

Thank you to our '08 Celebrity Chefs that prepared food beside our ECC Culinary Arts students. As pictured: Left to Right: Michael Noland, Billie Roth, Dr. David Scarpino (back), Dr. David Sam, Ruth Munson, and Juan Figueroa.

prevention@renzcenter.org
 Fax: (847) 697-2719
 (847) 697-1221
 Elgin, IL 60120
 One American Way

PREVENTION OFFICE

Fax: (630) 837-7184
 (630) 837-6445
 Streamwood, IL 60107
 1535 Burgundy Parkway

STREAMWOOD OUTPATIENT

Fax: (630) 513-6892
 (630) 513-6886
 St. Charles, IL 60174
 309 Walnut Street

ST CHARLES OUTPATIENT

www.renzcenter.org
 clinical@renzcenter.org
 Fax: (847) 697-6583 (Passage)
 Fax: (847) 742-3559 (Outpatient)
 TDD: (847) 742-0242
 info@renzcenter.org
 Fax: (847) 697-5583 (Admin. & EAS)
 (847) 742-3545
 Elgin, IL 60120
 Two American Way

EMPLOYEE ASSISTANCE SERVICE

**ELGIN OUTPATIENT
 PASSAGE PROGRAM AND
 ADMINISTRATION**





Pathways

guiding people to a pathway of wellness

volume 13 • issue 1 • Spring 2009

Mission Statement

Renz Addiction Counseling Center is a not-for-profit corporation dedicated to the prevention, intervention, and treatment of addictive behaviors and disorders and to factors often associated with addiction. The Center strives to provide the most effective preventative and clinical care in a safe and nurturing environment through a teamwork approach for anyone affected by addiction or addiction related issues.

Calendar of Events

Do you drink too much?

In observance of National Alcohol Awareness Month, Renz Center is offering free alcohol screenings April 15, from 1-3 p.m. at the Center's Elgin location at Two American Way, and from 1-3 p.m. at 309 Walnut St. in St. Charles.



Renz Center to Host 2nd Annual Epicurean Delight Fundraiser

Due to overwhelming demand, Renz Addiction Counseling Center will once again host the **Epicurean Delight fundraiser, Saturday, October 17, 6:00-9:00 p.m., at Elgin Community College's Culinary Arts & Hospitality Institute.** Chef Tom Johnston and top ECC culinary art students will demonstrate their skills to attendees as they prepare hors d'oeuvres and desserts in the Spartan Terrace Restaurant. Guest will learn firsthand the culinary trade secrets of preparing even the most complex dishes, while at the same time supporting Renz Center's Youth Prevention Programs. Throughout the evening, recipes for favorite dishes will be available and guests are encouraged to ask questions and observe cooking techniques.



Epicurean Delight will also feature complementary wine tastings and pairings with selected food items, in addition to having the opportunity to order favorites at the event. Throughout the evening, culinary themed baskets filled with gourmet food items will be raffled off. Tickets to Epicurean Delight are \$70 per person, and are available by calling Deb Howe at (847) 742-3545 ext. 236.

Sponsorship Opportunities Available

Renz Center is seeking sponsors who wish to make monetary or raffle basket donations. For more information on how you can support Renz Center's programs through various advertising options, contact Deb Howe at (847) 742-3545 ext. 236.

A Case Study: Keith's Story of Recovery

While standing before a judge, Keith asked for help with his substance abuse problem...he knew he needed to do something. Encouraged by his willingness to get help, Keith was referred to Renz Addiction Counseling Center to immediately begin an intensive outpatient treatment program.

After Keith's initial consultation, his counselor immediately recognized that Keith's fears, denial, and substance use were far deeper than Keith realized. Keith entered treatment with issues of denial regarding his problem, a lack of understanding regarding addiction and recovery, and poor coping skills. In addition to alcohol dependence, he also struggled with grief and loss issues, depression and anxiety, low self-esteem,

abandonment, and trust issues.

