

Spring 2016

Thank you for your recent gift supporting one of our Behavioral Medicine programs. Your gift, and others like it, makes a tremendous impact in the lives of our patients recovering from substance abuse and other behavioral health issues.

Behavioral Medicine Funds

A. Viviano Art Therapy Fund – Brighton Center for Recovery
 Adult & Teen Drug/Alcohol Program – Brighton
 Amanda Speck Memorial Fund – St. John Macomb-Oakland Hospital
 Behavioral Medicine General Fund– Providence-Providence Park Hospital
 Brighton Adolescent/Teen Scholarship Fund
 Brighton Greatest Need Fund
 Brighton Family and Friends Program
 Brighton Patient Recreation Fund
 Brighton Patient Room Renovations
 Brighton Staff Continuing Education Fund
 Children’s Addiction Prevention Program – Brighton
 Eastwood Clinics General Fund
 Health Professionals Recovery Program – Brighton
 Henderson House – Men’s Halfway Housing – Brighton
 Henderson House Extended Care Fund– Brighton
 Intensive Outpatient Program – Brighton
 Louis A. Kassab Memorial Fund at St. John Macomb-Oakland Hospital
 Patient Care Extended Fund – Brighton
 Substance Abuse, Prevention & Awareness Program Fund – Brighton
 Women’s Halfway House – Brighton

You played a role in Mike’s recovery

Like many young people, Mike began using drugs after receiving a prescription for Xanax at age 15. Then he tricked psychiatrists into prescribing more. When prescriptions weren’t enough, he started buying other methamphetamines and opiates off the street.



Mike’s decline accelerated in his early 20s when he began mixing benzodiazepines (a class of psychoactive drugs) with alcohol. He stopped eating and lost a lot of weight.

“My mom woke me one morning and said she shouldn’t have to come into my room each day to make sure I’m still alive,” Mike says. “She said I had to go somewhere for help.”

Mike entered Brighton Center for Recovery for detoxification, started inpatient treatment and then moved into Brighton’s men’s halfway house.

“I became educated about relapse prevention, started working on my 12-step recovery plan and found my sponsor,” he says. “Group therapy was extremely valuable. We learned about structure by following a daily schedule. Each day was jam-packed with high-quality content to guide our recovery.”

After stabilizing and setting up ongoing psychiatric care, Mike left the halfway house, entered a recovery residence, then resumed his studies at Michigan State University.

“Brighton goes beyond detox treatment by educating patients and families about relapse prevention,” says Mike, now 23. “At the halfway house, patients learn the value of structure and discipline, which becomes the foundation for recovery. I’m forever grateful to Brighton.”

Your generosity allows Mike and others like him to maintain sobriety and reclaim their lives. Kudos to our donors who support Brighton Center for Recovery!

On the Horizon

- Major renovations, including new halfway houses, are coming to Brighton Center for Recovery.
- St. John Macomb-Oakland Hospital’s Behavioral Health Unit is being refurbished.

Donor Favorites



Brighton Center for Recovery Greatest Need Fund: Donations support the most urgent program, patient and service needs as deemed necessary by administration. Extended treatment options for patients, educational materials for therapy workshops and reupholstered chairs for group meetings have been acquired from this fund.

Eastwood Clinics & Patient Needs Fund: Eastwood Clinics provides outpatient Behavioral Medicine services for thousands of St. John Providence patients annually. Donations assist patients with the cost of medications and extended care services not covered by insurance and provide funds for support of all Eastwood services.

Louis A. Kassab Memorial Fund: This fund helps cover the cost of prescriptions for Behavioral Medicine patients at St. John Macomb-Oakland Hospital.

Patient Extended Care Fund - Brighton: Donations provide patients who do not have insurance or sufficient means for payment with additional treatment opportunities recommended by their clinical team, critical to their success in achieving and maintaining sobriety. In the past year, this fund helped over 40 patients reclaim their lives.



Alcohol
#1 Drug Problem
88,000 deaths yearly
 from alcohol-related causes



Prescription Painkiller
Overdose
44 deaths daily

15 million people
 live with major
Depression & Anxiety



Over 10% of children
 live with an
Alcoholic Parent

680,000 Americans
 use Heroin
8,200 overdose
yearly

With your help...a Brighter Tomorrow

SJP Behavioral Medicine services include outpatient mental health and substance abuse services, adult partial hospitalization, adult inpatient psychiatric care and a full range of psychological diagnostic services and therapeutic treatment for children. Your generous gift helps us offer these services to thousands of patients yearly.

3,100 people with addiction problems (from **35** states, **190** counties and **800** zip codes) were treated at Brighton Center for Recovery with help from your donations last year

30 patients in need received **120** prescriptions through your gifts to Louis A. Kassab Memorial Fund & Amanda Speck Memorial Fund last year

23,856 patients, including **3,211** children, with behavioral health issues, were treated by Eastwood Clinics with the help of your generosity last year



221 caring donors contributed **641** gifts totaling **\$76,763** to SJP Behavioral Medicine programs in the past 18 months

St. John Providence Foundations
 313-343-7480
www.stjohnprovidence.org/foundation