

BRIGHTON HOSPITAL
Michigan's premier chemical
dependency residential and
outpatient treatment center



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Brighton Beacon



Message from our President

Dear Friend,

Brighton Hospital's reputation as a nationwide leader in addiction treatment began when we opened our doors in the 1950s. It has grown because of the devotion we have shown to each patient who has walked through our doors since then.

In the years following World War II, with so many veterans returning with alcohol problems, Harry Henderson, a businessman, civic leader and chair of the Michigan Liquor Control Commission, decided to do something to fight the human and social consequences of

alcohol abuse and addiction. He founded Michigan's first freestanding chemical dependence treatment center on 92 serene acres in Brighton, Michigan.

One of Henderson's colleagues was Bill Wilson, co-founder of Alcoholics Anonymous. With this founding leadership Brighton became one of a small number of facilities that would shape the face of addiction rehabilitation in our nation. We also would lead in the application of new techniques and best practices for the decades following our founding.

I am pleased to bring you this edition of the *Brighton Beacon* and hope that you find the information about our current programs useful. Please share it with friends and colleagues and encourage anyone who would like to receive future issues of the *Beacon* to send their name and address to our mailing list via GIVE@brightonhospital.org

Adding to our history and leadership in the field are our current and relevant achievements:

Continued on page 4

Golf Classic Hits Hole in One

This year's golf classic, raised a record \$38,000 for Brighton Hospital, hitting a new high for the annual classic. More than 100 golfers showed up early on a sunny and breezy August morning at The Links of Novi Golf Club and enjoyed

a full day of good golf, good food and good company.

Attendees represented St. John Health and Brighton Hospital leadership, staff and friends. Osprey Recreational Properties was the presenting sponsor; Credit Bureau, Inc. of Ann Arbor sponsored the Million Dollar Hole; John Wise sponsored the Hole-In-One contest.

Hosts for the day's events were Edward Foxworth III, CBS/UPN Detroit community affairs director, and Terri Anthony-Ryan, head golf professional for the city of Southfield. Mark Menestrina, MD, staff



From left, Lou Martin, John Franklin, PhD

physician, was the honorary chairman and master of ceremonies.

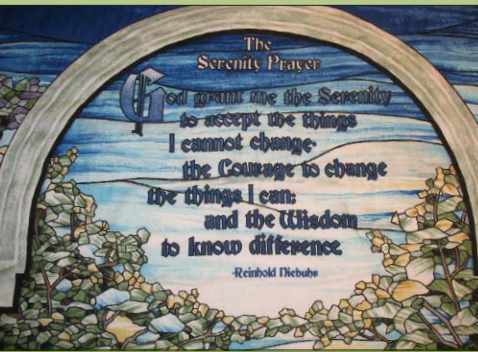
You won't want to miss next year's event, August 13, 2007, at Oak Pointe Country Club. For 2007 sponsorships and registration, please contact Maya McElroy, at 810-225-2531, or e-mail mmcelroy@brightonhospital.org



*From left front row, Wes Marchal, Jason Biber, Terry Manning, Tom Manning
From left back row, Andy Pflaum, Mike Cottrell, Adam Kennedy, Scott Hechlik*

This Serenity Prayer Quilt

was a gift of Nancy Thorne, an RN at Brighton Hospital, Liz Zentner, RN, and other volunteers who devoted many hours of hand stitching. It is now hanging in the Intervention Room of Brighton's Medical Services Building, thanks to the generosity of these donors and volunteers.



Please Join Us

Chemical dependency impacts at least six to ten friends or family members. Because they need recovery as much as the one who is addicted, we have created the Friends and Family Program (FFP). If you have a friend or family member at Brighton Hospital, please join us for this special program that includes lectures, discussion groups and one-on-one sessions designed to answer your questions and address your concerns. FFP sessions take place on Wednesdays and Saturdays from noon to 5:30 pm. You can begin by attending the first available Wednesday or Saturday, even if the patient is still in detox. After completing detox, residents will attend parts of FFP.

