



# Retreat

Premier Addiction Treatment Centers

## NOVEMBER 2016 newsletter





**Peter Schorr**  
President & CEO

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## A Note from Our CEO

Dear Friends,

More exciting news coming from Retreat. Retreat celebrated their fourth Recovery day event at our new Akron facility, it was attended by almost 1,000 people. It is our way of giving back to our community that has supported us since we opened five years ago.

Our Florida facility, Retreat at Palm Beach is doing fantastic, starting November 1, we will be in network with Florida Blue cross which we are all really excited about.

Our Retreat family is growing daily, getting close to 500 employees and I couldn't be more proud of our dedicated team.

We are looking forward to opening our newest facility, Retreat at South Connecticut early 2017...

We would like to thank all our friends and partners for their continued support and helping Retreat grow and maintain its excellence.

Thank you.

All the best and we look forward to seeing you soon.



Peter Schorr  
President/CEO







**Chrissy Gariano, MA**  
Chief Clinical Officer

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# Chrissy's Corner

## UNINTENDED CONSEQUENCES PAINKILLER PILLS TO HEROIN

Macklemore's powerful new video "Drug Dealer" is of what he sees as a pandemic of drug addictions driven by doctors who overprescribe painkillers. Dr. Mehmet Oz agrees, "Doctors went too far in prescribing opioids for pain." Americans are in more pain than any other population, according to a recent startling statistic. Approximately 80% of the global supply of pain pills is consumed in United States. The over 300 million pain

prescriptions written annually in United States equals a 24 billion dollar market, allowing every adult to have a full bottle of pills and then some. Averages of 46 people die in America every day from opioids such as Vicodin and Percocet.

When used for chronic conditions and/or recreational use, tolerance and dependence can develop. Addiction, a more complicated psychological diagnosis, is marked by physical and emotional havoc on the body. Prescription pain pill addiction is an insidious form of addiction that carries challenges and dangers. These drugs are involved in half of all fatal drug overdoses in United States. Dr. Wilson Compton, National Institute on Drug Abuse, recently stated, "Most of the heroin users now, their first opioid exposure was prescription drugs. That's true for at least 80% of today's heroin addicts." The CDC urged doctors to curb prescribing painkillers due to the often unintentional consequence: Addicts are driven to the black market and find heroin is much cheaper than painkillers. Opioid addiction may be the gateway to heroin use.

When someone is suffering an addiction to pain pills, overcoming it may seem impossible. Studies have shown it is difficult or even impossible to overcome this addiction alone. The good news is that one doesn't have to do it alone. Rehab is the best way to overcome any form of drug addiction, including prescription medications.

Retreat will help you detox safely; overcome withdrawal and learn to live in a sober way. Patients learn to relieve pain through alternate means. Tools such as music, yoga and other therapies, in conjunction with healing exercises, are used to reduce or eliminate the dependence on medication. The philosophy of Retreat is to treat the whole person rather than simply focusing on the disease of addiction. Holistic therapies are also an integral component of healing and helping get your life back and remain addiction-free.

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**Dr. Joseph Troncale**  
Lancaster Medical Director

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# Lancaster MD Update

## WOMEN AND ALCOHOL

One of the problems that we deal with at Retreat has to do with women who are addicted to alcohol. There are two categories of women who we are seeing that have been particularly devastated by alcohol. I would like to discuss each group separately.

The first group are females who have undergone gastric bypass surgery for weight loss. Because of the changes in alcohol absorption with individuals who undergo

gastric bypass surgery and because generally speaking, gastric bypass is needed because of eating disordered behavior, there is a "double-whammy" of both physiologic alcohol metabolism issues and unresolved addictive tendencies.

The second group of females are binge drinking females who rapidly go through the stages of alcohol-induced liver disease from fatty liver to alcohol-induced hepatitis to cirrhosis. Female livers are more susceptible to alcohol-induced damage. Once an individual begins to develop late-stage alcohol liver injury, her prognosis is poor, especially without ongoing sobriety.

At Retreat, our goal is to safely detoxify patients with the conditions mentioned above, stabilize their liver, and begin the healing process that will allow them to stay the course of long-term sobriety. We are able to monitor the healing process from a medical standpoint with both clinical observation and laboratory testing. Ongoing psychological support and therapy are needed to support the individual through both the physical and psychological aspects of what can be a devastating problem unless properly managed. The goal is a life for the individual that is happy, healthy and values-driven.

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# Haunted Hill









# Haunted Hotel











5th Anniversary Party!









# Ephrata Parade





# MOC Bus Tour





# CCSAD 2016: Cape Cod Symposium







We are proud to announce our new location in Palm Beach County, Florida is now able to accept patients referred from any VA Hospital in the United States.

Retreat's CEO & Founder, Peter Schorr discusses the impact this will have on the Veteran Community: "There are 1.6 million veterans in Florida with 50,000 living in Palm Beach County. We feel like we are uniquely positioned to treat veterans as we have done so for several years at our Lancaster County facility in Pennsylvania. We have a unique track at Retreat that addresses trauma and PTSD and we have veterans on our clinical staff at both of our facilities"



## WE OFFER:

- Full continuum of care
- Sub-acute medical facility
- Individualized programs for PTSD
- Grief & Loss
- Trauma
- Holistic Therapy offered to allow as an outlet

## ABOUT US:

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, offering 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.

For more information you can reach us at:  
855.859.8810 or visit us online - [www.RetreatPB.com](http://www.RetreatPB.com)



# ASPIRE

Retreat Premier Addiction Treatment Center's Shinning Star Award

The following criteria is used to select the Aspire nominations:

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



**AUGUST**  
**Robin Brown**



**SEPTEMBER**  
**Alejandro Robert**



**OCTOBER**  
**Danielle Johnson**



**NOVEMBER**  
**Eve Schools**



## Q&A With Dr. Troncale

### **1. How did you get into the Addiction field?**

I got into addiction initially as an intern working in the ER taking care of people who had addiction, but back then, I did not think of addiction as a disease. I knew how to detoxify patients, but I did not understand that people had a problem with compulsive use causing their suffering. After I had been in practice for a number of years, I was offered the opportunity to become the Medical Director of Lancaster General's Addiction Treatment Unit in Columbia. I then learned what addiction really was. At that time I worked with Jack Sodak who now is our Outpatient Director at Retreat. I then stayed in addiction treatment and eventually became the Medical Director here at Retreat. I now have about 35 years in medical practice and about 20 years in addiction.

### **2. What is the most fulfilling aspect of your position?**

The most fulfilling aspect of my job is to work with patients. Besides needing to be detoxified, people who suffer with addiction almost always suffer with many other problems including medical, psychological, pain, trauma and family issues. All of these issues need to be treated simultaneously, which I see as the "art" of addiction medicine. Treating individuals as a "whole" rather than piecemeal.

### **3. What is your favorite part of your job?**

My favorite part of the job is the "one-on-one" times with patients to help the individual gain self-validation rather than shame or guilt.

### **4. What do you enjoy doing when you aren't working at Retreat?**

My hobbies include spending family times with my wife, Lisa, our children and grandchildren. Personally I do wheel-thrown pottery, and I like to play music, sail, fish and hunt.

### **5. How did you end up at Retreat?**

I heard about Retreat opening and was invited to come to work here part-time. I eventually was able to work my way out of my other job responsibilities and was eventually able to come here full time and become the Medical Director. I am looking forward to Retreat's expansion into other areas of the Eastern United States.





# Retreat

Premier Addiction Treatment Centers

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**855.859.8810**

Or visit us online at:

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