

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



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# Brighton Beacon



## Brighton Launches 30-Day Clergy Recovery Program

With the announcement of a new therapy program geared to the needs of clergy suffering from alcoholism and addictions, Brighton Hospital is filling a need for previously unmet services in the Midwest.

"While Michigan and the Midwest offer treatment programs for Catholic priests and nuns, there is a need for a special track designed specifically



Virginia June says that the new program is consistent with the philosophy of those who founded Brighton Hospital some 57 years ago. (For more on Brighton's history, see page 6.)

for the needs of non-Catholic clergy of all denominations," says the Rev. Dr. Virginia M. June, LMSW, CAAC. "I am just one of the folks at Brighton Hospital with ministerial credentials and we are fortunate to have others such as John Franklin, an ordained minister and Brighton psychologist. Our friends in the clergy do so much for patients and families and we need to be there for them when the need is theirs."

"This program will not only help the clergy members we treat, but through them, will touch the lives of all those in the community who look to them," says Jennifer Mitchell, director of patient care at Brighton Hospital.

"Clergy in the program will develop skills in coping with secondary trauma and perfectionism, practical methods of

self-care and techniques for dealing with guilt and shame," says June.

"Brighton's physicians, therapists, nurses and other rehabilitative staff have an exceptionally strong skill mix and an understanding of the importance of spirituality in recovery."

For confidential information about the Brighton Hospital 30-Day Clergy Program, contact Jennifer Mitchell, director of patient care, at 810-225-2515, or Virginia June, director of business development, at 810-225-2569.



John Franklin is a long time faculty member at U of D Mercy, and a respected innovator in curriculum development in addictions.

## Brighton Hospital Aired Nationally on Montel Williams Show to 2.5 Million Viewers

Brighton Hospital President Denise Bertin-Epp discussed the family dynamic in treating drug and alcohol addiction as a guest expert on the January 12th Montel Williams show. Alicia Salzar, director of After-Care for the Montel show, and a mother, and daughter who are both battling addiction, joined her in the discussion.

"I was delighted to have the opportunity to speak to this subject nationally," says Bertin-Epp. With approximately 15 million Americans addicted to prescription drugs, the topic needs attention. Appearing

on the show was a great experience. The level of resistance to treatment experienced by the featured family is generally what we see at Brighton."

The nationally syndicated program aired to an audience of approximately 2.5 million viewers, and highlighted the national reputation of Brighton Hospital as a highly respected program for addiction treatment.



Brighton Hospital President Denise Bertin-Epp (second from left) with Montel Williams (third from left) and his staff at their Manhattan Studios

## Message from our President Denise Bertin-Epp

Not so long ago a societal myth existed about alcoholics and drug addicts. It was thought they have to hit rock bottom or be at an all time low before ready to accept help, enter treatment or seek recovery. Many held the opinion that there was nothing they could do but watch an addicted individual's relationships, health and life deteriorate. Thankfully, healthcare advancements have penetrated this stereotypical wall of addiction fiction.

Research now demonstrates that addiction is a chronic disease that has a significant hereditary component. The most effective path to recovery requires that we respond to both components without judgment and with efficacious treatment.

Early intervention is the new care approach used to help an addicted person get help for his or her chronic illness sooner, rather than later.

Intervention refers to talking to the person, formally or informally, and asking him or her to take the concrete steps necessary to address the problem of addiction. Families and friends who choose to intervene with a loved one are performing an act of love that can be lifesaving and life altering.

Brighton Hospital works collaboratively with physicians, employers, employee assistance programs, therapists and professional interventionists to assist addicted individuals access treatment early in the disease state. As with other chronic diseases, early intervention can lead to enhanced quality of life and an increased life span.

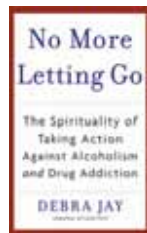
In this issue of the *Brighton Beacon* we've focused on key community members and professionals who are dedicated to helping addicted men and women, and their families, access the healthcare they need at any point in the addiction disease continuum.



## Books Help Prepare for Intervention

According to the Partnership for a Drug-Free America, the point of any intervention is to ask the person to take concrete steps to address the problem and lead them to the help they need. The steps may include being evaluated, attending counseling or entering in - or outpatient treatment.

