

STRAIGHT is now
news

We Believe



Great news about making new lives

Winter 2010

The Quarterly Newsletter of the Community Health Center, Inc. and the Community Health Center Foundation, Inc.



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Providing Hope

Housing program graduates receive savings totaling over \$22K

Have you ever heard of a treatment program that rewards participants with money? Well, CHC's Project HOPE is about as close as one will get to it. In 2009, CHC presented four successful housing graduates with over \$22,000 in total savings, which was saved by each resident during their stay in the two year transitional housing program.



Dwayne, a Hope Graduate, successfully completed the two year housing program and applied for and became the resident manager at CHC's Summit Terrace.

Project Hope is a unique rent subsidy program offered to homeless, single individuals who are well established in a substance abuse treatment program. Hope provides furnished apartments at twelve locations in Summit County. All participants are charged rent (30% of income) and a portion is saved in an individual savings account. Upon successful completion of the two year program, residents are not only given the opportunity to keep the apartment, but also receive a check for their total savings with interest. "Our program graduates have successfully completed a recovery program, furthered their education and secured employment," explained Jackie Hemsworth, program coordinator. "Hope gives our residents just that...the opportunity to repair their lives and hope for a better and brighter future."

The latest group of graduates received varying amounts from their individual savings, the highest being around \$8,000 and the lowest about \$4,400. "We encourage the graduates to put the money to good use, such as moving into a new home, purchasing their first car or paying for education," added Hemsworth.

Established in 2002, Project Hope is funded by the U.S. Department of Housing and Urban Development through the Summit County Continuum of Care. Since its inception, the program has celebrated 22 graduates.



The Mile of Quarters is our public fundraiser held annually at Barnes & Noble Booksellers in Bath. Hundreds of children enjoyed story readings and free activities in the store as well as organic juice boxes courtesy of Hansen Beverage Company.

Adopt-A-Family program caps off great year of giving

In these hard economic times, Community Health Center Foundation and our Board of Trustees are even more thankful for the support we received from our generous donors in 2009. We continued to experience growth from private and corporate donors making 2009 a record year of giving. Without the generous support of our two public fundraisers, the CHC Golf Classic and Mile of Quarters, it would not be possible to supplement many of our programs that target the very specific needs of our community.

Around the holidays every year CHC receives tremendous support for our Adopt-A-Family program and this year was no

different. We adopted 11 families in treatment and provided them with a Christmas full of items that were desperately needed by each family. One participant sums up the gratitude all of the families feel who participate in this program. Sherry writes, "Because of this program, there will be gifts under the tree when the kids wake up. What a great feeling of relief that is. I would not be where I am at if I hadn't had you (my counselor) to give me the tools to become a better mother."

Thanks to all our supporters — see pg. 5

CHC NEWS NOTES

Pamela J. Crislip, CFO was awarded the 2009 Citizen of the Year Award from the Ravenna Chamber of Commerce for her community service and work with "Friends of the Parks."



CHC Medical Director, Timothy Rice, MD, was named a diplomat of the American Board of Addiction Medicine.

Betty Bacalu, BSN was appointed to the Brain Injury Committee of the State of Ohio Rehabilitation Services Commission. Betty serves as Director of the Community Clubhouse for Brain Injury.

Lauren Munk, CHC's Prevention Coordinator, was given the CARE Award by the Six District Education Compact.

The following were recognized at CHC's annual holiday parties for their contributions to CHC's Mission:

Friend of the Field

Elaine Harlin, President
Child Guidance & Family Solutions

Leaf of Life

Rose Juriga, Executive Director
Tri-County Independent Living Center

President's Award

Rachel D'Attoma
CHC Director of Development

Pat Barnhart Award

Dani-Mari Malinowski
CHC Director of Outpatient Treatment

Award of Excellence

Cassie Belle
CHC Women's Services Grant Coordinator

Qualitis Award

Bob Ball, RN
CHC Charge Nurse

Boards welcome new members

CHC welcomes new Board Member, **Michael J. Robinson** to the Board of Directors. Mr. Robinson is owner of MJR Landscape and Design.

CHC Foundation welcomes new Trustee, **Nancy Schoenstein** to the Board of Trustees. Mrs. Schoenstein is a consultant at Decision Management, LLC. Both organizations are currently accepting applications for new members. Please contact 330.315.3770 for more information.



91.3 The Summit general manager, Tommy Bruno, right, interviews Frankie Betancourt and Dr. Nancy Keogh during the December Turning Outward program.

CHC featured on 91.3 The Summit

As part of 91.3 The Summit's Turning Outward program, CHC services were highlighted in the month of December to focus on depression and substance abuse, which can be exasperated by the stressful holiday season. Dr. Nancy Keogh, CHC Clinical Director and Kathy Perge, Director of Admissions were interviewed along with Frankie Betancourt, Resident Advisor and graduate of the Horizon House program.

