



# Retreat

Premier Addiction Treatment Centers

## QUARTERLY NEWSLETTER



## SPRING 2018

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## A Note from our CEO:

Dear Friends ,

Some very exciting things happening at Retreat over the next few months.

We were chosen to participate in a new television venture called "Addiction Unplugged" it will be a new program to air on either, Discovery channel or one of their sister channels this fall.

It is a wonderful concept to bring awareness and hope for the disease of addiction . Our episode will be talking about pregnant mothers suffering from addiction and hearing wonderful stories and guidance on not only how they start their road to recovery but how their babies are healthy and thriving .. we look forward to the airing in 4th quarter 2018.We will be updating when more information is available.



We would also like to thank all our friends and associates for helping us continue to provide excellent treatment for those suffering from the disease of addiction .

This month we celebrate our 2nd anniversary at Retreat Palm Beach , and it would be hard to do without all your help.

From our family we say thank you.



Peter Schorr  
President/CEO





**Chrissy Gariano, MA**  
Chief Clinical Officer

## Chrissy's Corner:

As we work our way further into 2018, many of us may be struggling to keep our New Year's resolutions. Though we make our vows with the best of intentions, changing a familiar pattern of behavior is always a struggle. Whether you swore to eat less sugar or read more books, sometimes we just can't find it within ourselves to stick to our convictions. When we find our resolve wavering, what are we to do? The simple answer to this question is one word: Support. The accountability and support of a dedicated community can make the difference between success and failure. We see this most prominently with our alumni.

In our sober community, we help and support each other. We walk many different paths to many varied destinations, but always we have one thing in common: we know the disease of addiction. Building connections within our community benefits us all in more ways than one.

Maggie, Retreat's Corporate Alumni Director, has been helping our alumni stay connected and active in their recovery by opening new chapters, starting follow-up call campaigns, and launching a new Retreat alumni app to

share relevant recovery articles. This work is especially close to heart for Maggie, who will have been sober for nine years in July. Through personal experience, she can attest to the importance of building a strong support network. "Following an alumni association like ours at Retreat helped me see what sobriety actually looked like. I thought I'd have to hang out with my mom all the time, never going out or having a life of my own," she says, and adds, "I thought, that's so boring! What am I going to do?"

However, Maggie found that these were what she calls "false representations" of sobriety. Interestingly enough, she found her social life opened up significantly. No longer limited by her addiction, Maggie was free to find a new way of life for herself. Choosing to live sober may close the door on your old life, but it opens up a world of new opportunities. You may do things you never imagined you could; you might travel to another country, or learn to play an instrument. We leave behind a huge part of ourselves, and that can be very hard to accept, but active involvement in an alumni association can help to ease the transition.

It's always intimidating to walk into a meeting full of unfamiliar faces. When we stay connected with the people we meet, we grow our community until eventually every room is filled with friends. Those finding success through recovery inspire us to keep working the program, and encourage others to seek treatment. At our outpatient facility, we hold alumni meetings every Tuesday at 7PM.

"The meetings are open to the community, not just for people in recovery," Maggie adds, "Anyone who is having struggles can come to us for support and guidance." In addition to providing support, alumni associations can also allow you the opportunity to give back. Good will projects help us stay connected and grounded; they show us a constructive way to spend our free time, and also shed light on the importance of giving selflessly as a part of our recovery. Participation requires discipline in setting goals and planning ways to meet them – the same discipline we try to encourage at our treatment centers.

"Getting out of treatment is just the beginning," Maggie says, "There's a still lot of work to do, but you don't have to do it alone." As Retreat grows, so does its alumni community. This year's holiday party attracted over 200 people to our facility in Lancaster, PA. Our recent comedy show was also a great success, enjoyed by alumni, staff and current patients at our facility in Florida. We will be having another comedy show in Lancaster, [date coming soon.]

We have treated nearly 20,000 patients here at Retreat; it would be easy for them to leave us and become just another statistic. Thankfully, Retreat is not just another treatment center. Our alumni association uses #StayConnected to tag their communications; this sober community helps keep our Retreat family close because they know how important connection is to our patients' recovery.