In the area of intervention, Brighton Hospital works closely with nationally recognized interventionists such as Jeff and Debra Jay, the founders of Jeff and Debra Jay & Associates, a private practice that includes interventionists throughout the United States and Europe. They have written extensively on addiction in books that include *Love First: A New Approach to Intervention in Alcoholism and Drug Addiction*, and



*No More Letting Go*. Debra's latest book, *At Witt's End*, is co-authored with another expert.

"The need for intervention is huge," says Debra. "People think inter-

vention is about the addict, but it is really all about the family." Referring to the family system, Jeff says, "Once we turn the 'enabling' system into an 'intervening' system, everything changes."

"A family intervention begins with one person," say Jeff and Debra. "Looking for a way to end the problems caused by alcoholism or other addictions, one family member or friend brings other people together to learn how to help. Those who love the addicted person put aside everything they think they know, and begin anew. With a thorough and updated education, the family makes a well-informed decision about intervention."

Both agree that a key element in an intervention is the experience of the interventionist, who is walking into a family that is often in crisis and may be multigenerational in its addiction. They say that some 85 to 90 percent of their interventions result in the person entering treatment immediately following the intervention

**Jeff is a former Brighton Hospital employee and he and Debra have been generous in training clinical staff on intervention, no less than once per year.**

and most enter treatment eventually, "especially if the family does not 'fold' on its commitment to help them," adds Jeff.



In their book, *Love First: A New Approach to Intervention in Alcoholism and Drug Addiction*, Jeff and Debra

call intervention "the most effective technique families can use to help a loved one suffering from chemical dependency. It is also the most ignored. But just as CPR is often the first, life saving step in helping a heart attack victim, intervention is the most powerful step that a family can take to initiate the recovery process.

"The key to an effective intervention is love, not threats," say Jeff and Debra. "All participants are encouraged to acknowledge, and sometimes dig way back to recall, the good in the person and the good times in the family's past."

To learn more about intervention, go to Jeff and Debra Jay's website: [www.lovefirst.net](http://www.lovefirst.net), or the Partnership for a Drug-Free America website: [www.drugfree.org](http://www.drugfree.org).



Interventionists and Authors, Debra and Jeff Jay

## Meet the Staff

### Mark Menestrina, MD



*Dr. Menestrina understands the recovery process from his own experience.*

As the director of the Brighton Hospital Detox Center, Dr. Mark Menestrina sees patients who often are desperate for help with the problems caused by their substance abuse. He understands what that is like, not only from their case histories or his medical books. He understands because he has been at the same place in his life and brings that understanding to his work.

In 1987, Dr. Menestrina's medical license was suspended and his family life was in shambles because of his drinking. How did he get his life back?

"Nothing changed but me," he says. After years of denying that he had a problem, and finding himself without money, friends, family support, driver's license or medical license, something clicked.

"I had nowhere else to go so I lived in a recovery house," he says. "After about five weeks, for the first time in my life I felt exactly how I wanted to feel – without the drugs or alcohol. I finally understood that recovery is a struggle that continues through life. Eventually, I got sober and got back my wife, my family, my friends and my work."

Dr. Mark, as he is affectionately called at Brighton Hospital, is very understanding and sympathetic with his patients. "But it is hard to fool me," he says. "I've been there. I can relate. I know how hard the recovery process is but I also know that the act of reaching out to others helps keep me sober. And I know only too well that part of the recovery process is making amends for all the things I did. By working here I try to make amends. Working in this field, for me, is the greatest blessing.

"It may sound funny, but my addiction is the best thing that ever happened to me," he continues. "I consider it a gift

that was given to me - one that I am grateful for every day of my life."

Dr. Menestrina received his medical degree from Wayne State University School of Medicine in 1979. He completed his internship and residency in family practice at Oakwood Hospital in 1983, and subsequently was certified by the American Society of Addiction Medicine.

Since 2000, Dr. Menestrina has worked full time at Brighton Hospital and, during the last 15 years, has been involved in the care of more than 20,000 chemically dependent patients and their families. Dr. Mark is among the most requested community and clinical speakers at Brighton. Along with staff from Brighton's business development office and other physicians, nurses, therapists and staff, he welcomes invitations to speak at schools, community events and to employee and management groups at corporations. From the platform of radio, television and newspapers, Dr. Mark and other staff provide information for families about substance abuse prevention and rehabilitation.

