. wanting to love their parent but hating the disease

These kids desperately want to be "normal" and be part of a "normal family." Our job is to teach them "normal" is relative term. There are healthy families and unhealthy families and everything in between. It's our job to try and move the needle closer to "healthy."

RETREAT: In 2016, you testified before a bi-partisan Congressional Task force regarding the Opiate epidemic in America. What did you want the congressional members to know?

LIZ: We had several goals. One was to give a "voice" to those who are too often the "voiceless" in this epidemic. Another was to advocate for student assistance programs, and their re-institution. Finally, we wanted to request an increased amount of federal funding be earmarked to help those family members affected by addiction, in addition to the one personally struggling with disease.

RETREAT: Tell us about a satisfying experience you've had through HHH that's made it all worth it.

LIZ: One memorable instance was when one of our girls, who was 7-years-old at the time, put the five clubhouse/HHH rules on her refrigerator at home and asked her parents if they could use them as their "family rules." Here are our rules: (1) One person talks at a time; (2) Respect each other; (3) Put-up's only instead of put-down's; (4) You can "pass" if you don't want to comment or speak in the circle; and (5) What we say here stays here. This encourages us to keep fighting this fight because the children are taking what is being taught to them and applying it to all areas of their lives. It makes a difference even in small steps.





IN 2009, DOCTORS HANDED ONE DAD HEARTBREAKING NEWS ABOUT HIS KIDS. WHAT HE DID NEXT CHANGED THE WORLD.

by Reed Alexander

How journalist Mike Porath created The Mighty, a safe place for millions to write about their struggles with mental and physical health.

Mike Porath proved there's a simple trick to surmounting life's most painful setbacks: Mind over matter.

In 2009, the longtime journalist — whose resume included senior positions in elite Manhattan newsrooms ranging from NBC to the New York Times — received life-changing news that

he never saw coming. First, he and his pregnant wife learned that their unborn son was missing a kidney — and their doctor warned that the child might be born with other, unforeseen complications, too.

Later that same day, their two-year-old daughter was diagnosed with a chromosome disorder which would preclude her from cognitively developing past the mental capacity of a five-year-old.

"At that point, we felt lost, we felt scared, we felt overwhelmed," Porath confessed in an address in 2016.

Ever the consummate reporter, he started diligently searching the Internet for resources, and eventually came across "an old newsletter from years ago, that had stories from six parents that had raised children with this condition that my daughter had — and that was the moment that I truly understood the power of storytelling," he reflected.

Indeed, the heartfelt accounts that Porath had uncovered showed him that he and his family weren't alone. And, from the crucible of pain he had endured, and the solace he found reading the stories that others were brave enough to reveal, Porath discovered his calling.

A new vocation

Porath was no novice when it came to storytelling. At the height of his journalistic career, Porath had covered the Kosovo War in the Balkans for ABC News, produced content for "Nightline" and "NBC Nightly News," edited the homepage for the New York Times, and worked as Editor-in-Chief of AOL News.

Now, he was ready to launch his own venture — one grounded in hope.

So, in 2014, he launched a startup called The Mighty, an inspirational storytelling platform for users to open up about struggles with mental health disorders, disabilities, rare diseases, and other health-related difficulties they were facing.

"I think, ultimately, it was a merger between my professional experience as a journalist and storyteller, and my personal experience," Porath told Retreat in an interview.

Five years later, The Mighty has ballooned to a collective community of 2.5 million readers, with a new one registering every 20 seconds, he added. On Facebook, The Mighty commands a legion of more than 875,000 loyal followers, who share and repost its content thousands of times.

A life of its own

What started out as a small but mighty storytelling platform has become a safe, non-judgmental place for people to be honest about their health struggles, and lift each other up through mutual strength.

A recent smattering of headlines on the site included titles like: "7 Tips for Getting Started with Mindfulness (Without Meditating)," "5 Easy Tips for Getting Through a Bad Mental Health Day," and "What to Do If Social Media Is Impacting Your Mental Health."

