

BRIGHTON HOSPITAL
A leading national chemical dependency residential and outpatient treatment center



In This Issue:

Women's Halfway House Opens	1
Introducing Colleen Conklin	2
Trustees Join Board	2
Brighton Hospital Annual Golf Classic	3-6
Coming Events	7
Challenging Statistics	7

Brighton Hospital Board

- John A. Wise, *Chair*
- Sister Xavier Ballance, *DC*
- Robert Casalou
- Lynn R. Evans
- J. Theodore Everingham
- Marion Ginopolis
- Judge Harold Hood
- Debra Erickson Jay
- Ivan Ludington, Jr.
- John Malasky
- William J. O'Neill
- Sam Passalacqua
- Richard J. Suhrheinrich
- Robert C. Wachter
- William L. Matthews, *Emeritus Trustee*

Brighton Hospital Executive Team

- Denise Bertin-Epp, *President*
- Marissa DeLisle, *Secretary*
- Jackie Hill, *CFO*
- John Hopper, *MD*
- VP, *Medical Affairs*
- Richard Kramer, *VP, Development*

Brighton Beacon



Safe, Clean and Sober Living for Recovering Women Women's Halfway House Serves Region and Nation



The new 16-bed facility has the look and feel of a comfortable home. A full time therapist is on site, and the complete resources of the hospital are available to residents at all times. Residents have access to the medical clinic, classes, therapy, training and 12-step programs. While the average halfway house stay is 90 days, women can stay up to six months.

With the opening of the Brighton Hospital Women's Halfway House, graduates of rehabilitation treatment programs no longer face the obstacle of finding sober housing options. They now can solidify the progress made during treatment before returning home or finding new long-term living arrangements in their communities.

"The Brighton Women's Halfway House addresses a lack of such facilities for women, who comprise 40 percent of the hospital's patient population," says Denise Bertin-Epp, Brighton Hospital president. "Michigan and nationwide demand has proved so strong that within the first few weeks of operation, we have filled every bed and a waiting list is growing."

The fundraising drive for the Women's Halfway House has already raised more than \$300,000 toward construction and scholarship funds. The hospital seeks additional major gift and grant support to add a wing for children, enabling mothers to bring their young children with them. Minivans also are needed to transport women and children to school, church, vocational training and other activities.

For information about how to support aftercare services at Brighton Hospital, please contact our development department, at 810-225-2590, or visit our website at www.brightonhospital.org.



Denise Bertin-Epp with new trustee Marion Ginopolis



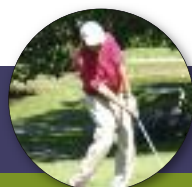
Making it official, from left, Brighton President Denise Bertin-Epp, Trustee Sr. Xavier Ballance, and Board Chair John Wise.



Dining Room provides a comfortable area for meals.



Addiction Fellow Dr. Nalini Velayudhan and Nurse Practitioner Christine Weber welcome the new addition to Brighton's campus.



The \$51,000 raised by Brighton Hospital's rapidly growing Golf Classic helps supports the Women's Halfway House. See Inside for more on the August event.

Brighton's Board Enhanced by New Members



Marion Ginopolis has an outstanding reputation for education and technology and a passion for preventing addiction/drug use among adolescents. She is an education consultant to Microsoft Partners in Learning, the Bill and Melinda Gates Foundation, Intel Teach to the Future and others.

Debra Erikson Jay is internationally known as an addiction specialist, interventionist and author. She is co-founder of Jeff & Debra Jay Associates, a private practice that includes interventionists from throughout the United States and Europe. Her latest book is "No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction." Debra is a volunteer lecturer at addiction programs nationally, and is well known at Brighton for her family retreat lectures.



Sam Passalacqua is a certified public accountant at Ted Funke and Associates, PC, in Troy, Michigan. He is a member, lector and Eucharistic minister at St. Thomas More Catholic Church in Troy,



Michigan, and has served on various Troy school committees. His presence on Brighton's board serves to broaden financial knowledge at the governance level.

Richard J. Suhrheinrich, who continues the devoted service of his father, Judge Richard F. Suhrheinrich, on Brighton's board of trustees, is a health care attorney and professor. With both a JD and MBA, Richard brings significant ability to partner for statewide presentations and legal assistance programs nationally.



Tune-Up: Huge Alumni Gathering Fills Several Tents

Brighton alumni and their families enjoyed warm weather, good food and lots of activities for the kids at the **August 11th Family Tune-Up**. The next Alumni Tune-Up is scheduled for Sunday, November 4, 2007. Please check our website, www.brightonhospital.org, for more information.