To find a speaker in your community to talk about addiction, contact our business development office, at 810-225-2569.

## Brighton Nurses Certified for Addictions Specialty

In May of 2007, 20 Brighton nurses will become certified addictions registered nurses (CARN) through the International Nurses Society on Addictions (INSA).

"Having such a large number of addiction certified nurses is a significant step for Brighton Hospital," says Barb Shaw, RN, Brighton Hospital's nursing manager.

"It supports our commitment to the emphasis on clinical excellence that sets Brighton apart from other chemical dependency treatment centers. In this sense we share in the vision expressed by INSA – *to be a global leader in addictions nursing* - and we are excited to be part of this significant work."

INSA was formed in 1975 to advance excellence in addictions nursing practice through advocacy, collaboration, education, research and policy development. First offered in 1989, CARN promotes the highest standards of addictions nursing practice. This certification recognizes the attainment of a high level of expertise and commitment in providing quality nursing care in treating addictions.

"At Brighton, we preserve the role of nursing through innovations such as the electronic medical record, centralized purchasing and patient self-care models and are committed to providing addiction-specific education to clinicians in training," says Jennifer Mitchell, MA, LLP, director of patient care services.

"We also are a preferred placement for 2nd year nursing students from Oakland University and host other clinicians in training such as physicians, social workers and psychologists."

The newly certified nurses work in conjunction with a staff of full-time, board-certified physicians. Brighton is the only treatment center in Michigan that has 24-hour nursing staff coverage and a full-time registered dietician and nutrition specialist.

# Brighton Honors Michele Der Pilibosian

The Brighton Hospital Service Excellence Committee has chosen Michele Der Pilibosian as the 2006 Employee of the Year.

"Michele has the respect of her peers and consistently goes above and beyond duty on a daily basis," says Barb Shaw, nursing manager, who has



been Michele's supervisor for the past four years. "She has a very strong work ethic and treats each patient with dignity. Michele always has a smile on her face and a kind word for everyone, which makes all the difference to many of our emotionally vulnerable arriving patients. No matter how busy she is, Michele will do whatever needs to be done to get a person's needs met. She also goes out of her way to assist fellow employees. She truly is one of a kind and we are so fortunate to have her as a part of our team."

A member of the Brighton Hospital Nursing Department since May of 1996, Der Pilibosian began as a patient care technician, then became a patient transporter and currently works as a unit clerk on the chemical dependency units. She has four children and currently attends evening classes to pursue a nursing career.

## Teamwork is Key for Successful EAP Program

When Larry Grezak began working at Brighton Hospital on January 8, 2007, he felt "right at home." The UAW employee assistance provider representative for the last nine years of his 34-year employment at Detroit Diesel, and in recovery himself for 29 years, Larry is familiar with Brighton and brings a unique perspective to his work.

"I saw a way to improve the referral experience through the establishment of a partnership between the **employee assistance program (EAP)** and **employee service support program (ESSP)** representatives, the person being referred, and Brighton Hospital," he says. "When I approached Denise Bertin-Epp (Brighton's president) with the idea of becoming the liaison person to work with the EAP and ESSP reps out in the field, she immediately agreed."

Employee assistance programs are employee benefit programs offered by many employers, typically in conjunction with a health insurance plan. EAPs are intended to help employees deal with personal problems that might adversely impact their work performance, health and well-being. EAP counselors typically provide assessment, support, and if needed, referrals to additional resources. An EAP's services are usually free to the employee or



*Brighton's Larry Grezak and UAW ESSP Nicole Charles are an effective team.*

household member, having been pre-paid by the employer. Typically, an employer contracts with a third-party company to manage its EAP.

Grezak says that EAPs are particularly important in Michigan today because of workplace challenges caused by downsizing and layoffs. He spends his time interacting with the EAPs and ESSPs, introducing representatives to Brighton's services and following up with referrals.

"It is so important that we work together," he says. "The staff at Brighton needs to know as much as possible about the person being referred and when he or she is at Brighton, it is equally important that information be communicated back to the EAP representative concerning their referral."

"Communication is the key," agrees Nicole Charles, UAW ESSP representative. "Because of Brighton's approach, I know what is available for the people who come to me for help, what to expect and that there will be follow-up. We are all part of the team."