Building the business

While he was focused on making his startup a functional, sustainable entity, Porath knew he'd need to rely on a capable journalist to oversee content production. So he tapped former Huffington Post editor Megan Griffo to be The Mighty's first Editor-in-Chief.

"It just seemed like such an incredible idea, and I immediately saw the value in creating the space that [Mike] was describing," Griffo told Retreat.

Five years later, the organization has burgeoned. It operates a fully functional newsroom in Los Angeles, but instead of covering floods and famine and war, its editors report on subjects like parenting, disabilities, and mental health.

Part of The Mighty's editorial scope includes finding angles in breaking news that could benefit its readers. When news broke of the mass shooting in Las Vegas that left 58 people dead and 851 injured in 2017, Griffo and her team swiftly produced a stream of content aimed at helping people cope with the shock and trauma of death and violence on such an unimaginable scale.

A little less alone

When Mike Porath's world was shattered by news about his children's health struggles a decade ago, he could have crumbled. But, instead, he called upon his years of professional experience, and rededicated his life to showing millions of people that, in spite of their struggles — none of us is alone.

"Feeling less alone — that's literally the comment we get more than any other," Porath concluded. "It's a community of people who share experiences... People are not posting the best meal they have, or their favorite vacation photos and saying the world is great. They're dealing with some really hard stuff."

Maybe that's one reason, he noted, why the site is viewed by readers around the world more than 100 million times per month.

RETREAT TAKES THE STAGE ON CBS 12 NEWS

Dr. Aldo Morales, MD, Retreat's Medical Director, joins journalist and moderator Eric Bolling and a panel of local leaders to shed light on America's addiction crisis — and what we can do about it.

Retreat Behavioral Health was invited to participate in a live town hall event broadcast on WPEC CBS 12 News in South Florida. The event, aimed at raising awareness for the opioid epidemic and how to counteract substance abuse in our communities. It was hosted by journalist Eric Bolling, who himself lost his 19-year-old son to an opioid overdose in September 2017.

At the time, investigators ruled that his son, University of Colorado student Eric Chase Bolling, died as a result of a fatal mix of cocaine and the highly lethal synthetic opioid fentanyl.

Now, Bolling is on a mission to fight the disease of addiction, and his first weapon is asking using his journalistic skills to ask questions, and help structure a national debate on the solutions we can deploy.

Bolling recently signed on to join Sinclair Broadcast Group, parent company of WPEC-TV and a number of other affiliate stations across the country, as the organization's senior political anchor. In this capacity, he has embarked on a multi-city tour to moderate these forums about an urgent crisis that has brought America to its knees.

On these localized, community-focused panels, Bolling has interviewed influential voices like President Trump's special advisor Kellyanne Conway, Secretary of Veterans Affairs Robert Wilkie, Senator Marco Rubio (R-FL), and even our very own Medical Director, Dr. Aldo Morales, MD.

During the broadcast, Dr. Morales warned of the dangerous power of fentanyl — a drug estimated to be as many as 30-50 times as potent as heroin, and 80-100 times morphine — and explained why it's surfacing in an escalating number of highly toxic combinations of drugs that are ending up on the streets.