Colleen Conklin, RN, MS, Heads Clinical and Patient Care Services

"It is an honor to join the professional and leadership staff at Brighton Hospital," says Colleen Conklin, RN, MS, Brighton's new director of clinical & patient care services.



"I am proud to be part of the strategic thinking, dedication to patients and service excellence model at Brighton." Ms. Conklin has extensive experience in senior management, hospital and ambulatory care operations management, strategic planning, core systems process redesign and change management. Before coming to Brighton Hospital, Ms. Conklin was site director of St. John Detroit Riverview Hospital Behavioral Health Services.

Coffee Cart Has it All

How about a cup of coffee to jumpstart your day or a bagel, fruit salad or yogurt?

Open to the public Mondays, Wednesdays and Saturdays, from 6:30 a.m. to 1 p.m., the Coffee Cart provides both regular and decaf coffee as well as tea. All proceeds support the Patient Extended Care Fund. Coffee Cart hours support the schedule of Brighton's highly acclaimed Friends and Family program.



Brighton employees John Kornowski and Rosa Quezada enjoy a snack from the Coffee Cart.

Volunteers Foster New Beginnings

Since Brighton's volunteer program began, hospital volunteers have played a significant role in fostering new beginnings for patients and families. Volunteers generously contribute their time to make Brighton Hospital a center of hope, healing and motivation.

Volunteer schedules are flexible and you can commit to as little as one day per month. For more information on volunteering, contact Nate Sjogren, volunteer coordinator, at 810-225-2527, or go to volunteer@brightonhospital.org to schedule an interview and campus tour.



Some of Brighton Hospital's volunteers

Upcoming Brighton Hospital Events

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, November 4, 2007, 8:30 a.m. to noon 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 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 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.



Montel Show Revisits Brighton Success

Media coverage of Brighton Hospital continued in August when follow-up to the initial Montel Williams Show (see story at www.brightonhospital.org.) featured the successful early recovery of a mother and daughter. They had received an on-air intervention on a prior Montel broadcast in which Brighton Hospital

President Denise Bertin-Epp appeared.



The younger family member has since delivered a healthy baby who avoided drug withdrawal as a result of the rehabilitative care she received at Brighton

Hospital during her pregnancy. Due to the strength of the ob/gyn program at nearby Providence Park Hospital, Brighton can provide rehabilitation during pregnancy that is not offered by some other leading substance abuse facilities. The result: healthy and happy mothers and infants and a new generation with better chances for life and sobriety.

Challenging Statistics Show Why Your Support is so Important in Brighton's Fight Against Addiction

Non-medical use of prescription drugs among young adults increased from 5.4 percent in 2002 to 6.4 percent in 2006, due largely to an increase in the non-medical use of pain relievers.

An estimated 22.6 million persons (9.2 percent of the population ages 12 and older) may have had either substance abuse or dependency problems in the past year. Of these, 3.2 million were dependent on or abused both alcohol and illicit drugs; 3.8 million were dependent on or abused illicit drugs, but not alcohol; and 15.6 million were dependent on or abused alcohol, but not illicit drugs.

Problems of substance abuse and mental illness are often intertwined. For example, 34.6 percent

of 12- to 17-year-olds who had a major depressive episode in the past year had used illicit drugs – as opposed to 18.2 percent of youths who had not experienced a major depressive episode during this period. In 2006, 3.2 million youth, ages 12 to 17, had at least one major depressive episode.

Statistics are from the National Survey on Drug Use and Health, which surveys approximately 67,500 people annually, including residents of households, non-institutionalized group quarters and civilians living on military bases. The complete survey findings are available on the web at www.oas.samhsa.gov.

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: GIVE@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.

**Check out
our new
Website!**



www.brightonhospital.org

Your feedback is greatly appreciated

Brighton's Gift Shop for Recovery and Holiday Items



Volunteer Julie Henson, behind the counter, enjoys working in the Gift Shop.

The Brighton Hospital Gift Shop, now located on the garden (lower) level of the main building, in the Burdick Room, is open to patients and the public. Recovery literature and inspirational reading, greeting cards, snacks, phone cards, laundry supplies, personal items, jewelry, clothing and seasonal items are among the items available. The Gift Shop is open Sunday-Saturday; please

call Brighton Hospital at (810)-227-1211 for store hours. 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 or are underinsured.


stJOHN HEALTH BRIGHTON HOSPITAL
12851 Grand River Road
Brighton, MI 48116