



**In This Issue:**

Halfway House	
Aftercare	1
Brighton is a National	
Teaching Institution	2
Clergy Program	3
Brighton Patients	
Motivated to Succeed	4
Volunteer Voices	4
Kosher Meals	5
Family Retreat	6
Coming Events	7
Gift Shop	7

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# Brighton Beacon

## Halfway Houses Integral to National Recognition of Brighton's Continuum of Care



Henderson House for Men



Women's Halfway House

"What happens to our patients following inpatient care is a key element in the continuum of care that sets our program apart from others in the country," says Denise Bertin-Epp, president of Brighton Hospital. "And a big piece of that continuum is the development of our Henderson Halfway House for Men and our recently opened Women's Halfway House on the Brighton campus."

"There is a huge need for additional care following an inpatient stay," says John Furey, who as Brighton's supervisor of outpatient programs manages the men's and women's halfway houses. "Our goal is to provide a safe place for patients to strengthen their recovery progress. Brighton Hospital,

however, is one of only a few treatment centers in the country that provide professional post-inpatient care right on campus."

Furey, who has been at Brighton for over four years, says that Brighton's patients need travel only 50 to 100 yards to be 'at home' in a professionally managed halfway house. He says that location is a key to success.

"We have found that when patients are referred to centers that they must travel some distance to reach, they often don't show up," says Furey. "They often go home and are at a heightened risk to either relapse immediately, or are fine at first and then they may relapse. Brighton's on-campus halfway houses offer an upbeat atmosphere where those

recovering feel safe and comfortable with their fellow patients as well as staff members, many who also are recovering from addiction."

While patients are more independent during their halfway house stay, they have individualized therapy, attend morning meditation and evening educational sessions and on-campus 12-step programs. They also have access to Brighton's intensive outpatient program and services that were available to them as inpatients. This includes medical care, treatment for opiate addiction and psychiatric medical review.



John Furey, LMSW, CAC-R, supervisor of outpatient programs.

*continued on page 5*



**How can you help in the fight against addiction disease?**  
Through your gifts, grants and bequests to the Brighton National Addiction Foundation you can play a pivotal role. There are many opportunities available to you to be part of the solution.

# Brighton Hospital: An Educational Center of Excellence

A national leader in the education of addiction specialists, Brighton Hospital is expanding the understanding of addiction treatment through addiction fellowships for medical students, advanced degrees for nurses and specialized addiction rotations for social workers. "These programs support the vision of Brighton Hospital as an innovator in treatment and education on a national level," says Brighton Hospital President Denise Bertin-Epp.

## Addiction Fellowships

Dr. Nalini Velayudham, the first addiction fellow at Brighton Hospital, began the nationally recognized fellowship under the direction of Dr. John Hopper, a year and a half ago. Dr. Daniel Schwartz, a graduate of the University of Illinois College of Medicine, began the fellowship this year. Dr. Schwartz completed a general surgery residency at the Medical College of Ohio and a plastic surgery residency at the University of Michigan.

"This has been a great opportunity for me to learn, to teach others and to help de-stigmatize the disease of addiction," says Dr. Velayudham, who completed her



*From left, Fellow Daniel A. Schwartz, M.D.; John Hopper, M.D., Brighton vice president of medical affairs; and Fellow Nalini Velayudham, D.O.*

family practice residency at Garden City Hospital-Michigan State University, and an anesthesia residency at Henry Ford Hospital. "Most medical schools do not study addiction, despite the fact that it is a disease that affects all ages and economic groups."

The fellowship in addiction medicine was launched in 2006 to provide postgraduate medical education and training in addiction medicine to qualified physicians and expand the numbers of physicians trained in addiction medicine. The program provides one year of experiential learning at Brighton Hospital and throughout the St. John Health System. Fellows are trained in all levels of addiction treatment

including outpatient, detoxification, rehabilitation and consultation. The fellowship program is open to physicians who hold an unrestricted license to practice medicine in the State of Michigan and are board certified in a specialty recognized by the American Board of Medical Specialties.

## Advanced Nursing Degree

Brighton Hospital is part of an accelerated program leading to the Bachelor of Science in Nursing (BSN) for second-degree nursing students from Oakland University. The course of study combines general education in the humanities and the social, biological and natural sciences with education in the theory and practice of nursing. Graduates are eligible to sit for the National Council Licensure Examination (NCLEX).

