



Retreat

Premier Addiction Treatment Centers



**QUARTERLY
NEWSLETTER**

**FALL
2018**

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Peter Schorr
President & CEO

Dear Retreaters and Friends ,

This summer we celebrated two important milestones at Retreat, Our Florida facility celebrated its second anniversary while our Pennsylvania facility celebrated 7 years. Where does the time go?

We have treated well over 20,000 lives suffering from the disease of addiction, it is our mission to give hope and inspiration to those suffering. It is a family disease so we have made an effort to not only bring awareness to our patients but to their families as well.

We have many exciting things happening in the next few months so follow us on Facebook and other social media sites to see what’s happening next.

We continue our fight, and thank all of our friends and partners in helping us battle this dreadful disease.

Peter Schorr
Peter Schorr
President/CEO

CHRISSY'S CORNER

Treating Hep C & Its Importance in the Addiction Industry

Hepatitis C virus is a serious disease that disproportionately affects people with opiate abuse disorders. It is an epidemic in our country, killing more people every year than HIV and AIDS.

"Hepatitis C can live up to 21 days outside the body, unlike HIV, which can only survive five or six at most," stated Melissa Callahan, our Director of Nursing at Retreat at Lancaster County.

Because the virus is so widespread, affecting nearly 3 million Americans today, sometimes the threat to health is not taken seriously.

"People think, 'Everybody has this. All my friends have it, and they're doing fine,'" says Callahan, due to the fact that most people do not exhibit severe symptoms in the early stages of infection. Many have no idea they are infected at all. In reality, the virus can cause serious liver damage when left untreated. To make matters worse, she adds, "Most addiction treatment centers do not offer Hepatitis C screening, but people who use intravenous drugs are some of the most at risk." Other risk factors include people with tattoos, piercings, and those born between 1945 and 1960.

All Retreat facilities offer Hepatitis C screening, and, if the results are positive, follow-up testing to confirm the diagnosis. While there is no vaccine for Hepatitis C, some treatments are available which can clear the virus from the body. If a patient



Melissa Callahan, DON

Melissa Callahan is an Advanced Registered Nurse Practitioner with 18 years of experience in diagnosis, treatment and follow up with patients ranging from adult to geriatric in primary care. She is experienced in both outpatient and inpatient settings with specialization in Addiction and Behavioral Health Medicine as well as Geriatric Medicine.

She functions in advanced levels of Administrative and Corporate responsibilities for over 15 years. Dual licensed as a nurse practitioner with prescription and Buprenorphine prescribing authority in Pennsylvania and Florida. Her present position is at Retreat Premier Addiction Treatment Centers as an advanced practice nurse and Corporate Director of Nursing.



Chrissy Gariano, MA
Chief Clinical Officer

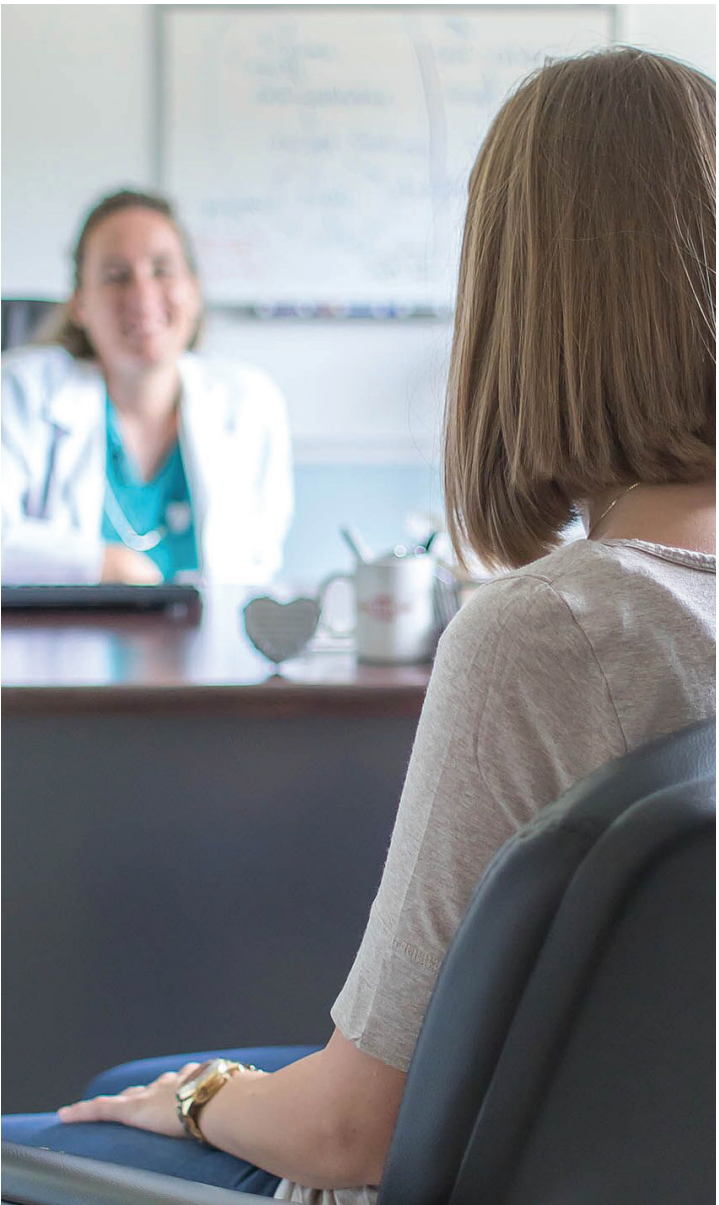
is identified as actively infected with Hepatitis C, Retreat's medical staff can help them get approval for treatment through their insurance provider.

