



Pathways

guiding people to a pathway of wellness

volume 12 • issue 1 • Fall 2008

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

September is National Recovery Month

September 9th Serenity Pond Dedication Ceremony

October 15th National Latino HIV Awareness Day

October 18th Epicurean Delight Fundraiser

October 23rd-31st National Red Ribbon Week

December 1st World Aids Day



Join The Voices For Recovery Renz Center Participates In National Recovery Month

To promote the healing message of recovery, Renz Addiction Counseling Center is participating in the 19th annual observance of National Alcohol and Drug Addiction Recovery Month, a nationwide initiative held every September. This year's theme, "Join the Voices for Recovery: Real People, Real Recovery," celebrates the individuals who are living drug-free and have a renewed outlook on life, their families, and the treatment providers who helped them begin their recovery journey.

In upcoming issues of *Pathway*, Renz Center clients will share some of their stories in hopes others will seek recovery, too.

Patrick's Story

I started experimenting with alcohol on the weekends when I was 14 years old, and progressed to harder drugs throughout high school. My grades were okay, and I loved being on the swim team—I never thought getting high before practice or a meet as being a problem...I considered it recreational fun.

I graduated from high school when I was 17, and headed down to Western Illinois University. After attending classes for a couple of weeks, I found partying with my roommates far more fun than attending classes. That proceeding winter is when I first got arrested for drug possession. Because it was my first offense, I got lucky and received only one year of court supervision and community service. After the arrest, I left Western and enrolled at Harper Community College, but again found the partying lifestyle more alluring than going to class. At this point I was doing marijuana and cocaine.

As far as I can remember, my parents have always supported and tried to do the right thing for me. When I left Harper my parents tried to get tough, and said that if I didn't go to school then I needed to move out...so I did. But instead of straightening out, I found roommates who liked to party as much as I did. My drug use escalated.

Since I was 11 years old, I've always had a job. First delivering newspapers, then as a lifeguard and

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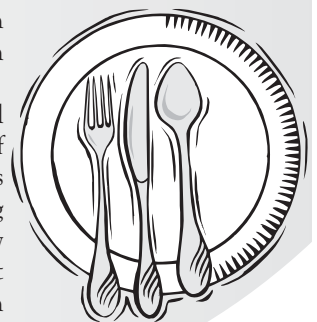
Plan To Attend

Top Chef boasts Culinary Skills At Epicurean Delight Fundraiser

This year's Epicurean Delight Fundraiser on October 18, 6:00-9:00 p.m. at Elgin Community College's Culinary Arts & Hospitality Institute, promises to be a bountiful feast of culinary delights. Join Chef Tom Johnston and top ECC culinary art students as they prepare hors de oeuvres and desserts table-side in the Spartan Terrace Restaurant. Learn firsthand the culinary trade secrets of preparing even the most complex dishes, while at the same time supporting Renz Addiction Counseling

Center's Youth Prevention Programs.

Guests will enjoy a variety of taste sensations while also enjoying the complimentary wine tasting that will be paired with selected food items.



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2007-2008

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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.

National Recovery Month

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once as a chef; I've always been able to hold a job despite my alcohol and drug abuse...although sometimes I had to get creative about it. I remember once being so hung over that I cut myself on purpose just so I could leave work and sleep it off. Of course I didn't count on going to the hospital and getting stitches first. I also got good at finding jobs that employed people who could support my drug habits. I was a chef for awhile with a catering company and was responsible for hiring staff. I hired an ex-convict to make food deliveries, and who could also supply me with all the cocaine I ever wanted.

Between the ages of 23 and 27, I was arrested a few more times for driving under the influence (DUI) and drug possession. I had gotten divorced, moved to Florida, and spent time smuggling drugs back and forth to Chicago. And despite getting into a car accident and having my drivers' license revoked, I still continued to drive...and party. When I was 27 I moved back to Illinois, got a job at a moving company, and found my old friends again...and continued to do drugs.

When I was under the influence of drugs, I was more aggressive and I would get into

fights...so I shouldn't have been surprised when another drug user took a bat to my head, but I was. While I escaped death, I was diagnosed with brain damage and was told that if I continued to drink and use drugs it would kill me...but I didn't. It wasn't until I got arrested for my third DUI that I was sent to jail, and had to complete 75 hours of treatment at Renz Center. It was through counseling that I started to make changes in my life and evaluating what was important to me, including finding new friends who didn't use drugs. I also changed my relationship with God, and started attending Christian-based programs.