For more information about Friends and Family Program, call 810-227-1211

Simple Prayer Illustrates Brighton Philosophy

By David Hopper
Brighton Hospital Volunteer

Maybe it's the rolling green acres. Others think it is the glassy Serenity Lake. Some say the home-cooked meals are what separate Brighton Hospital from other rehabilitation centers. But many find the difference embodied in a simple prayer.

In a world of variables and spontaneity, control is hard to come by. Too often we are unable to be in total command of our lives, and it seems like we're just pulled along for the ride. Many people come to Brighton feeling controlled by their addiction. And as they slowly regain control of their bodies, their lives and their spirits, this simple prayer, called the Serenity Prayer, illustrates the entire healing process:

More than a decade before Harry Henderson first opened Brighton Hospital's doors, Karl Paul Reinhold Niebuhr used the Serenity Prayer, which he is credited as authoring, as a stepping-stone for all people to find peace within their lives. But Niebuhr's legacy among humanitarians, theologians and civil rights leaders began long before this prayer was written.

Born June 21, 1892 in Wright City, Missouri, Niebuhr never had any doubt that he would follow in the footsteps of his father, a German evangelical pastor. Niebuhr attended Elmhurst College and Eden Theological Seminary. He received bachelor and master's degrees from Yale Divinity School.

Having lived through the Great Depression and the first World War, Niebuhr wrote of the injustice in society and human nature, which he declared must be rebuilt from the ground up. After World War II, Niebuhr's work became common reading among Christian and other moral leaders, most famously Martin Luther King, Jr. His books include *Does Civilization Need Religion*, *The Nature and Destiny of Man* and *Faith and History*. He was awarded the Presidential Medal of Freedom in 1964.

Niebuhr's Serenity Prayer is a guiding treatment philosophy at Brighton Hospital. A cornerstone of hope and healing, the prayer can be found throughout the beautiful Brighton Hospital campus.

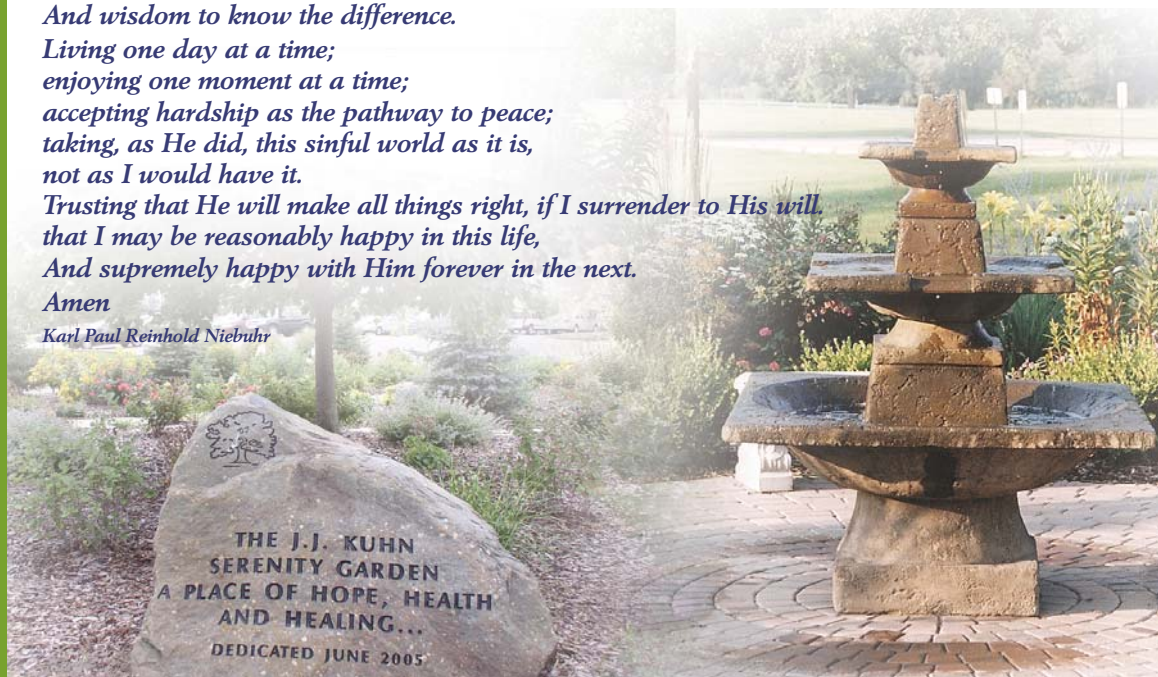
*God, grant me the serenity to accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.*