Learning to trust his counselor was the first thing Keith had to conquer so he would be able to open up and share his problems. Keith also had to be taught how addiction is a disease, stress management skills, the stages of recovery, and relapse prevention. Education and some confrontational techniques were also used to address his denial issues. Gradually, Keith began to show increased acceptance and insight regarding his substance abuse issues. As he began to understand himself better, increased effort was put into helping him develop the coping skills necessary to remain sober, as his emotional issues had played a major role in the progression of his addiction.

Continued on page 5

2008-2009

Board of Directors

Laura Newman
President

Lauri Beu
Vice President

Bob Hansen
Secretary/Treasurer

Susan Angell-Case
Allen Belanger
Jolie Esposito
Ian Jones, M.D.
Brian Monson
Terrie Rosenberg
Sherry Totzke

Ron Razowsky
Director Emeritus

Administration

Jerry Skogmo
Executive Director

Deb Howe
Director of Marketing & Development

Colleen Koncilja
Director of Clinical Services

Rob Castillo
Coordinator of Employee Assistance Services

Lora Tovar
Coordinator of Administrative Services

Renz Center is a non-profit 501 (c)(3) organization funded in part by The Federal Government, The United Way, The Department of Human Services, Division of Alcohol & Substance Abuse, Hanover Township, Geneva, Schaumburg and St. Charles 708 boards and other local community organizations.

Thank You Donors!

Renz Center is always appreciative of our donors' support, and we'd like to recognize those individuals or businesses that have given since July, 2008.

Alexian Brothers Hospital Network
Al's Café and Creamery
Angie Andrade
Susan Angell-Case
Arbonne International
Phil & Marion Asplund
Cristen & Scott Austgen
Christine Awe
Bartlett Woman's Club
Rev. Allen & Mary Belanger
Bersted Foundation
Bruce & Lauri Beu
Richard Beu
Biaggi's Ristorante Italiano
Royce Blackwell
Scott Bracken
Jacqueline Brittain
Phyllis Brose
Betty Brown
Rob Castillo
Deanna Casucci
James W. Ceithaml
Carlos Chavez
Chicago Bandits
Claim Jumper Restaurants
Carolyn Clark
Collegiate Landscape
Colonial Cafe
Tom Connolly
Corkill Insurance
Erin Daley
Jacqueline DeLaney
Myrel Derus
Diamond Bank
Tami Dominic
Dundee Township
ECC - G.L.O.B.E.S. Diversity Club
EFS Foundation
Elgin Junior Womans Club
Elgin Public House

Epworth Methodist Church
Jolie Esposito
Richard & Doris Evers
Fiesta Market
First Chicago Bank & Trust
First Congregational United Church Of Christ
Gilmore Marketing Concepts
Goodsearch
Frank Gotthard
Dawn Grant
Paul Grzemski
Jim Hall
Hanover Township Mental Health Board
Bob Hansen
Haven Interiors
Lane Hoffman
Deb & David Howe
Marv & Marilyn Howe
IGive.com
IHC Construction Companies, LLC
Illinois Toolworks Foundation
Ian Jones, M.D.
Robin Karlin
Frank & Colleen Koncilja
Kountry Kennels
Marilyn Kuffel
Lamp Inc.
Little Home Church by the Wayside
Lundstrom Insurance
Kathy Mack
Manning Silverman & Company
Ruth Miller
Elmer Miner
Bill & Sue Moylan
Laura Newman
Robert Nichols
Michael Noland