On May 25, 2006, I stopped drinking and taking drugs. Today I'm 31 years old, and I'm alive because of my grace in God, my Renz treatment experience and the recovery program. I'm pleased to report that I have a great job, closer to my family than every before, and I'm in a loving relationship with a great woman.

Renz Center provides a variety of prevention, early intervention and treatment programs for alcohol, drugs and gambling addictions and related disorders. For more information, call (847) 742-3545, or visit www.renzcenter.com.

Renz Addiction Counseling Center will provide free substance abuse assessments on September 17, from 2-8 p.m. at Two American Way in Elgin, and from 2-4 p.m. at 309 Walnut St. in St. Charles.

Did you know . . .

An estimated 2.8 million people aged 12 or older used an illicit drug for the first time within the past 12 months; this is an average of nearly 8,000 new users each day. The average age of first use of marijuana among people 12 to 40 was 17 years old.

National Survey on Drug Use and Health: National Findings, U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, April 2, 2007.

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 June 1, 2008.

Susan Angell-Case
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Brittain's Express Car Wash
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Renz Center Participates In Alcohol, Drug Prevention Camp

Over 500 teens statewide participated in this year's 34th Annual Illinois Teen Institute (ITI) Substance Abuse Prevention and Leadership Camp this past July. Held at Monmouth College in Monmouth, IL, incoming freshmen through grade 12 participated in building leadership skills, elevating their self-esteem, creating healthy personal and family relationships, achieving school success, and learning essential alcohol and drug prevention skills.

Renz Addiction Counseling Center once again coordinated local involvement at the ITI Conference, with 29 kids participating in the camp. To help lead the teens in various activities, a local teacher from Elgin High School volunteered to help at the camp, along side Renz Center's Prevention Assistant Ande Suddeth.

"We had more teens participate this year than ever before," said Renz Center Executive Director Jerry Skogmo, "making us the second largest group in attendance at the camp...a few teens behind the largest, Chicago Public Schools, group. School administrators, teachers, community leaders and parents have been supportive of the camp because they see firsthand its value in our schools, commu-

nity and homes."

Camp days are tightly scheduled with workshops, discussion groups, and activities, including interactive special presentations by Mawi, Mykee Fowlin, Javier Sanchez, Milton Creagh, Ty Sells, Colin Perkins, and Angela Cornelius. Teens also broke down into their local group's Community Action Team (CAT), and developed an action plan for their community to help preventive alcohol and drug abuse.

Last year's CAT plan involved the group stenciling alcohol and drug prevention messages on the ground outside Streamwood High School. This year's group CAT plan focuses on alcohol, tobacco, and other drug prevention activities at Elgin High School and is far more aggressive, including:

- Joining drug prevention groups to help raise money for larger school events, thus giving teens more activities and alternatives than drinking and doing drugs.
- Distributing educational flyers about the dangers of drug use.
- Attending freshman registration day to promote school clubs to further foster student bonding.
- Launching Operation Snowball,



Teens working together at the Illinois Teen Institute Camp to bring alcohol and drug prevention to our community.

where teens and adults partner in a comprehensive alcohol and drug prevention program.

- Host a prom promise event promoting alcohol, tobacco, and other drugs prevention.

While sponsored in part by the Illinois Alcoholism and Drug Dependence Association (IADDA), local sponsors also supported the ITI event. The Illinois Sheriff Association donated money for individual sponsorships; a Renz Center prevention coordinator organized camp participation locally and assisted teens throughout the week; and School District U46 donated a bus to transport teenparticipants to and from the camp. "Transportation is sometimes difficult for working parents," said Suddeth, "so the bus was an easy answer to encourage local teens to participate."

Helping Renz Support Our Community

Top Epicurean Delight sponsors include:

- EFS Foundation
- First Chicago Bank & Trust
- Tighe, Kress & Orr P.C.

If you would like to be an Epicurean Delight sponsor or make a raffle basket donation, please contact Deb Howe at dhowe@renzcenter.com. All proceeds benefit Renz Addiction Counseling Center programs.

Epicurean Delight Fundraiser

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Throughout the evening, culinary themed baskets filled with gourmet food, cookbooks, utensils and more will be raffled off to lucky winners.

Tickets to the Epicurean Delight are \$65 per person, and are available by calling Deb Howe at (847) 742-3545 ext. 236 or emailing dhowe@renzcenter.com.