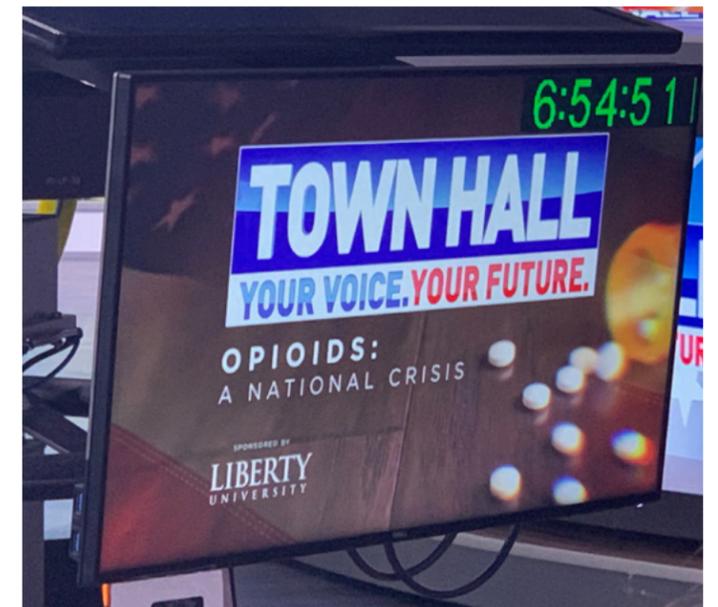


Drug dealers “are putting fentanyl in drugs that are not being sold as opiates, because the drug dealer will have the patient coming back, because the patient was able to get a good reaction from that particular drug. So, the stronger the drug dealer can make it, or the stronger that he can provide, the more business he's going to have,” Dr. Morales said.

“Also, you need to remember that the addicted patient loses the capacity to make a rational decision... They are incapable of saying, you know what, this is dangerous. I'm going to stop,” he added.

Another special guest on the CBS 12 News panel was filmmaker Jim Wahlberg, the brother of actor Mark Wahlberg. He released an educational short film called “If Only” (www.IfOnlyMovie.org), which depicts the real-life consequences of substance misuse in vivid form.

“I'm a person in long-term recovery, and at a certain point, as this epidemic started to really just get out of control, I sort of felt obligated to try to contribute in some way,” Wahlberg told Bolling.



“This movie is four years old now. I showed it to a quarter of a million people personally,” Wahlberg concluded. “In the process of shooting the film, I met a couple hundred parents that lost their kids, and then everything changed. I couldn't just move on.”

RETREAT BEHAVIORAL HEALTH LAUNCHES NEW MENTAL HEALTH CARE DIVISION: SYNERGY HEALTH PROGRAMS

Leader in substance abuse treatment expands inpatient/outpatient offerings with a focus on co-occurring mental health disorders.

Healthcare provider Retreat Behavioral Health, which has long specialized in substance abuse rehabilitation, has announced the creation of Synergy Health Programs, a new dedicated mental health care division.

Synergy will provide a host of new clinical offerings to patients at the inpatient and outpatient levels of care. At Retreat's inpatient facilities in Palm Beach County, FL, and Lancaster County, PA, Synergy will augment existing substance abuse treatment programming (Retreat Premier Addiction Treatment Centers) by introducing new focus on the diagnosis of co-occurring mental health disorders.

According to one report from the National Alliance on Mental Illness, as many as one in two substance abuse patients is also battling a concurrent mental health disorder that could be driving the addiction — and a growing body of research underscores the imperative need to treat both in order to achieve long-term recovery.

At the outpatient level, Synergy will be equipped to offer psychotherapy for those in substance abuse aftercare — but also for a new community of patients, who have no substance abuse history to speak of. In doing so, Retreat Behavioral Health will now serve a new constituency of clients altogether — one that isn't seeking drug or alcohol care, but clinical counseling and talk therapy to deal with an array of life's problems.

These psychotherapy services will be available at Retreat's outpatient sites (Palm Beach County, FL, and Lancaster County, PA), as well as at its emerging network of metropolitan sites in busy municipal areas like South Miami and Philadelphia.

Among the disorders Synergy Health Programs specialists will be able to address are major depression, mood and personality disorders, PTSD, trauma, suicidal thoughts, and grief and loss.

What's more, through talk therapy, Synergy will also become a trusted resource for people seeking more routine care for issues like couples' therapy or the needs of adolescents.

Already licensed for substance abuse rehabilitation in both Pennsylvania and Florida, Retreat's Lancaster County site is already licensed to provide mental health care. Retreat at Palm Beach County, FL, will see Synergy's programming go into effect later this year.

"In many ways, launching Synergy Health Programs is a completely natural extension of what we have done for years at Retreat," said President and CEO Peter Schorr, who founded Retreat in 2011, in a statement.