Northwest Lodge #2446
Barbara Pachmayer
PADS-Public Action to Deliver Shelter
Stephen Page
Julie Pena
Sonia Perry
Judy Petit
PFS Foundation
George Phelan
Jean Piekara
Lysette Pullman
Tom Rakow
Steve Rauschenberger
Ron & Barb Razowsky
Dee Reinhardt
James & Lois Renz
David Richardson
Nancy Roach
Richard Robinson
Robert & Terrie Rosenberg
Rush Arena Football
Sherman Health Foundation
Jerry & Mindy Skogmo
Allison Smith
Scott & Helen Smith
Katie Stauffer
Streamwood Behavioral Health
Ande Suddeth
Temple Architects
Sherry Totzke
Lora Tovar
Town of Elgin
Tiffany Tumminaro
Tanya Varney
Village of Streamwood
Barbara Weiner
Wendy's Old Fashioned Hamburgers
Kathy Wiercinski
Zurich Foundation

Volunteers Make A Difference

Volunteers are the backbone of any nonprofit organization, and Renz Center is no exception. During National Volunteer Week, April 19-25, Renz Center administrators and staff would like to thank all our volunteers who have helped make a difference . . . we could not have done it without you!

"Throughout the year, each department within Renz Center is aided by the help of volunteers," said Marketing Director Deb Howe. "From our volunteer board of directors who assist in strategic planning and fundraising to a group of women headed by Cathy Illyes

who knit colorful scarves to help our clients keep warm in the winter, Renz Center's volunteers work hard, and inspire others by example."

National Volunteer Week was created in 1974 when President Richard Nixon signed an executive order to establish the week as an annual celebration of volunteering. And every year since then, each U.S. President, along with many governors, mayors and other elected officials, has signed a proclamation promoting this special week.

If you would like to help make a difference at Renz Center, visit our website at www.renzcenter.org.

Keith's Story Continued from page 1

The Road to Recovery

Despite some struggles in treatment, including disagreeing sometimes with input from Renz staff, Keith remained in treatment and continued to show growth. He maintained his motivation as he persevered through numerous legal, occupational, family and financial issues.

Keith developed a greater acceptance of his issues with substances during treatment, while also developing the coping skills necessary to live his life free of alcohol and drugs. Keith committed to changes in his lifestyle to reduce his risk of relapse, and made significant progress in addressing his grief and losses, trust, and abandonment issues. Through the counseling process, Keith also had dramatic improvement in his mental health; he started in treatment with severe depression symptoms which gradually alleviated throughout treatment. He managed to deal with issues that caused significant stress without giving up on his recovery efforts. Upon discharge, Keith expressed gratitude for the services of Renz; his life had been positively impacted by his treatment experience. He was appreciative of the program as well as

the therapeutic bonds that he made with clinical staff.

April is National Alcohol Awareness Month

Keith's story is about having the courage to take the first step to recovery and how it leads to a more fulfilling life. During Alcohol Awareness Month (AAM) this April, Renz Center would like all community residents to focus on alcoholism and alcohol-related issues. AAM began as a way to inform the American public that alcoholism is a treatable disease, not a moral weakness, and that people who are addicted to alcohol can and do recover.

"Alcoholism is a factor in numerous personal devastations and loss of life – not to mention the consequences to our family, legal system, healthcare and insurance premiums," said Renz Center's Executive Director Jerry Skogmo. "I encourage all Fox Valley residents who think they may have an alcohol problem to take this free screening on April 15th . . . it could be the difference between life or death."

According to Alcohol Health & Research, 1993, "nearly 14 million Americans meet diagnostic criteria for alcohol use disorders." Warning signs of alcohol abuse include:

- Drinking to calm nerves, forget worries or boost a sad mood
- Guilt about drinking
- Unsuccessful attempts to cut down or stop drinking
- Lying about or hiding drinking habits
- Causing harm to oneself or someone else as a result of drinking
- Needing to drink increasingly greater amounts in order to achieve desired effects
- Feeling irritable, resentful or unreasonable when not drinking
- Medical, social, family or financial problems caused by drinking

Study Lands Drug Talk Between Parents, Kids

Parents are being more effective when they talk to their children about the risks of drug use, according to a new report from the *Partnership for a Drug-Free American* (PDFA).