Charles has worked for the UAW for 10 years and was appointed ESSP representative two years ago. "I encourage employees to come to me for help by placing articles in newsletters and making brochures available," she says. "The majority come to see me after recognizing that they have a problem that they can no longer deal with by themselves. Although referrals go through the managed care company, I encourage referrals to Brighton because of the quality of its program."

## Introducing: Professionals in the Field

**Eric N. Coffman, DO**, specializes in family medicine and addiction medicine. He is on staff at St. Mary's Hospital in Livonia, Botsford Hospital in Farmington Hills, and Garden City Hospital in Garden City. "I may be able to manage the patient medically, but it also takes someone else to teach this chronically ill person how to get through his day without using drugs or alcohol," says Dr. Coffman. "When a patient's needs suggest a longer length of inpatient stay and a highly structured program, I look toward Brighton Hospital with confidence in the program and respect for the understanding and experience of its medical staff." Dr. Coffman graduated from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He is board certified in general practice by the American Osteopathic Board of General Practice and in addiction medicine by the American Society of Addiction Medicine. Dr. Coffman can be reached at 734-474-5601 or 248-474-5601.



*Dr. Fox, left, and Dr. Coffman, have confidence in Brighton Hospital's approach*

**Michael L. Fox, DO**, who shares the practice with Dr. Coffman, says he tries "to match patients with the right facility for his or her needs. I worry that too many people are still in search of a quick fix for this chronic and lifelong disease," he continues. "While I maintain clinical relationships with more than one chemical dependency program, I know that many patients derive strong benefits from a highly structured program such as Brighton's, where the 12-step roots run deep."

Dr. Fox received his medical degree from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He completed an internal medicine residency in 1978 at Oakland General Hospital in Madison Heights. Dr. Fox is a fellow in the American Society of Addiction Medicine. He earned certifications for medical review officer by the Medical Review Officer Certification Council, in general practice by the American Osteopathic Board of General Practice, and in addiction medicine by the American Society of Addiction Medicine. Dr. Fox can be reached at 734-474-5601 or 248-474-5601.

**Julian Kutinsky, DO**, an internal medicine and addiction specialist

practicing in Sterling Heights, MI, has helped hundreds of patients free themselves from drug dependency. A member of the medical staff and a frequent lecturer at Brighton Hospital, he also refers many of his patients to Brighton from his private practice and from St. John Oakland Hospital, where he is the medical director of addiction medicine.



*Dr. Kutinsky is a frequent lecturer at Brighton*

"I have first hand knowledge of the terrific job Brighton does in starting the people I admit there on the road to recovery," he says. Dr. Kutinsky graduated from the College of Osteopathic Medicine and Surgery in Des Moines, Iowa; served his internship at Detroit's former Art Center Hospital; and completed his residency in internal medicine at Botsford General Hospital in Farmington Hills, MI. Dr. Kutinsky was granted one of the first Federal Drug Enforcement Agency licenses to prescribe buprenorphine, an innovative treatment used in withdrawal from opiates. Dr. Kutinsky can be reached at 586-978-0850.

## Jacque Fuller Earns Special Award



*From left, Alphonse Lucarelli, board chair, St. John Health; Jacque Fuller, RN; Barbara Shaw, RN, nursing manager; Denise Bertin-Epp, Brighton Hospital president and chief nursing officer; Elliot Joseph, president and chief executive officer, St. John Health.*

Jacque Fuller, RN, was recently awarded the Success in Nursing award from St. John Health, the parent organization to Brighton Hospital. In a proclamation from St. John Health, Fuller was recognized as a "lifetime learner committed to the advancement of the profession of nursing and to sharing her knowledge with others." The proclamation also included recognition of her "patience, gentleness and composure; her commitment to serving others; and for being a beacon of hope for some of the most vulnerable people in our community."

*Brighton Board Chair John Wise presents the award to Jacque Fuller, a vital member of the Brighton family for 34 years.*



## Treating Opioid Dependence

Buprenorphine, an opioid medication in tablet form approved by the Food and Drug Administration (FDA) in 2002, is being used successfully at Brighton Hospital to reduce the symptoms of opiate dependence. Buprenorphine is currently marketed under the trade names Suboxone and Subutex. Suboxone contains the active ingredient buprenorphine hydrochloride and the active ingredient naloxone, which makes injection difficult.