*Living one day at a time;
enjoying one moment at a time;
accepting hardship as the pathway to peace;
taking, as He did, this sinful world as it is,
not as I would have it.*

*Trusting that He will make all things right, if I surrender to His will,
that I may be reasonably happy in this life,
And supremely happy with Him forever in the next.*

Amen

Karl Paul Reinhold Niebuhr



Admitting: 800-523-8198 • Inpatient: 810-227-1211 • Outpatient: 810-225-2530
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Meet the Staff

John Hopper, MD

Brighton Hospital vice president of medical affairs, Dr. John Hopper, began his medical career specializing in internal medicine and pediatrics. Although that may seem very different from addiction medicine, Dr. Hopper says there are many similarities.

“As a primary care physician I was treating many people for chronic diseases like diabetes, high blood pressure and asthma that have much in common with addiction,” he says. “All of these diseases lead to lost years of life. They have a hereditary component that can be reversed by changes in behavior and treated effectively with medication.

“Traditionally, addiction is treated as if it was an acute disease - diagnosis, treatment and discharge. But we can be much more successful if we treat it like a chronic disease with ongoing treatment that includes medical intervention with medication and therapy that includes 12-step programs.” He adds that alcohol addiction in our culture is being joined by an alarming increase in the use of prescription and hazardous drugs.

Dr. Hopper came to Brighton Hospital in 2005 and believes strongly that “we have an important role to play.” He says that Brighton is filling the need for teaching addiction medicine, which isn’t well taught in other settings.

“We have a fellowship in addiction medicine as well as rotating students from area universities,” continues Dr. Hopper. “Every month our schedule includes nursing students from Oakland and Wayne State universities and medical students from University of Michigan and Wayne State University. Residents in psychiatry, internal medicine and pediatrics also are here on a regular basis.”



John Hopper, MD, Brighton Hospital Vice President of Medical Affairs

Dr. Hopper is an honors graduate of the University of Michigan and Wayne State University School of Medicine. He completed an internship and residency in combined internal medicine and pediatrics at the University of North Carolina Hospital, where he was also co-chief resident in pediatrics. He is board-certified in pediatrics and internal medicine and is certified in addiction medicine by the American Society of Addiction Medicine.

Prior to his appointment at Brighton, Hopper spent 11 years at Wayne State University School of Medicine, where he was assistant professor in the departments of internal medicine and pediatrics, as well as the department of psychiatry and behavioral neurosciences. Dr. Hopper received two Wayne State University College Teaching Awards, is listed in the Guide to America’s Top Physicians and has been named one of the Best Doctors™ in America for the past three years.



St. John Health was well represented at the NAMI Walk. From left, Rich Kramer, vice president of development, Brighton Hospital; Mike Breen, vice president behavioral health, St. John Health System, Sari Abramovich, manager, contracts and marketing development, St. John Health Behavioral Medicine Services; Sari’s puppy Louis; Alan Warbelow, manager, St. John Eastwood Clinic

NAMI Walks for the Mind of America

St. John Health sponsored a team for the first time this year to participate in NAMIWALKS for the Mind of America, held on Sunday, October 8, on Belle Isle, in Detroit. Founded in 1979, The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots health organization dedicated to improving the lives of persons living with serious mental illness and their families. A main purpose

of the event is to call attention to the need to destigmatize behavioral health diagnoses.

Celebrate Recovery Holds 6th Annual Walk and Rally

Hundreds of people gathered on Belle Isle, in Detroit, on September 23, to commemorate the success of those recovering from addiction.

NACoA Runs for the Children

For the past five years, the Association for Children of Alcoholics (NACoA) has reached out to the public through participation in marathons throughout the country. On October 29, NACoA runners were part of the Detroit Free Press/Flagstar Bank Marathon, which is a qualifying course for the Boston Marathon.