To save as many lives as possible, we all need to #StayConnected.



## Maggie Hunt

Corporate Director of Alumni Services

Corporate Director of Alumni Relations, Maggie Hunt, has been a valued member of the Retreat team since its inception in 2011. Her professional and personal experiences provides a unique insight into the challenges and milestones of addiction, treatment and recovery.

In her role, Maggie applies that insight to Retreat's expanding alumni services program. She is instrumental in coordinating the local, regional and national work we do to support communities impacted by addiction and striving for recovery.



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# The Opiate Epidemic In Perspective:



**Dr. Troncale**

Joseph A. Troncale, MD DFASAM

The opiate epidemics is multi-faceted and complex to say the least. I would like to address what I believe to be the most important aspects of causes and solutions to the problem.

1. The beginnings of the opiate problem have to do with the availability of both prescription opiates and street opiates. In the USA, the manufacture, availability and use of prescription opiates far outstrips either the need or the practicality of the quantities produced. Street opiates are available purely based on money

and demand. The proportion of misused opiates is approximately 50/50 between pharmaceutical opiates and street opiates.

2. The problems associated with trying to curtail the use of pharmaceutical opiates is that there is the underground market of street and internet opiates available, and, in fact, physicians trying to do the “right thing” by cutting back opiate use drives people with substance use disorders to the underground market.

3. The problem with opiate use more than with other substance use disorders is the overwhelming possibility of respiratory depression and death. That is why preserving life is the highest priority in the treatment of opiate use disorders.

4. Treatment includes proper detoxification and attempting to decrease cravings and subsequent relapse. Studies have shown that if abstinence is not a high probability, medication-assisted therapy is the treatment of choice. Methadone, buprenorphine, with the trade name of Subutex and now injectable buprenorphine is available for persons who wish to stay away from prescription or street opiates. Retreat is committed to reducing the death rate and providing long term solutions to individuals suffering with Opiate use disorders.

Questions can be directed to [josepht@retreatmail.com](mailto:josepht@retreatmail.com).

# Out and About



Chrissy Gariano Retreats CCO was inducted into the Northern Lancaster County Chamber of Commerce Board January 18th.



Peter and Gabby B. attend the Caron Berk's County Awards Breakfast where Gabby won the Unsung Hero award for her dedicated service to our patients & organization.



Melissa Callahan & Terri Labik attend the Caron Philly Awards Breakfast both winning awards for the phenomenal service to our industry.





# Pregnancy & Addiction Lunch & Learn

Retreat providing a Lunch & Learn in collaboration with the Northern Lancaster County Chamber of Commerce. The topic was Addiction and Pregnancy. The presenter was Retreat's Dr. Kristi Dively

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# Cupid's Cabaret

Cupid Cabaret Show that Retreat employees put on for the patients





# Purple & Gold Gala

Retreat supporting the Ephrata Education foundation  
at their annual Purple & Gold Gala





# Retreaties

Retreaties Award Winners for their participation in  
Retreat Productions throughout the year





# Black Balloon Day

Black Balloon Day/ Overdoes Awareness Day





Individuals affected by the disease of addiction hang a black balloon by their door to signify solidarity.



# Retreat Volleyball

## Retreat at Lancaster County





Retreat holds in house volleyball tournaments so employees can take a break while getting to know their colleagues and have fun!

## Retreat at Palm Beach





# Alumni Comedy Show Retreat at Palm Beach





# Aetna IOQ Designation



February 12, 2018 — Retreat Premier Addiction Treatment Centers has been designated an Aetna Institute of Quality® for Behavioral Health — Substance Abuse, which further exemplifies Retreat’s mission to provide a compassionate and spiritual environment for recovery with an unwavering commitment to quality care.

Aetna makes information about the quality and cost of health care services available to its members to help them make informed decisions about their health care needs. In line with this goal, Aetna recognizes facilities in its network that offer specialized clinical services for certain health conditions. Facilities are selected for exemplifying:

- Excellence in care
- Commitment to continuous improvement
- Meeting certain standards of quality
- Cost efficiency

Aetna recognizes facilities that have earned this designation by identifying them in the directory as an Institute of Quality provider. This designation helps members choose consistent high-quality care.