The *Associated Press* reported February 26th that the 2008 Partnership Attitude Tracking Study found that 37 percent of teens surveyed said they had "learned a lot" from discussions with their parents about drugs, up from 32 percent in 2007 and the first time the measure has noticeably improved since the study began 20 years ago.

"Parents are talking, and what you see in the study, particularly among the girls, is the willingness of kids to listen. They're more open to talking about the drug issue than kids in the past," said PDFA President and CEO Steve Pasierb.

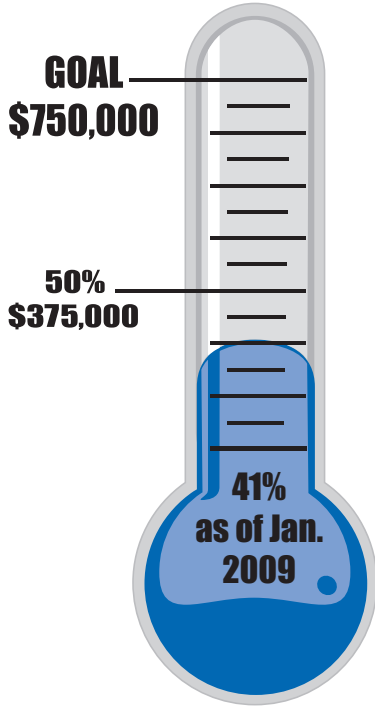
Pasierb said that past research indicates that kids who say they benefited from drug discussions with their parents are 50 percent less likely to use drugs.



Reprinted with permission from Join Together Online at www.jointogether.org

Capital Campaign Update:

Heads Up... Construction Begins As Services Expand



Renz Center's *Investing in the Community* Capital Campaign is gaining momentum as phase three began in March with the construction bidding process and rehabilitation of the One American Way building. Prevention Services has already moved in, followed by Administration this July. Once complete, the final phase will begin with the rehabilitation of Two American Way, and the expansion of Clinical Services.

Renz Center's board of directors approved the purchase of the One American Way building 15 months ago as a means to expand Clinical and Prevention Services. To kick-off the campaign, board members and staff contributed over \$97,000. In addition to purchasing the building, the first phase also included improvements to the Serenity Garden for clients interested in experiencing healthy lifestyle activities.

We need your support!

Substance abuse is a serious social and economic issue that affects not only individuals, but their families, employers, and the community at large. Help support Renz Center's *Investing in the Community* Capital Campaign with a contribution. For more information, visit our website at www.renzcenter.com/capitalcampaign/html.

THANK YOU FOR YOUR SUPPORT!

Renz Center would like to thank the following for their support of the *Investing in the Community* Capital Campaign:

- Bersted Foundation
- Dundee Township
- EFS Foundation
- Elgin Jr. Woman's Club
- First Congregational Church
- Hanover Township Mental Health Board
- Pinnacle Financial Strategies Foundation
- Zurich Foundation

Just the Facts: Substance Use Costs U.S. Billions

Loss of productivity and treatment for mental illness, substance abuse and behavioral problems in America add up to \$247 billion annually, according to a panel assembled by the National Research Council and Institute of Medicine, *Reuters* reported February 13, 2009.

The panel, which gives recommendations to U.S. policymakers, examined the financial burden from mental illness, drug and alcohol abuse, and behavioral problems for Americans up to age 24. The figure includes treatment and lost productivity costs, but does not include costs associated with criminal justice, education, workplace disruption, or social welfare spending.

The panel urged the new White House administration to focus on prevention goals. "We really can prevent a lot of mental, emotional and behavioral disorders," said Kenneth Warner, who headed the panel and is dean of the University of Michigan School of Public Health.

Reprinted with permission from *Join Together Online* at www.jointogether.org

Hidden Hero Award Given To Renz Center Employee

Renz Center's Marcos Bostho was honored with the Hidden Heroes of Public Health Award at the Kane County Board of Health Meeting. The Hidden Heroes of Kane County was first awarded back in 1997 as a means to honor residents who have furthered public health principles and practices and provide services to Kane County. Kane County Health Department Executive Director Paul Kuehnert spoke about Bostho's outstanding achievements in HIV/AIDS prevention and education, and his work in the Latino community.