"We are dedicated to providing the best quality of care to our patients, and that means addressing other key areas on the behavioral health spectrum. Mental health is a vital element of that approach, hence this new chapter in Retreat's successful history."



DEBUTING OUR FIRST MIAMI OUTPATIENT CENTER

On March 15th, Retreat debuted its first-ever outpatient site in South Miami, FL, a stone's throw from multiple area hospitals and the heart of the metropolitan Coral Gables area. This site, now active and open to members of the community, enables Retreat to serve a patient population in the busy Miami area, through clinical assessment and, eventually, a full continuum of outpatient care. Dozens of local community stakeholders joined us to share in the festivities and welcome Retreat to their vast and exciting neighborhood.



Visit our new Miami outpatient center! Contact us today to arrange an appointment or special showing of our site.

Retreat Behavioral Health | Miami
5975 Sunset Drive
South Miami, FL 33143

RETREAT BEHAVIORAL HEALTH OPEN HOUSE AT LANCASTER COUNTY

On April 5th, Retreat debuted its brand new Synergy Health Programs, our designated mental health care division, in an exciting, large-scale open house at our Lancaster County, PA, residential site. We welcomed hundreds of members of the local community to our facility to meet our executive team, tour our inpatient center, and learn about how we are actively working to provide innovative solutions for those struggling with mental health challenges.



Retreat Behavioral Health | Lancaster County

RESIDENTIAL:
1170 South State Street
Ephrata, PA 17522

OUTPATIENT:
333 South 7th Street
Akron, PA 17501

COMMUNITY-FOCUSED FORUMS AT RETREAT

In January, Retreat hosted two informative community panels, entirely free and open to the public, that gathered hundreds of local residents at our sites in Palm Beach County, FL, and Lancaster County, PA.

The purpose of these educational panels was to shed light on the struggles we currently face in counteracting the substance abuse crisis, both locally and nationwide.

Retreat's CEO and founder Peter Schorr was joined by a number of our executives and personnel from across the organization, who took audience questions and analyzed some of the reasons why the opioid epidemic has gained steam in recent decades, and how we defeat it once and for all.

**Retreat Community Panel
at Palm Beach County, FL**



**Retreat Community Panel
at Lancaster County, PA**





TUNE IN TO 1210 WPHT AM OR LISTEN LIVE @:
bit.ly/recoveryradio



Check out our weekly show **Recovery Radio**, now available to download on iTunes, Spotify, and Google Play. The show also airs every Saturday from 6-7 pm EST on WPHT 1210 in Philadelphia. Hosted by veteran radio journalist Steve Martorano, we explore new topics pertaining to the world of substance abuse, and inspiring stories of recovery on each episode.



WELLNESS WEDNESDAY AT RETREAT

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 Wednesday series.

RECOVERY, STIGMA, AND WHY SUPPORT AFTER TREATMENT IS IMPORTANT

MARCH 6TH, 2019

Here, Maggie Hunt, Corporate Director of Alumni Relations and Community Relations Representative at Retreat Behavioral Health, is joined by Liz Ackerman, Executive Director of the Northern Lancaster County Chamber of

Commerce, for "Recovery, Stigma, and Why Support After Treatment Is Important." The day also coincided with Black Balloon Day, a commemorative day to honor all those our communities have lost to the scourge of addiction.



UPCOMING COMMUNITY EVENTS

EVENTS IN MAY

Wellness Wednesday: Mental Health in the Workplace

Join us as we partner with the Northern Lancaster County Chamber of Commerce for our ongoing, health-oriented lunchtime series. This time, we'll concentrate on the signs and symptoms of a mental health diagnosis; and strategies to manage it in daily life, with an emphasis on the workplace environment.