“We’re incredibly proud to be a part of Aetna’s network offering high quality care for its members. This designation is a vital achievement not only for our staff, but the thousands of patients – and their families – who we help every day to get sober and live in recovery,” said President and CEO Schorr, Retreat Premier Addiction Treatment Centers.

“Our commitment to getting and keeping our patients clean and maintain sobriety begin with our high standards for the quality care we provide; the highly credentialed and medically-trained experts we hire; and the stringent processes we follow to earn accreditations with The Joint Commission (Florida facility) and CARF (Pennsylvania facility),” said Schorr. “For the holistic needs of each patient, our addiction treatment experts also work with our medically-trained clinicians and therapists to treat patients’ disease of addiction and manage their mental health needs, helping them to heal emotionally, psychologically, and physically.”

Retreat Premier Addiction Treatment Centers is a fully accredited rehabilitation center, which provides a compassionate and spiritual environment where those suffering from the disease of addiction can begin the journey to recovery through enlightenment and education to the individuals and their families. To meet the diverse treatment needs of patients, Retreat offers detox, rehabilitation, family education, holistic therapy, a partial hospitalization program (PHP), an intensive outpatient program (IOP), and specialized programs for pregnant women, veterans and college students.

With its headquarters in Lancaster County, Pennsylvania, and a facility in Palm Springs, Florida, Retreat helps patients throughout the United States and accepts most insurance plans. It offers high-end accommodations, modern amenities and a recreational facility. Retreat hosts educational events regularly for public service officials and private sector professionals seeking continuing educational opportunities to facilitate awareness, encourage community involvement, and increase engagement.

For more information, please call 800.557.0566, visit or live chat at [RetreatAddictionCenters.com](http://RetreatAddictionCenters.com), or connect with Retreat Premier Addiction Treatment Centers on Facebook, Twitter, LinkedIn or Instagram.

# New Members of Medical Tourism

Retreat is proud to be a member of The Medical Tourism Association®, a Global Non-profit association for the Medical Tourism and International Patient Industry. The MTA works with healthcare providers, governments, insurance companies, employers and other buyers of healthcare - in their medical tourism, international patient, and healthcare initiatives - with a focus on providing the highest quality transparent healthcare.

The MTA is also committed to raising consumer awareness of international healthcare options, and has specific initiatives designed to educate and increase the number of consumers who travel for healthcare. The MTA is also committed to educating consumers about their options internationally for medical treatment.



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## CONGRATS To Melissa Callahan Winner of the 2018 HealthCare Professional of the Year for Greater Philadelphia Area



**This award recognizes an outstanding healthcare professional who exemplifies the spirit of caring, compassion and commitment.**

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# Upcoming Events



## **Rediscover at Retreat 2018:**

**June 22nd- Holistic Therapy Training -8a-3p**

**Sept 7th- Eating Disorders-Jen Downey-8a-12p**

**Sept 28th-Codep/Family Tx-Maricelle Sheldon-8:30a-3p**

**Oct 19th- Treating Severe Anxiety-David Levin-8:30a-3p**

**Nov 9th- LGBT- Dr Redcay- 8a-12p**

**May 19th – Caring for Our Veterans Webinar with Dr. Joseph Troncale**



## **#RecoveryRadio**

Join us LIVE on facebook every Thursday at 2PM as we go behind the scenes of the popular #RecoveryRadio show with host Steve Martorano. Steve has been hosting Recovery Radio for years and considers this broadcast very near and dear to his heart. This educational series shines the light on all aspects of addiction.

# Addiction Unplugged

Addiction Unplugged Retreat just finished a successful shoot with the crew from Addiction Unplugged, a new national television show focusing on humanizing addiction









# Retreat

Premier Addiction Treatment Centers

Contact us today for more information:

**855.859.8810**

Or visit us online at:

**[www.RetreatAddictionCenters.com](http://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.

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