"CHC is an incredible resource for people in the community. This and other services must be brought to the attention of Summit County residents. That is why we are 'turning outward' and bringing these worthwhile services to the attention of our listeners," commented Tommy Bruno, General Manager

of 91.3 The Summit. Turning Outward will focus on a different non-profit in our area every month. In March, Turning Outward will showcase the Community Clubhouse for Brain Injury.

91.3 The Summit is one of the most unique public radio stations in the country bringing eclectic music and local information to thousands of listeners every day. The Summit supports many worthwhile local causes, including Music

Alive, a program where they accept used instruments, refurbish them and then donate the equipment to the Akron Public Schools for children in need.

For more information about how to support The Summit or to donate a used instrument, please visit www.913thesummit.com.



Housing programs continue on strong path throughout state

Last year was a great year for our housing programs and in 2010 CHC's housing partner Ohio Multi-County Development Corp. (OMCDC) will continue to grow.

In 2009 the expansion of the Horizon House program (photographed right) opened doors for local support of this worthwhile prevention program for homeless young adults. With the support of our major funders, The Sisler McFawn Foundation, The John A. McAlonan Fund of Akron Community Foundation, Brunswick Companies and Great Lakes Industrial Knife Co. we were able to expand the program to accommodate four more residents in safe and secure housing. Additionally, the Akron Community Foundation provided a \$15,000 gift to purchase another foreclosed home in Akron to move current residents into a safer neighborhood. "We feel moving our Horizon House residents into this new house will enhance the program and provide more stable conditions for the residents to develop their independence," commented Rachel D'Attoma, CHC's development director.

In other news, the U.S. Department of Housing and Urban Development announced in December that all 12 of the grant renewals requested through the Akron/Barberton/Summit County Continuum of Care program were awarded for 2010. Of those awards, CHC received \$270,216 for its Hope Program (mentioned on pg. 1) and \$239,426 for Peachtree Estates.

OMCDC opened 30 units of housing for various populations in 2009 including a new program in Holmes County—Robin's Terrace, a 12-unit facility for senior citizens.



Brothers Frankie and Donnie stand in front of the newest Horizon House location opened in 2009. Both brothers are program graduates and serve as resident advisors of the program.



Robin's Terrace located in Millersburg

OMCDC also became a general partner in a program in Columbus, Ohio with over 200 units. Today, CHC and OMCDC offer over 350 units of affordable housing for those people in need around the

State of Ohio.

For more information about these or any other OMCDC housing programs please contact our offices at 330.315.3718 or visit www.omcdc.org.

WeBelieve

(formerly Straight News) is a publication of the Community Health Center and the Community Health Center Foundation.

Ideas for articles are welcome and should be addressed to the Editor at: 702 East Market St., Akron, OH 44305 330.315.3715

CHC and CHC Foundation are equal opportunity employers and providers of services.

Theodore P. Ziegler, CEO

Editor: Chrissy Lockhart Gashash

ADM BOARD The Community Health Center is a contract agency of the County of Summit Alcohol, Drug Addiction and Mental Health Services Board and Mental Health and Recovery Services of Stark County.



The Community Health Center facilities and services are certified by the Joint Commission on Accreditation of Healthcare Organizations

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Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
Ohio Department of Alcohol and Drug Addiction Services (ODADAS)
Ohio Department of Health
Ohio State Board of Pharmacy
Ohio Civil Rights Commission (HEW 504)
Federal Drug Enforcement Admin.
Clinical Laboratory Improvement Amendments, CLIA
Medicaid Certified Treatment Agency
City of Akron Health Department
Ohio EPA Certification
Ohio Department of Human Services
Ohio Department of Mental Health

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The Summit County Department of Development
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The Akron Health Department
Summit County Family & Children First Council
US Department of H.U.D.
Ohio Department of Development
Ohio Department of Alcohol and Drug Addiction Services
Akron Metropolitan Housing Authority
Community Health Center Foundation
Akron Public Schools
US Department of Justice Department of Youth Services
Mental Health and Recovery Services of Stark County





Eric First, left, Community Clubhouse case manager, and TBI Survivor, Lloyd Turner, right, enjoy a Clubhouse outing to the Indians game. Activities like these help brain injury survivors rebuild their social network and mitigate isolation and depression.

Learn more: March is Brain Injury Awareness Month

Did you know there are at least 5.3 million Americans living with a disability because of a brain injury? The estimated lifetime costs of these injuries, including direct medical costs and indirect costs such as lost productivity, totals over \$60 billion.

Brain injuries are caused by anything as simple as bumping your head while playing sports or as serious as losing consciousness in an accident. Today, a record number of people are being diagnosed with brain injury. Susan Connors, president of the Brain Injury Association of America, explains, "Traumatic brain injury is the most misunderstood, misdiagnosed, underfunded public health problem our nation faces."

The focus of this year's Brain Injury Awareness Month is Sports & Concussions. According to the Centers for Disease Control and Prevention (CDC) an estimated 1.6–3.8 million sports and recreation related concussions occur in the U.S. each year.