## Social Work Rotations

Brighton Hospital is a potential intern placement source for social work students from a variety of schools in the area - Wayne State University, Michigan State University, University of Detroit Mercy and others. Interns may or may not have

*continued*



*Brighton Director of Clinical and Patient Care Services Colleen Conklin, RN, MS, lectures Brighton staff members.*



*Oakland University nursing students currently rotating through Brighton Hospital. From left, Pam Duman, R.N., Brighton Hospital infection control practitioner/education coordinator; Andrea Smedo, R.N., B.S.N., Oakland University clinical instructor; Clementine Onuh; Amy Penn; Jason Busha; Brad L. Sutherland; Sama Hadous; Erin Cushings; Fortunata Mtenga; Erin Brady; and Sandi Elgert.*

addiction work as their ultimate goal, but all benefit strongly from what they learn about the disease of addiction. Students spend much of their time observing. Under the direction of a staff member, who is certified in addiction counseling, they can co-facilitate a group or conduct a first session or a didactic. Students and universities participating in Brighton's program say that what sets Brighton's program apart from others is the degree of mentoring that is provided.

### Dietetics Rotations

Current Brighton Hospital Dietetic/Food Service Intern, Amanda Olson, received a bachelor's of science degree in dietetics from Central Michigan University.

Olsen is on Brighton's campus four days a week for eight weeks for her dietetic food service rotation. The internship is through the City of Detroit Department of Health & Wellness Promotion. While at Brighton she experiences both food service and clinical dietetics under her preceptor, Joanne Reid, MS, RD, manager of food services and a clinical dietitian at Brighton Hospital. Brighton also has hosted dietetic students from Eastern Michigan University.



*Joanne Reid, left, introduces Amanda Olson to Brighton Hospital's Food Service Department.*

### Continuing Education

Brighton provides a dynamic learning environment for its professional staff by hosting nationally respected speakers who are pioneering treatment and leading edge research in addiction medicine. These continuing education programs assure the clinical excellence that's at the very heart of Brighton's vision. Michael A. Schiks, MA, ACATA, recently spoke to Brighton staff. He is the current executive director and CEO of Project Turnabout. Formerly the executive vice president of Hazelden Foundation's national treatment operations and CEO of Minnesota Model Consulting LLC, his expertise in the field of addiction is well known.



*From left, Dr. John Hopper, vice president of medical affairs; Michael Schiks; and Brighton President Denise Bertin-Epp.*



## Clergy Program Breaks New Ground Nationally

"Like doctors and nurses and others in the 'helping' professions, clergy often have unrealistic expectations of what they can do for others," says Roger Orazio Cangialosi, M.A., C.P., director of Brighton's new clergy treatment program. With an undergraduate degree in Bible theology and a master's in integrated counseling/psychology/theology, Cangialosi understands the unique challenges ministers face in the course of doing their jobs.

"The pressures on them are enormous, putting them at high risk for addiction," says Cangialosi. "Brighton's program is breaking new ground nationally in this area of addiction treatment. It has been developed to address the issues that cause addiction for clergy and make it difficult to seek help and to return to work after treatment."

Brighton's 30-day clergy program includes a daily spiritual service, lectures and discussion focused on secondary trauma, perfectionism, self-care techniques and working through guilt and shame. As director of the new program, Cangialosi leads groups, performs spiritual consults and is actively involved in getting the word out about the program.

# Dr. Savage Finds Brighton Patients Motivated to Succeed

Chad D. Savage, MD, of Premier Internal Medicine in Brighton, is an active referring physician in Livingston County, Michigan. He treats a significant number of patients with substance abuse issues.

"It is not my practice to judge my patients," says Dr. Savage. "Instead I help them make better choices to achieve optimal health. I find that my patients who have been treated at Brighton Hospital are the most motivated to succeed in their recoveries and compliant in accepting my guidance away from medications and toward better habits and healthier lifestyle choices. We need places like Brighton Hospital to help patients achieve better adjustments to stress than ones which lead them to drugs, alcohol or relapse from sobriety."

Dr. Savage grew up in Hartland, Michigan and currently lives in Milford, Michigan with his wife, Dr. Robin Bobal-Savage, a pediatrician. He is affiliated with St. John Health and Providence Park Hospital.

After undergraduate studies at the University of Michigan, Dr. Savage went on to earn his medical degree at Case Western Reserve University School of Medicine and completed his internal medicine residency at the Barnes-Jewish Hospital and the Washington University School of Medicine. He was awarded the Five Star Customer Service Award by Providence Hospital. Dr. Savage is a member of the Greater Brighton Area Chamber of Commerce, the American Medical Association, the Michigan State Medical Society and the Livingston County Medical Society. Dr. Savage can be reached at 810-225-4589.