Three of the Team Brighton runners, from left, Julie Kelly, Peter Healey, Marianne D'Angelo



Did You Know?

That proceeds from the Brighton Hospital Gift Shop, along with Associate Giving by our employees and our Brighton Hospital Golf classic, all support the Patient Extended Care Program? This program provides scholarship type funds to support additional days of rehabilitation for patients who have no insurance.



Denise Bertin-Epp,
Brighton Hospital
President

Message from our President

continued from page 1...

- Every Brighton Hospital associate receives annual service excellence trainings. That is reflected in the fact that our patients consistently give us scores of over 90 percent satisfaction in our weekly surveys.
- Our clinical team is unsurpassed in the nation.
- With the first fellowship in addiction medicine in the United States, we lead the country in medical education of addiction specialists. Nursing, medical and social work students rotate through our hospital each month, expanding the understanding of addiction treatment. Among our widespread outreach efforts are physician, nursing, psychiatry, psychology and social work professional groups; clergy; employers and employee assistance programs; health professional recovery programs (HPRP); legal assistance programs (LAP); labor unions; interventionists; hospitals and health systems; attorneys and drug courts.
- Our patients sense the total commitment of a workforce in which a majority of associates are in recovery themselves or are adult children of alcoholics.
- As part of the integrated behavioral health network of St. John Health, we gain strength from the broad collaboration with the respected clinics at Providence Hospital and the Eastwood Clinics.

These are among the many reasons why so many patients and families drive or fly past other highly regarded addiction treatment facilities, choosing Brighton from among the best in North America. It is our innovation, however, that is driving us to even greater achievements. To amplify that aspect of our leadership, we seek not only your referrals but your philanthropy as well.

In just one year Henderson House, the Brighton men's halfway house, has become a model for better aftercare through innovative programming and staffing. With your help we will build upon our Henderson House experience with the establishment in 2007 of a new women's halfway house. Our goals for the women's halfway house can be



Some of Brighton Hospital's welcoming staff

met with your contributions, and I hope you will make use of the enclosed contribution envelope to add your vote of faith in our mission.

Nearly half of the people we treat are women. One woman in ten suffers from addiction, though too few seek treatment. Women in recovery are no different than other women with chronic illnesses who are raising children or caring for older or infirm parents.

Women today face many challenges. Those who graduate from rehabilitation programs like Brighton's face a far greater obstacle — sober housing options. You can help women succeed and avoid relapse by helping us build a 12-bed women's halfway house on our campus.

Here they will benefit from easy access to 12-step programs in a much shorter time. Currently in Michigan, the wait for a halfway house for men is 24 hours compared to a week (or even longer!) for women. Once we have helped women achieve detoxification and rehabilitation, the quality, continuity and availability of aftercare at our new women's halfway house can help prevent relapses.

Like Henderson House, our women's halfway house will include daily educational classes, weekly individual and group therapy, volunteer service opportunities, job skills training, an array of on-site 12-step meetings and access to our nationally recognized addiction specialists, physicians, therapists and nurses.

With your charitable contribution, you can help Brighton Hospital open its halfway house for women within the next year, thereby assisting women to regain their dignity, find greater value in their lives, repair broken relationships and remain sober.

Our halfway house aftercare programs are among the many exciting opportunities to build recovery and fight relapse. In addition, there are other areas that rely on the generosity of those who care:

- Gifts to our extended care fund via an outright gift, grant or bequest, help those who need added days of rehabilitation with scholarship support. Purchases from our gift shop and the Brighton Golf Classic (save the date for Aug. 13, 2007 at Oak Pointe Country Club in Brighton!), as well as our own associate's "casual day" fund, raise additional support for this program.
- Contributions to nursing education funds keep our devoted cadre of specialty-trained nurses at the forefront of nursing practice in addiction recovery.
- Gifts to Brighton's research programs help in our collaborations with leading medical and nursing schools to answer the questions of addiction, genetics, relapse, recovery and best practices.