Bostho first came to Renz Center in 1999, and has been a champion HIV/AIDS prevention and education advocate

ever since. He has spent countless hours visiting homeless shelters, bars, and other locations providing HIV/AIDS prevention education, and in 2002 initiated an education/support group for Latino men who have sex with men (MSM). The group grew from five members to over 300, with 60 active participants. In 2004, Bostho obtained his certification to do HIV/AIDS testing and began working as a case manager for Open Door Clinic. In the past four years, he has tested over 2,000 Latinos for HIV/AIDS.



Employee Anniversaries April-September

1 Year

Zoya Agha
Howard Rogers

2 Years

Ron Ahlberg
Enrique Lechuga
Julie Pena
Lysette Pullman
Tanya Vallez

4 Years

Scott Bracken

5 Years

Jackie DeLaney
Jim Hall
Deb Howe
Sonia Perry

6 Years

Carolyn Clark

7 Years

Scott Austgen
Terri Lee

8 Years

Kathy Mack
Barbara Pachmayer

9 Years

Dave Crement

16 Years

Carlos Chavez
Colleen Koncilja

20 Years

Patti Anderson

Prevention News: Open Gym Program Geared To Keep Kids Safe

Kids are invited to participate in Hanover Township's "Open Gym" program, where kids can have fun playing games, enjoying arts and crafts, participating in educational activities or just visiting with friends. This free program is geared toward providing a safe, supervised place for kids to have fun. Renz Center's Prevention staff will provide alcohol, drug, and tobacco prevention education activities twice a week. As summer draws near, visit Renz Center's website at www.renzcenter.org for Open Gym dates, times and locations. No reservations necessary.

The Hanover Open Gym program is sponsored by Hanover Township Youth & Family Services, in collaboration from School District U-46, Villages and Park Districts of Bartlett, Hanover, and Streamwood, and Renz Addiction Counseling Center. For more information on Renz Center's times and locations, call (847) 697-1221.

Mix It Up . . . More FREE Programs For Kids

Held at Elgin's YWCA, Renz Center's Prevention staff will also be presenting All Stars and Girl Power! this summer—two *free* programs geared toward keeping kids off drugs and alcohol while at the same time boosting their self-esteem.

All Stars is a community-based program designed to delay and prevent high-risk behaviors in children between the ages of 11 and 14, including substance use, violence, and premature sexual activity, by fostering development of positive personal characteristics. The program is designed to reinforce positive qualities that are typical of today's youth, and works to strengthen self-worth and decision-making skills.

Girl Power! is part of a national public education campaign designed to help encourage and motivate 9- to 13- year-old girls to make the most of their lives. Girl Power! seeks to reinforce positive values among girls by targeting health messages to the unique needs, interests and challenges of today's youth.

For more information and to register for these programs, call (847) 697-1221.



Renz Center To Participate in Alcohol, Drug Prevention Camp

Once again Renz Center is coordinating community involvement in the 35th Annual Illinois Teen institute (ITT) Substance Abuse Prevention and Leadership Camp, July 19-23 at Monmouth College in Monmouth, IL. Incoming freshmen through grade 12 are invited to participate in this fun camp geared toward building leadership skills, elevating self-esteem, creating healthy personal and family relationships, achieving school success and learning essential alcohol and drug prevention skills.

"Last year we had more teens participate in the camp than ever before," said Renz Center's Executive Director Jerry Skogmo. "School administrators, teachers, community leaders and parents have been supportive of the camp, and the value it brings our community."

For more information on the camp, visit ITT's website at os-iti.org, or call Renz Center's Prevention Services Assistant Ande Suddeth at (847) 697-1221 ext. 23.