Chad D. Savage, M.D.

## Volunteer Voices

Jennifer Cervi began volunteering at Brighton three months ago and became a part time employee in the gift shop after six weeks. Like 50 percent of Brighton's employees, Jennifer came to Brighton for treatment and rehabilitation. She had been living in Ft. Worth, Texas, where she returned after 10 days of inpatient rehab at Brighton. Jennifer will celebrate two years of sobriety next May. She made the move back to Michigan last August and "threw herself into volunteering at Brighton."

Jennifer is part of Brighton's Volunteer Re-Entry Program, a systematic progressive volunteer program that builds trust, belief and empowerment into the lives of participants and fosters community commitment and individual responsibility within the hospital volunteer program. Patients in the program go from addiction, to recovery, to service and then re-entry into the workforce.

"I knew I wanted to work at Brighton and volunteering was the first step. I worked in admissions, coffee cart, family retreat, reading to patients – wherever they needed me. I'm hoping next to move into the position of milieu tech, which is to be a liaison between patients and the nursing staff. I have a bachelor's degree in sociology and want to begin working on a master's in either counseling or social work next year. Service work is instrumental in maintaining recovery. It gets you out of yourself because you see every day where you have come from. My former counselors are now my colleagues and that is an honor!"



Jennifer Cervi volunteers with Brighton's Coffee Cart.

**To volunteer at Brighton Hospital call (810) 225-2527 or send an email to [volunteer@brightonhospital.org](mailto:volunteer@brightonhospital.org)**

# Brighton Hospital Offers Kosher Meals on Request

Joanne Reid, RD, a registered dietitian at Brighton Hospital has linked with key Orthodox Jewish organizations in the Michigan Jewish Community to bring double-sealed pre-packed kosher meals to Brighton Hospital for patients requesting them.

"We are grateful for the support the hospital has received to enhance our ability to provide culturally-sensitive diets in our food service at Brighton Hospital," says Reid. "Kosher food will enhance the availability of choices in addition to our regular offerings and vegetarian options. We want families, patients and those who refer to Brighton to know we seek to provide delicious and healthy food, sensitive to each person's dietary and cultural needs and beliefs. We can never predict how

many of our patients will be of the Jewish faith, and we also don't know how many among them observe kosher dietary laws, so we sought the expertise available in the community."

"We got excellent advice from Rabbi Yosef Krupnick, of Windsor, Ontario," says Brighton Vice President of Development Richard Kramer. "He represents the Council of Orthodox Rabbis of Detroit and tutored us in kosher dietary law and showed us how to keep kosher meals kosher. Rabbi Krupnick invited Leslie Kleiman, president of Morris Kosher and distributor of Kosher products to attend an in-service training. Kleiman helped us better understand how to handle meals in a facility that provides substance abuse rehabilitation to Jews and non-Jews alike."



Rabbi Krupnick provided useful information about kosher dietary laws.



Leslie Kleiman helped Rabbi Krupnick explain kosher products and their correct handling to Brighton's Joanne Reid, RD.

## Halfway Houses Integral to National Recognition of Brighton's Continuum of Care

continued from page 1



Furey points to the community appreciation and support Brighton has received for its outstanding programs. "We're very proud that so many believe in us enough to provide scholarships and donations for construction, renovation and equipment," he says. "They are helping us get people the essential help they need."

You can help Henderson House for Men, or our Women's Halfway House, through your donation. A reply envelope is enclosed for your tax-deductible gift.



*"I felt like it was a miracle that the halfway house was opening at exactly the same time that I was here at Brighton Hospital for treatment"*

*A patient in the Women's Halfway House.*

Deacon Patrick McDonald, former Brighton Hospital board member, fourth from left, offers blessings for the newly opened Women's Halfway House (WHH) and the Brighton Hospital staff. With him following the ceremony are, from left, Colleen Conklin, director of clinical and patient care services; Anna Siemaszko, WHH therapist; Virginia June, director of business development; LaRea Kremhelmer, development representative; Marissa DeLisle, director of human resources and EOC; Nichole Maguire, business office; Nancy Klupacs, accountant, and Maya McElroy, development major gifts and events manager.

# The Brighton Hospital Fall Family Retreat Weekend

The Retreat was a huge success providing opportunities for therapists to receive CAC credits and for families and friends coping with an addicted loved one to gather for education and camaraderie.