Yes, we are proud to lead in this field. With your help, we will build upon this lead for the sake of all who look to us for caring, compassion and clinical excellence in the face of addiction, a life-threatening, chronic disease.

You are our mission.

Sincerely,

Denise Bertin-Epp
President and Chief Nursing Officer
Brighton Hospital

Who's Who at Brighton

Virginia June's strongest qualification for her job as Brighton Hospital's director of business development can't be found on her resume or in her job description. It can, however, be found in her ability to turn her lifelong struggle with addiction into an advantage.

"The greatest gift I bring to this job is the understanding about addiction that began when I was a patient at Brighton 20 years ago," she explains. "Since then Brighton has taught me what service means, about giving people hope, giving unconditional love and about the importance of finding a community of support.

"I grew up in an alcoholic household and although I had my first shot of Bourbon at the age of 9, I tasted alcohol long before that," she says. "By the time I was 25, I was using marijuana, speed and cocaine as well." While caught up in the addiction cycle, she graduated from high school and earned two undergraduate degrees in fine arts and advertising design from Madonna College.

"I was involved in many automobile accidents, was suspended from school,

spent time in jail and had trouble maintaining a job," she says. "I knew my addiction was killing me and tried to stop on my own but was unsuccessful."

During a routine examination, Virginia's doctor saw a heart problem. When she confided to him she was regularly using cocaine, he suggested inpatient treatment at Brighton. She stayed 21 days at Brighton. "But I was able to make it over the hump and turn my life around. The first thing I did was try to answer the question, 'what do you want to do with your life?'"

At the suggestion of her therapist, Virginia began teaching others about addiction. She volunteered at an adolescent treatment facility and returned to school to earn her master's in social work at Wayne State University. From 1992 to 1995 Virginia worked as a clinical therapist at The Salvation Army Evangeline Center for Women and Children. She was a stay-at-home mom for the next seven years and then returned to work as a clinical therapist on the rehabilitation unit at Brighton Hospital before becoming the director of business



Virginia June, LMSW, ACSW, CAC-II

development. Combining her advertising and social work backgrounds, this job takes her out into the community to coordinate advertising, marketing and media relations for Brighton Hospital and to serve as a liaison between Brighton and St. John Health. It also gives her the opportunity to spread the word among those who can benefit about the good work being done at Brighton.

"I have a passion for Brighton," she says. "I want people to understand that the disease of addiction is manageable and that miracles do happen at Brighton, as they have for me, one day at a time."

Auricular Acupuncture Available at Brighton

Brighton Hospital is a major training site for auricular acupuncture, a treatment that is proving beneficial in the detoxification process and helpful with the emotional, physical and psychological attributes involved in addictions. It has been part of Brighton's program since 2004.

Brighton uses the National Acupuncture Detoxification Association (NADA) protocol. NADA is a nonprofit organization that takes its name from the Spanish word "nada" (nothing), signifying a drug-free, inexpensive approach to addiction. A clinic can be established in any location where people being treated can sit in a group.

"During treatment, certified clinicians apply fine gauge, sterilized, one-time use stainless steel needles just under the skin

at five designated ear points in each outer ear," says Virginia June LMSW, ACSW, CAC-II. She brought the protocol to Brighton and is the certified NADA trainer for the Midwest at this site. "With the clinician in attendance, patients relax quietly in comfortable chairs for up to an hour.

"Auricular acupuncture is most effective when used in conjunction with counseling, education, family and support group involvement, and supportive health care," continues June. "Patients in all types of treatment settings can benefit from this treatment. Clinicians tell us they see improved program retention and a more optimistic and cooperative attitude toward the recovery process. Patients say they experience a significant reduction in

cravings, anxiety, sleep disturbance, and the need for pharmaceuticals. Patients also perceive auricular acupuncture helps them manage their pain."

Virginia June holds quarterly three-day didactic Auricular Acupuncture training sessions at Brighton for professionals in the addiction field. The schedule for 2007 is:

January 12 to 14

April 13 to 15

July 13 to 15

October 12 to 14

Cost: \$350 per session.

Location: Brighton Hospital Conference Room

For information or to register, call 810-877-0905.