Wednesday, May 1st | 12 pm-1 pm ET

Retreat at Lancaster County - Outpatient Center
333 South 7th Street, Akron, PA 17501

To RSVP, contact: Tanya Ruhl at tanyar@retreatmail.com

Equine Therapy: Supporting The Children Left Behind

Retreat is partnering with local equine-based education program Horses Healing Hearts, which is located at in Delray Beach, FL, to host an informative and interactive event. We'll raise money to support the organization's Children's Prevention Program, an initiative that helps kids who have at least one parent who has suffered with the disease of addiction, to avoid falling into the general cycle of substance abuse and dependence. Plus, we'll discover the benefits of exposing these kids to the care of horses, much in the same way we do for our patients who are entering recovery.

Tuesday, May 7th | 10 am-1 pm ET

Horses Healing Hearts
5135 Conklin Drive, Delray Beach, FL 33484

To RSVP, contact: Jenna Moore at jennam@retreatmail.com

Experiential Techniques in Individual, Group, and Family Therapy

As clinicians, how do we best serve our patients and help them improve their perceptions of themselves? Explore powerful experiential therapy techniques and discuss major themes of treatment that patients bring in, in this special training which qualifies for 5.5 CEU's.

Friday, May 10th | 8:30 am-3:30 pm

Retreat at Lancaster County - Outpatient Center
333 South 7th Street, Akron, PA 17501

To register, contact: Jack Sodak at jacks@retreatmail.com

Recovery Coach Academy

The Recovery Coach Academy is the nation's leading educator in recovery coaching. This training will shed light on the practical skills that recovery coaches use to support people newly entering a life in sobriety, and is presented by the Connecticut Community for Addiction Recovery (CCAR).

Monday, May 13th - Friday, May 17th | All day

Center for Families Bryn Mawr
1225 Montrose Avenue, Bryn Mawr, PA 19010

To purchase tickets, visit: www.bit.ly/recoverycoachsignup

Memorial Day 5K Run

Join us for a fast and fun 5K on Memorial Day to support the Ephrata Rec Center and raise awareness of individuals struggling with substance abuse.

Monday, May 27th | 8 am-11 am ET

Ephrata Recreation Center
130 S Academy Drive, Ephrata, PA 17522

To register, visit: www.bit.ly/retreatephrata5k

EVENTS IN JULY

Wellness Wednesday: Pain Management - Using Alternatives to Traditional Medicine

Join us as we partner with the Northern Lancaster County Chamber of Commerce for our ongoing, health-oriented lunchtime series. This time, we'll concentrate on new and innovative solutions for managing pain without relying on prescription medication.

Wednesday, July 3rd | 12 pm-1 pm ET

Retreat at Lancaster County - Outpatient Center
333 South 7th Street, Akron, PA 17501

To RSVP, contact: Tanya Ruhl at tanyar@retreatmail.com

Rediscover at Retreat: Introduction to Generational Trauma

In this informative presentation, we'll learn more about the definition of "intergenerational trauma," and move toward understanding why the latest research suggests that substance abuse is often a maladaptive behavior that grows out of that deep-rooted trauma. With this knowledge on our side, we can begin to tackle the disease of addiction by unpacking its origins. Featuring special guest feature Karen Carnabucci, MSS, LCSW.

Friday, July 12th | 8:30 am-12 pm ET

Retreat at Lancaster County - Outpatient Center
333 South 7th Street, Akron, PA 17501

To register, contact: Jack Sodak at jacks@retreatmail.com

EVENTS IN SEPTEMBER

Rediscover at Retreat: Expressive Writing for Healing and Wholeness

This training will introduce various journal therapy tools that clinicians can utilize in assisting individuals and groups in working through loss, trauma, illness, addiction, and major life decisions.

Friday, September 6th | 8:30 am-12 pm ET

Retreat at Lancaster County - Outpatient Center
333 South 7th Street, Akron, PA 17501

To register, contact: Jack Sodak at jacks@retreatmail.com



Retreat
Behavioral Health™

Contact us today for more information:

855.859.8810

Or visit us online at:

RetreatBehavioralHealth.com

Retreat Behavioral Health 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 on providing a compassionate and spiritual environment for those struggling with addiction in a secure and comfortable setting with dedicated and caring staff.