Dr. John Hopper, Brighton Hospital chief medical officer, presented "Dual Diagnosis and Addiction" and "Updates in Addiction Medicine."



Brighton Hospital Trustee and keynote speaker, Debra Jay, far right, takes a quick break with Fall Family Retreat co-chair, Julie Kelly, and volunteer, David Hopper.



Al Sutterfield and Peter Perez, the two members of the band Latitude, entertained participants with songs of recovery.



Anetia Isbell, a Brighton Hospital family therapist, presented a talk about the tools one can use to mend a relationship with someone newly in recovery.



Hope Brown opened Fall Family Retreat Weekend with a captivating talk about how addiction affects the entire family.



During breakout sessions, Mike Burke and his daughter Kately Burke presented, "When Your Addicted Loved One is Your Parent."



Seminar participants received a binder with reference material for future use.

# Upcoming Brighton Hospital Events

*You're Invited!*

## BRIGHTON HOSPITAL PROGRAMS

Please call 810-227-1211 to confirm date, time and location.

### Friends and Family Program

Family and friends of Brighton Hospital patients are encouraged to join our lectures, discussion groups and one-on-one sessions.

Ongoing each Wednesday and Saturday

Noon to 5:30 p.m.

Brighton Main Building

### Chit Chat Support Group

An informal weekly discussion group for those who have addicted loved ones

Every Wednesday, 7:30 p.m.

### Tune-Up

Welcomes Brighton Hospital alumni for talk, camaraderie, coining and celebration of sobriety.

Sunday, May 4, 2008, 8:30 a.m. to noon

Saturday, August 16, 2008, noon to 4 p.m.

[Watch for more information.](#)

### Brighton Hospital Professionals Education Corner

All sessions held in Group Room 22. Lunch is provided

#### All Professionals Welcome

December 4, Noon

Dealing with the Criminal Justice

Client in Addiction Treatment

Presented by Jennifer Mitchell

December 18, Noon

Latino Issues in Addiction Treatment

Presented by Rita Astzian

### Auricular Acupuncture

Detox Training Schedule for 2008

January 11-13, April 11-13, October 10-12

Sessions will last from 9 a.m. to 5 p.m. each day

in the Annex Conference Room

Earn 22 CAC credits specific to substance abuse

## BRIGHTON HOSPITAL FUNDRAISING EVENTS

### "Gimme Shelter:" An All-Day

#### Yoga Event for Brighton Hospital

Sunday, February 24, 2008

The Yoga Shelter of West Bloomfield

[Watch for more information.](#)

### Brighton Hospital Annual Golf Classic

Monday, August 11, 2008, 11 a.m. to 7 p.m.

Lakelands Golf and Country Club

For information, call Maya McElroy,

810-225-2531

## COMMUNITY SUPPORT GROUPS MEETING REGULARLY AT BRIGHTON HOSPITAL

Please call 810-227-1211 to confirm date, time and location.

### Alcoholics Anonymous

12-step program for individuals with a desire to stop drinking.

Every Sunday, Monday, Wednesday, Friday and Saturday, 7:30 p.m.

Brighton Hospital Main Building

### Narcotics Anonymous

12-step program for individuals with a desire to stop using narcotics.

Every Sunday, Wednesday, Friday and Saturday, 7:30 p.m.

Brighton Hospital Main Building

### Al-Anon

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

Every Friday, 7:30 p.m.

Brighton Hospital Main Building.

### Co-Dependents of Sexual Addiction

Every Tuesday, 7:00 p.m.

### Kleptomaniacs & Shoplifters Anonymous

Every Tuesday, 7:30 p.m.

### Sex Addicts Anonymous

Every Tuesday, 7:00 p.m., and Saturday, 5:00 p.m.

Note: Meeting times and dates for all programs are subject to change. Please call 810-227-1211 to confirm date, time and room assignments. For regularly scheduled evening meetings, please use the side entrance.

For further event updates and educational offerings, visit our website at [www.brightonhospital.org](http://www.brightonhospital.org)

## Shop for the Holidays at Brighton's Gift Shop

The Brighton Hospital Gift Shop, located on the garden (lower) level of the main building in the Burdick Room, is open to patients and the public. Along with special holiday items, you will find recovery literature and inspirational reading, greeting cards, snacks and candy, phone cards, laundry supplies, personal items, soaps and lotions, jewelry and clothing. The Gift Shop is open seven days a week at varying regular hours and extended holiday hours. Call Brighton's main phone number, 810-227-1211, for specific times.