Brighton Launches Campaign for Women's Halfway House

After completing a thorough feasibility study, Brighton Hospital is committed to the building of a women's halfway house on its campus. We sat down with Richard Kramer, Brighton's vice president of development, to learn more about this exciting project.

Why is a halfway house for women so important?

Brighton Hospital bases its treatment on criteria set forth by the American Society of Addiction Medicine (ASAM), which recommends halfway housing when an individual does not have a sober living environment and/or has repeatedly failed treatment attempts at higher levels of care. Halfway housing is often the final step in treatment before our patients return to their previous living situations, following detoxification, rehabilitation, domiciliary partial hospitalization and intensive outpatient treatment.

This part of treatment is a particularly important step for women, whose family responsibilities often force them to put the needs of others before their own. A halfway house is designed to provide support and structure for maintaining a sober and healthy life style following treatment.

Aren't there enough other such facilities in Michigan?

If you were a woman who needed the services available at a halfway house to ease the return to your home environment, you would need to wait at least a week to be admitted, an unacceptably long time. The wait time for men is typically 24 hours. A halfway house for women that is part of Brighton's serene campus community will ensure that women can continue their recovery in a safe and positive environment.

How will the women's halfway house be staffed?

There will be trained staff on the premises 24 hours a day, seven days a week. This follows the model we established at Henderson House, our halfway house for men, which in just one year has become recognized nationally for its innovative programming and staffing.

What will life be like for women living at Brighton's halfway house?

Programming will include daily educational classes, weekly individual counseling, on-site 12-step meetings and access to non-emergent medical care at Brighton's outpatient medical clinic. In the halfway house setting, residents will be able to work or engage in at least 30 hours of volunteer service a week.

And because research shows that treatment involving the entire family is most effective, future plans include supportive domiciliary bedroom and recreational spaces for children of women in the halfway house program.

What will be the capacity of the new halfway house and who is eligible?

The current plans call for 12 residents. Women must be at least 18 years of age and must meet ASAM criteria for admission at the halfway house level of care. They must be free of illicit drugs for 72 hours prior to admission and medically cleared for admission by a physician. Women must be able to perform their own activities of daily living. They also must commit to three to six months of treatment and adhere to the defined rules of the house.



Richard L. Kramer, Brighton Hospital
Vice President of Development
rkramer@brightonhospital.org
810-225-2542

This sounds like an ambitious project. How will it be accomplished?

Our Board of Trustees has authorized us to conduct a fund raising initiative to renovate an existing structure, which currently houses Brighton's gift shop and staff offices. We will then build out from our main building to provide new gift shop and café space.

We will require at least \$100,000 in gifts to fund this halfway house and provide for the moving of existing functions into other space. We seek major gifts in the \$25,000 range, which may be made over a period of up to five years. Gifts at the \$10,000 and up level will receive plaquing recognition on bedrooms, living rooms, or other spaces within the home. Friends and donors may designate their support in honor of a recovering person or in memory of a loved one. Gifts may be made at any level.

We feel this will be a very attractive opportunity for donors from all walks of life to do something significant for women in recovery. I invite our readers to use the enclosed gift envelope to support this project with a tax-deductible gift. If you are contemplating a large gift or bequest, please contact me at 810-225-2542.

Thanks for your support!

Upcoming Events at Brighton Hospital

*You're
Invited!*

Note: Ongoing each Wednesday and Saturday, Friends and Family Program, Brighton Main Building. See page 2 for details. Meeting times and dates for all programs are subject to change. Please call 810-227-1211 to confirm and for room assignments. For regularly scheduled evening meetings, please use the side entrance.

Family Retreat Weekend At Brighton Hospital

For family and friends coping with an addicted loved one.

Guest speaker: Family and Addiction Specialist Nan Reynolds, CACII, LMSW

January 27, 4 p.m. – 7 p.m.

January 28, 9 a.m.-5:30 p.m.

Cost includes: Saturday snack, Sunday continental breakfast, Sunday lunch and informational packet

Register before 1/10/07: \$25/person

Register after 1/10/07: \$35/person

Saturday only: \$10/person

Sunday only: \$20/person

For information or to register, call Kristen Winter, 810-225-2527

Auricular Acupuncture Training Sessions

For professionals in the addiction field.