The CHC program, Community Clubhouse for Brain Injury, was the first Brain Injury Clubhouse in Summit County and the second in Ohio. It serves people with severe brain

injuries by reintroducing social, cognitive, behavioral and vocational skills that help each survivor rebuild their lives and decrease isolation.

The Community Clubhouse is a great local resource about brain injuries. For more information or to schedule a presentation for your group, please call 330.724.4000 or visit www.comclubhouse.org.

Concussions ARE Brain Injuries:

- Concussions are the most commonly occurring brain injuries and are caused by a blow or jolt to the head.
- Most concussions do not involve loss of consciousness, but can have long term consequences.
- A concussion typically does not appear on MRI or Cat Scans.
- Of the 1.4 million TBIs, 75% are concussions.
- The five leading activities that lead to concussions among children 5-18 are: bicycling, football, basketball, playground activities and soccer.

CHC welcomes new doctor

The CHC Family Practice welcomes Ann Laurella DiFrangia, DO as new staff physician at CHC. Dr. Ann comes from the Stow area where she was in private practice for 24 years and most recently at Premier Medical Partners for seven years.



Dr. Ann DiFrangia is now accepting patients at CHC Family Practice.

"There is so much for me to be excited about in joining the team at CHC," remarks Dr. Ann. "As an osteopathic physician, my core beliefs center around holistic medicine—treating the entire patient. As a family physician, I see the patient within the context of his or her family. When one family member has a disease, the entire family is affected. When addiction is the disease, often the entire family gets sick. I want to embrace this problem by incorporating the treatment of addiction into family practice."

Dr. Ann lives in West Akron with her husband, Manny, and has two grown children. In her spare time she enjoys reading, hiking and writing and even won an award for one of her short stories.

Make an appointment today to meet Dr. Ann! CHC Family Practice is now accepting new patients and is conveniently located near Route 8 at 702 E. Market St. Most insurance plans including Medicare and Medicaid are accepted. Call 330.315.3706 for more information.

'Thank you' to the following organizations for their support in 2009:

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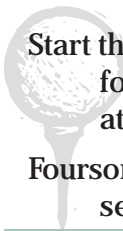
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Start the summer warm-up early and pre-register for CHC's Golf Classic! Monday, August 16 at Fairlawn Country Club!

Foursomes are going fast...
secure your tee time today!

CALL RACHEL AT 330.315.3770 OR EMAIL TO
RACHEL.DATTOMA@COMMHEALTHCENTER.ORG

Further Proof: addiction doesn't discriminate

The Ohio Department of Health announced startling statistics on the increase of accidental drug overdose, particularly in the State of Ohio, which is increasing at a faster rate than the national trend. In Ohio, the number of unintentional drug overdoses from 2003-2008 outnumbered the total number of U.S. troops killed in the Iraq war 6,921 to 4,302*. Nationally, the total number of unintentional drug overdoses is equal to one large jet crash every day for 2 months, each killing 350 people.*

A reasonable question might be, what is the cause of a 249%* increase in death due to drug overdose? The answer is the dramatic increase in use of prescription pain medications. More and more patients are being prescribed narcotics that were once very controlled substances. Those medications include: Hydrocodone, Oxycodone, Methadone, Xanax and other anxiety, depression and sleep medications.

This startling report shows that anyone can become a substance abuser, regardless of their economic status, vocation or education. An individual dealing with a chronic health problem or serious injury has the propensity to become addicted to the medications they are using to recover.

We believe addiction doesn't discriminate. Odds are someone you know, whether it be a friend, neighbor or co-worker, knows someone who is dealing with an alcohol or substance abuse addiction. Community Health Center is committed to helping people of all ages—adolescents to adults recovering from the debilitating effects of addiction. We offer highly confidential and professional treatment programs that are designed for people who are addicted to opiates. Our Methadone Program, which primarily serves chronic opiate addicts, is one of only 9 methadone clinics in Ohio. Our Suboxone Program focuses on patients who have pain management issues and helps patients recover over a period of several months with weekly office visits and daily medication.

If you or someone you love is struggling with addiction, please call CHC at 330.434.4141 to speak with one of our treatment professionals to see if our programs are right for you.

***SOURCE:** Ohio Dept. of Health Violence and Injury Prevention Program; Presentation title: Alarming Rise in Accidental Drug Overdoses in Ohio. Presentation available at: <http://healthyohioprogram.org/ASSETS/531A038CEC1E4FEC8AFDA4916D5E9C56/poisoning.pdf>

CHC is your educational resource in the community!

We can provide educational brochures and/or presentations to your professional organization, meeting or group free of charge! Presentations can be made to any group, large or small.

Topics include:

- Substance abuse, signs & symptoms, accidental overdose
- Alcohol, tobacco and other substances
- Adolescent & adult treatment programs
- HIV/AIDS prevention, healthy lifestyles
- Housing programs for people in need

Brochures are available about CHC, our programs and many other healthcare related topics. Call Chrissy Gashash at 330.315.3715 or chrissy.gashash@commhealthcenter.org.