Visa, MasterCard, American Express and Discover credit cards and debit cards with Visa and MasterCard logos are accepted. Family members and friends can make deposits in a patient's account by calling the Gift Shop at 810-225-2589.

All Gift Shop proceeds, along with funds raised through associate giving by Brighton Hospital employees and through the Brighton Hospital Golf Classic, support the Patient Extended Care Program. This program provides scholarship-type funds to support additional days of rehabilitation for patients who have no insurance.





# It is with great pleasure that Brighton Hospital welcomes the leadership of the Brighton National Addiction Foundation



**Joseph Gerritt Nuyen, Jr., JD**, Brighton National Addiction Foundation chair, is the founder of the law firm of Nuyen, Tomitshen and Aoun, P.C., in Northville, Michigan. Nuyen graduated cum laude from Kalamazoo College and magna cum laude from Wayne State University, where he earned his law degree. The director of the Michigan Society of Healthcare Attorneys, Nuyen is a generous Brighton Hospital supporter.



**Richard Kramer**, Brighton National Addiction Foundation president, has been a fundraising professional since 1971. He has worked in public broadcasting, universities, hospitals, academic health science centers and children's hospitals. A cum laude graduate of Union College in Schenectady, New York, Kramer joined Brighton Hospital in spring of 2006.



**Charles R. Frizzell** (Rick) owns SLATS Enterprises, Inc., a family-owned and operated property management company. Frizzell's mother, Beulah (now deceased), was a devoted Brighton Hospital volunteer. A generous Brighton Hospital Golf Classic sponsor, Frizzell also is involved in many national fundraising efforts.



**Susan Moray Karr**, a therapist and substance abuse interventionist, is a generous Brighton supporter who believes in Brighton Hospital's mission and vision. With Denise Bertin-Epp, Brighton's president, and Rabbi Dannel Schwartz, of Temple Shir Shalom, in West Bloomfield, Michigan, Karr has helped forge a Brighton Hospital role with Shir Shalom's "Corners," an innovative national educational wellness and charitable center.



**William M. Kuhn** is an asset managerial tax advisor at Oppenheimer & Co., and a partner in a pharmaceutical packaging firm. He is passionate about Brighton Hospital's mission. Kuhn, his wife Joellyn, and their foundation, provided the funds for the J.J. Kuhn Serenity Garden that graces Brighton's campus.



**Earl LaFave** is a prominent figure in the Livingston County business community. His family is active in organizations that house battered women and he and his wife, Rosemary, have established funds at Children's Hospital of Michigan and Oakwood Hospital in memory of their daughter.



**Mary M. Lyneis, JD**, is an associate attorney at Monaghan, LoPrete, McDonald, Yakima & Grenke in Bloomfield Hills, Michigan. She earned her law degree from the University of Detroit-Mercy. Active in the community, she serves on the boards of several charitable organizations and teaches seminars and classes in estate planning.



**Richard Irwin Lippitt, JD**, is a Milford, Michigan, attorney, with a practice specializing in legal support around driving offenses including DUI and suspended license cases. He brings significant philanthropy talent and knowledge of addiction and the law to the foundation board.



**Jeffrey Gilbert Mark** works for Weight Watchers Group, Inc., where his mother, philanthropist Florine Mark, is a large franchise operator. Jeffrey Mark serves on the Michigan Board of The Jewish National Fund, a charity that raises funds for Israel, and has many contacts in the Michigan philanthropic community.

**Anita Penta** is a special education teacher and transition specialist at the Adolescent Day Treatment Center for Redford Union Schools, in Redford, Michigan. She also is active in the management of the Perri Family Foundation, established by her late husband's uncle. Very supportive of Brighton's mission, Penta has expertise with younger populations.



**You can give by going to our web site!**  
**[www.brightonaddictionfoundation.org](http://www.brightonaddictionfoundation.org)**

The Brighton Beacon is a regional and national awareness publication of Brighton Hospital. Comments and questions should be directed to Brighton Hospital, Office of Development, 12851 Grand River Rd., Brighton, MI, 48116. Telephone: 810-225-2590, or e-mail: [foundation@brightonhospital.org](mailto:foundation@brightonhospital.org).

Brighton is a 501(c)3 nonprofit organization and relies on the generosity of individuals, corporations, foundations, organizations and special events to advance its mission through new programs such as our halfway houses.

Please write to us at the address above if you no longer wish to receive fundraising requests supporting Brighton Hospital.



**Happy Holidays and a Healthy New Year to all our friends and supporters. Your gift now will help thousands to a successful recovery in 2008**