"Most people are familiar with Harvoni," Callahan explained, a treatment valued at \$98,000 per year. "We're able to work with the insurance companies to provide it for an average copay, but the problem is that Harvoni only works for people of a certain genotype," or genetic makeup. "A new treatment was released in August of 2017, which costs about \$27,000 per year and works for people of all genotypes." Therefore, the new treatment is more affordable and accessible to patients.

As Hepatitis C becomes an evermore serious epidemic in our community, the only way to fight back is to build awareness of the facts: though symptoms may be mild at first, this is a life-threatening disease. Everyone should be tested at least once in their life, even with no known risk factors. Users of intravenous drugs should be tested regularly. If we are to control the spread of the disease, people need to know if they have it, and if so, how to treat it.

TRAUMA AND ADDICTION

A large number of patients that we see at Retreat have significant trauma. Some of them have suffered childhood trauma, some have lost friends or loved ones to drugs or alcohol, and some are our esteemed veterans who have been in combat.



Dr. Joseph Troncale MD DFASAM

Regardless of the cause, trauma tends to be something that "sticks" in the brain, especially if it is not properly treated. The problem with trauma and addiction is that the limbic system of the brain which has to do with addiction is intimately associated with the area of the brain that deals with trauma. They feed into each other.

When people are traumatized, they tend to have long-term effects which have to do with fight and flight responses. So they can remain in a state of hypervigilance which is exhausting but also frightening. There are many triggers that cause individuals additional suffering whether it be certain places where the trauma was experienced, people who remind the individual of the past trauma, or smells and sounds associated with the experience. It can come from seemingly nowhere.

Research has shown that trauma is treatable. Some of the things we do here at Retreat regarding trauma include exposure therapy, DBT exercises as well as the use of medications to help patients with anxiety and flashbacks.

As terrible past traumas are, it is important to teach individuals not to escape the feelings associated with the trauma. With treatment, the panic, fear and mental overdrive associated with trauma can be improved, making relapse because of the need to escape the feelings associated with the trauma less likely to occur.