“Some patients who have been using methadone may be able to transfer to buprenorphine, which was actually developed in the 1970s,” says Dr. John Hopper, Brighton’s vice president of medical affairs. “However, we generally do not prescribe it for patients with very high levels of opiate dependence.” Dr. Hopper says that the side effects are generally the same as those resulting from other opiates, and are usually very mild in patients who are dependent on opiates.

“We have found buprenorphine to be very well tolerated by most people for whom we prescribe it for both detoxification and long term use,” continues Dr. Hopper. “To avoid misuse of the drug, it is essential that we prescribe it in conjunction with ongoing education and recovery activities.”



Dr. Hopper says that many patients respond well to buprenorphine.

## Brighton Hospital: A History of Leadership in Addiction Care

The Brighton Hospital campus looks much the same as it did when it opened its doors in 1953. Although the original



buildings have been refurbished and the chapel and medical services building have been added, the serene atmosphere of the original 92-acre

country estate appear untouched by time. The historical record, gleaned from press clips, newsletters, press releases, and photographs, like the one above of Honorable Benjamin D. Burdick, tell the story of a growing understanding of addiction and of the consistent dedication, devotion and respect for patients and families. The late, Benjamin Burdick was a former board member who helped build Brighton Hospital from its early years.



The vision for Brighton Hospital began on January 26, 1950, when Harry Henderson, (above left) a member of the Michigan Liquor Control

Commission, and 12 other community leaders formed the Michigan Alcoholic Rehabilitation Foundation. Together they launched an ambitious campaign to raise funds to establish a model clinic for alcoholics. With so many veterans of World War II returning from service with alcohol problems, Henderson, who had been active in public life since the 1940s, recognized the need for such a place.

The slogan adopted by the Michigan Alcoholic Rehabilitation Foundation was “Skip a Drink to Save a Drunk,” which was written on bright yellow canisters and placed in bars and drug stores throughout Michigan.

During the next three years, the foundation used some of the funds raised to help such groups as the Salvation Army and to operate a treatment facility in Pontiac. Glen Lore Manor, a ladies retirement home located in a converted farmhouse in Brighton, was purchased and on October 1, 1953, the new treatment facility opened its doors as Brighton Hospital. It was the only facility in Michigan, and one of three in the entire country, established specifically to treat

alcoholism and related forms of chemical dependency.

The chapel, added in 1960, was mounted on wheels and towed from Dearborn to Brighton. It was originally built in 1939 for Camp Legion, a summer farming project for unemployed sons of disabled or deceased veterans of World War I. Camp Legion later became the Henry Ford Trade School, which closed in 1952. The Ford Motor Company purchased all the buildings and Ford later gave the chapel to Brighton Hospital.



Under Harry Henderson’s guidance the hospital expanded its programs and facilities and established a national reputation in the treatment field. Henderson continued to provide essential leadership until his death in 1972.



# Upcoming Events at Brighton Hospital

*You're  
Invited!*

Note: 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.

## Friends and Family Program

Ongoing each Wednesday and Saturday  
Noon to 5:30 p.m.  
Brighton Main Building  
For information, call 810-227-1211

## Auricular Acupuncture Training Sessions

2007 Schedule:  
April 13 to 15, July 13 to 15  
October 12-14  
Cost: \$350 per session  
For information call Virginia June  
810-877-0905

## Brighton Hospital Golf Classic

Monday, August 13, 2007  
11 a.m. to 7 p.m.  
Lakelands Golf and Country Club  
For information, call Maya McElroy  
810-225-2531

## Workshop on Compulsive Gambling

May 10, 2007  
Open to all, 7:00 to 9:00 p.m.  
Donations will be accepted  
RSVP by calling 810-877-0905

## Chit Chat Support Group

Every Wednesday, 7:30 p.m.  
Please call 810-227-1211 to confirm  
and for room assignment

## Tune-Up

Sunday, May 6, 2007, 8:30 a.m. to noon  
Saturday, August 11, 2007, noon to  
4 p.m. (friends and family program)  
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.

### Co-Dependents of Sexual Addiction

Every Tuesday, 7:00 p.m.  
Please call 810-227-1211 to confirm  
and for location.