2007 Schedule:

January 12 to 14, April 13 to 15, July 13 to 15, October 12 to 14

Cost: \$350 per session.

Location: Brighton Hospital Conference Room

For information or to register, call Virginia June, 810-877-0905

Brighton Hospital Golf Classic

Annual Fundraiser for Brighton Hospital.

Monday, August 13, 2007

11 a.m. to 7 p.m.

Oak Pointe Country Club

For 2007 sponsorships and registration please contact Maya McElroy, at 810/225/2531, or e-mail to mmcelroy@brightonhospital.org

Workshops on Compulsive Gambling

January 18, 2007 and May 10, 2007

Open to all.

Brighton Hospital 12851 East Grand River, Brighton, MI

Donations will be accepted

RSVP by calling 810-877-0905

Chit Chat Support Group

Meeting for families and friends dealing with a loved one's addiction issues.

Every Wednesday

7:30 p.m.

Brighton Hospital Main Building

Please call 810-227-1211 to confirm and for room assignment.

Tune-Up

For those who have successfully completed a Brighton Hospital program. Includes coining celebration for anniversaries of sobriety and guest speaker.

Sunday, May 6, 2007, 8:30 a.m. to noon

Saturday, August 11, 2007, noon to 4 p.m.

(Friends and Family program), November 2007

Brighton Hospital Main Building

Please call 810-227-1211 to confirm and for location.

The Following Community Groups Meet Regularly at Brighton Hospital

Alcoholics Anonymous

12-step program for those addicted to alcohol.

Every Sunday, Monday, Wednesday,

Friday and Saturday

7:30 p.m.

Brighton Hospital Main Building

Please call 810-227-1211 to confirm and for location.

Narcotics Anonymous

12-step program for those addicted to narcotics.

Every Sunday, Wednesday, Friday and Saturday

7:30 p.m.

Brighton Hospital Main Building

Please call 810-227-1211 to confirm and for location.

ALANON

Support group for family members and friends of those addicted to alcohol.

Every Friday

7:30 p.m.

Brighton Hospital Main Building.

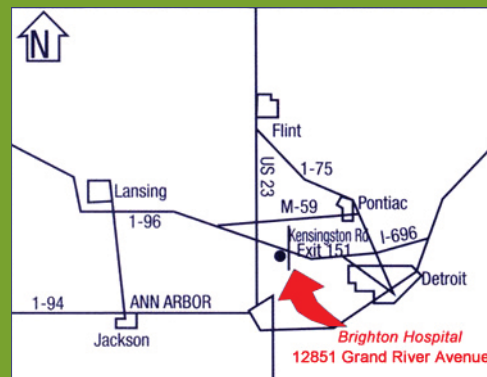
Please call 810-227-1211 to confirm and for location.

Volunteer and Put Yourself in this Picture



- Medical Services/Admissions Information Desk
- Gift Shop
- Friends and Family Program
- Collating/Mailings
- Speakers Bureau
- Aftercare Assisting
- Crochet/Knitting Instruction

Contact Kristen Winter, volunteer coordinator 810-225-2527 or kwinter@brightonhospital.org.



The *Brighton Beacon* is a community and national awareness publication of Brighton Hospital. Comments and questions should be directed to Brighton Hospital, Office of Development, 12851 Grand River, Brighton, MI, 48116, Telephone: 810-225-2590 or e-mail to: GIVE@brightonhospital.org

Henderson House Alumni Group Forming

If you are interested in participating in the formation of a Henderson House Alumni Group please contact Scott at 810-225-2585, or e-mail sschultz@brightonhospital.org

Brighton Hospital's Four Legged Doctor



Shane McElroy, a Dr. Paws therapy dog licensed through Therapy Dogs Inc., brightens up the day for patients and staff weekly. Shane is a 9-year-old Shepherd mix and has been visiting hospitals for over a year. Shane's owner,

Maya McElroy, is a fund raiser at Brighton Hospital.



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