RETREAT AT PALM BEACH YEARLY PHOTO SHOOT



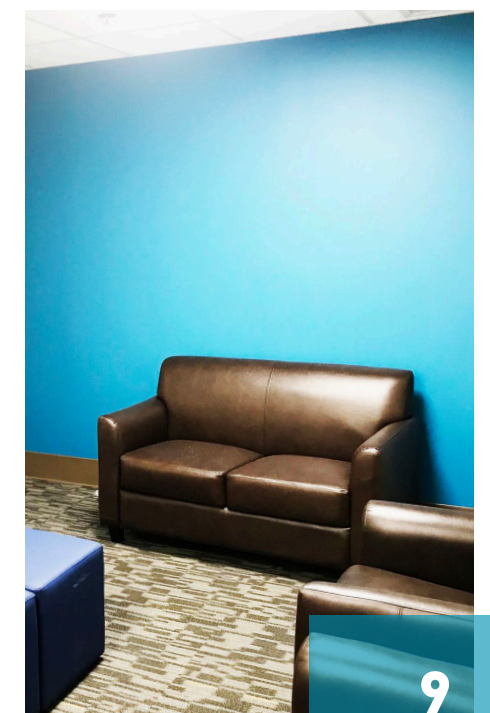
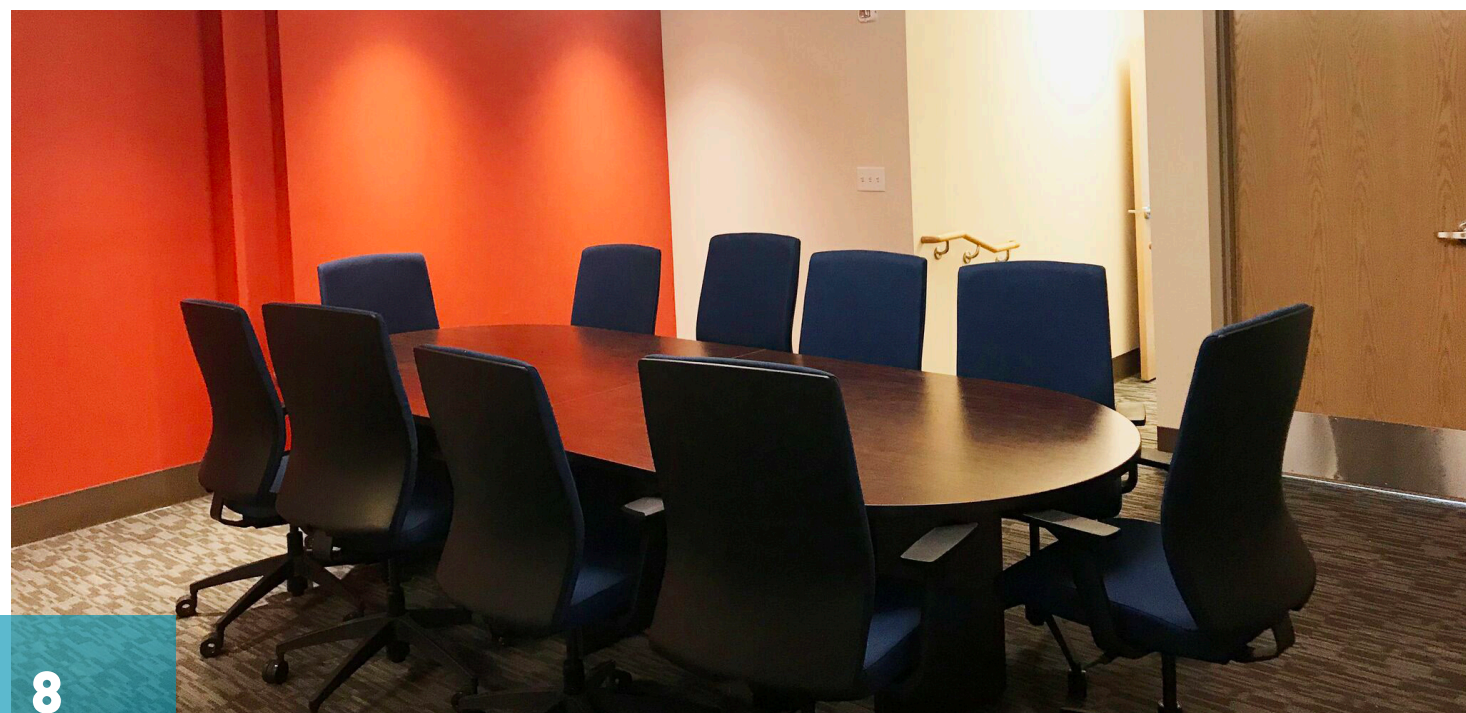
RETREAT AT LANCASTER COUNTY



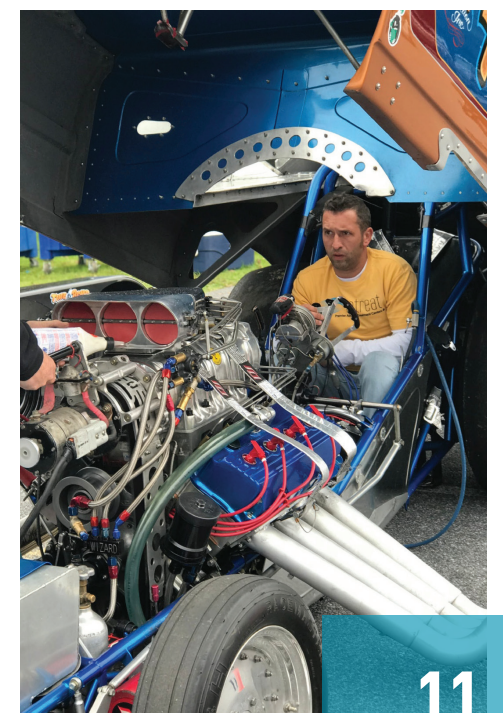
RETREAT AT SOUTHERN CONNECTICUT



Take a tour of our 3rd inpatient facility! Opening soon & delivering the same quality of care that you've come to expect from Retreat.



FALL FEST 2018



NEW HOLLAND PARADE



SENIOR DAY EPHRATA FAIR



EPHRATA FAIR WELCOME HOME VETERANS



EPHRATA COMMUNITY NIGHT



RETREAT AS A RESOURCE

WGAL & PHILLY ABC6



RETREAT-A-PALOOZA



WELLNESS WEDNESDAYS
PREGNANCY & ADDICTION



FAMILY AND ADDICTION



DRAMA FOCUSED THERAPY



LANCASTER CHAMBER GOLF TOURNAMENT



NORTHERN LANCASTER BARNSTORMERS GAME



OUT AND ABOUT
RED WHITE & BLUE 5K FOR 1ST RESPONDERS



FLORIDA GHR SUMMIT



OMELET STATION





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.