### Kleptomaniacs & Shoplifters Anonymous

Every Tuesday, 7:30 p.m.  
Please call 810-227-1211 to confirm  
and for location.

### Sexual Addiction

Every Tuesday, 7:00 p.m., and Saturday, 5:00 p.m.  
Please call 810-227-1211 to confirm  
and for location.

## Letter to the Editor

I enjoyed the Brighton Beacon but discovered a common error in the article on the Serenity Prayer. Yes, the first part of the prayer was written by Reinhold Neibuhr - the part we open and sometimes close 12-step meetings with. But the second half was not written by him. I've been in recovery for 30 years - Brighton Class of 76. I always felt that that second half had to be written by someone else. It just didn't have the feel to it of the first half. It wasn't as simple and as non-religious.

Several years ago I read a book by Neibuhr's daughter, Elizabeth Sifton - *The Serenity Prayer: Faith and Politics in Times of Peace and War*. Despite the title, the majority of the book is about her father's writing of the prayer and its subsequent spread around the world. She debunks several of the common stories of the prayer that are sometimes heard in the rooms. She also states that her father did not write that second part, that she never heard it until years later and that there is no documentation anywhere in his papers of even thinking of adding to the prayer.

Thanks for what you do,  
Veronica F.  
Ohio



*Serenity quilt hanging in the Medical Services Building was hand-stitched by volunteers.*

### Editor's note:

According to Wikipedia, the online encyclopedia, "Niebuhr seems to have written the prayer for use in a sermon, perhaps as early as 1934 (the date given in Bartlett's Familiar Quotations, 16th edn, ed. Justin Kaplan, 1992, p. 684). Elisabeth Sifton's book, *The Serenity Prayer* (2003) quotes this version as the authentic original:

*God, give us grace to accept with serenity the things that cannot be changed, courage to change the things that should be changed, and the wisdom to distinguish the one from the other.*

Expanded versions of the prayer have been widely distributed.

E-mail your own letter to the editor to:  
[Give@brightonhospital.org](mailto:Give@brightonhospital.org)

## Are You Ready?

Brighton Hospital's Golf Classic will take place on Monday, August 13, 2007, from 11 a.m. to 7 p.m., at Lakeland Golf and Country Club, in Brighton Michigan. Mike Cottrell, chief financial officer of Osprey, is this year's committee chair. Those who sign up before May 1st will be eligible to play a free warm-up round of golf at Lakelands - two for the price of one! To sign up, or for sponsorship information, please call Maya McElroy, at 810-225-2531.



*This Year's Golf Outing Chair  
Mike Cottrell of Osprey*

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, Brighton, MI, 48116, Telephone: 810-225-2590 or e-mail to: [GIVE@brightonhospital.org](mailto:GIVE@brightonhospital.org).

Please write to us at our address if you wish to have your name removed from the list to receive fundraising requests supporting Brighton Hospital in the future.

## Speakers Bureau Has Openings

Brighton Hospital currently is seeking staff, community members, recovering persons and volunteers interested in speaking to various groups in the community about addiction, treatment and/or recovery. If you have a topic you can educate the community about, please join our team of volunteers in helping others understand addiction. Contact Virginia June, 810-225-2569.

## Weekend Helps Families Gain Understanding

More than 100 people attended Brighton Hospital's Family Retreat weekend, held on January 27-28. Addiction specialist and 28-year Brighton Hospital veteran, Nan Reynolds, helped families and friends of all ages understand addiction and its rippling effect. The educational and interactive sessions focused on the different roles that play out within a family struggling with addiction. Other topics included: enabling behaviors, co-dependency, grief, and how to form a healthy relationship with someone in recovery.

Thank you to all the volunteers and sponsors, especially LaSalle Bank of Brighton, National City Bank of Brighton, Walter Pivinski, and Starbuck's of Milford and New Hudson.



*Front row from left: Carrie Gautsche; Ella MacArthur; Anita Harless, Rita Hansen; Maya McElroy, Brighton Hospital manager of major gifts and special events.*

*Back row from left: Kathy Slyfield; Nan Reynolds; Gale Toye; Deb Babiarz; Walt Pivinski; Kristen Winter, volunteer coordinator.*

  
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