Communities Unite During National Red Ribbon Week

Community residents are encouraged to unite against drugs during National Red Ribbon Week, October 23-31, by wearing the red ribbon as a symbol of commitment for a drug-free America. The Red Ribbon Campaign is the largest drug prevention program in the nation, and Americans across the county will wear the red ribbon to signify their support to keep children, families and communities safe, healthy and drug-free.

“Last year Renz Center staff went out into the community in support of National Red Ribbon Week,” said Prevention Coordinator Angie Andrade, “and attended drug-free dances at Kimball Middle School, passed out information during lunch periods, and did various activities at other schools in the area.”

National Red Ribbon Week serves as



a tribute to Special Agent Kiki Camarena who was murdered by drug traffickers in Mexico City in 1985.

With this event began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs.

United Against Drugs During National Red Ribbon Week October 23-31

Visit [igive.com](http://www.igive.com)

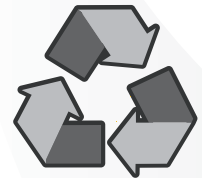
Register online to [igive.com](http://www.igive.com), and a portion of your online purchase benefits Renz Center. Online shopping through [igive.com](http://www.igive.com) provides you with a variety of brand name stores and specialty shopping to fit any need. Just enter: <http://www.igive.com/welcome/warmwelcome.cfm?c=2204&m=375341>.

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tion and treatment programs.

To make the switch, simply contact us at lpullman@renzcenter.com, or call (847) 742-3545 ext. 246. Please include your full name, address, city, state, zip, and email address.



Board Member Profile: Ian Jones, M.D.

Working with a team of dedicated community professionals, Dr. Ian Jones is an active Renz Center volunteer board member currently serving on the Membership Development Committee. As a member since 2004, Dr. Jones has brought invaluable insight and strategies to help strengthen Renz Center.

Educated in London, England, Dr. Jones began his career as a Fellow General Surgery at Mayo Clinic in Rochester, Minn., followed by several years in obstet-



rics and gynecology. He was Head of Obstetrics and Gynecology at Scripps Clinic in La Jolla, California until 1995. He is a member of the National Physicians Leadership Council, and travels throughout the United States speaking on various healthcare issues and topics. Dr. Jones is currently vice president of Clinical Performance at Sherman Health Systems.

Dr. Jones has two daughters, and currently lives in West Dundee with his wife, Jane Ann.

Employee Anniversaries October-March

1 Year

Sue Durkin
Tiffany Tumminaro

2 Years

Monica Cuevas
Erin Daley
Myrel Derus
Elsa Jimenez
Marilyn Kuffel

3 Years

Jeser Abdallah
Rob Castillo
Katie Stauffer
Ande Suddeth

4 Years

Tami Dominic
Sherry Hausermann

5 Years

Angie Andrade

9 Years

Marcos Bostho
Helen Smith

11 Years

Frank Gotthard

12 Years

Jerry Skogmo

16 Years

Lin Henricks

21 Years

Lora Tovar

Investing in the Community Renz Center Plans for Growth With Capital Campaign Kickoff

To ensure Renz Center's continuation as an integral community resource for addiction services, the Center's board of directors and staff are committed to broadening clinical and prevention programs in an effort to meet an increase in demand. To do this, Renz Center has recently launched a capital campaign which will help fund the purchase of an adjacent building at One American Way, rehabilitation, and include improvements to the Serenity Garden on the Renz campus property. Specifically the growth plans will:

- Increase service capacity for outpatient services in the treatment program

- Add space for adolescent services, counselors, and the psychiatrist



- Consolidate and centralize the two Elgin offices for efficiency, cost savings, and improved staff communications
- Expand Prevention programs by offering additional programming on-site
- Improve the Serenity

Garden path and provide healthy lifestyle activities for clients

"Substance abuse is a serious social and economic issue that affects us all," said Renz Center's board of director president Laura Newman. "As our communities grow, so does our need for treatment facilities. I invite you to join me in supporting Renz Center as we strive to meet the community's demand for prevention, early intervention and treatment services for all ages."

For more information or to support Renz Center's capital campaign, visit www.renzcenter.com/capitalcampaign/html.

**THANK
YOU FOR
YOUR
SUPPORT!**

The City of Elgin Community Development Block Grant Program and the Kane County Development Fund are two of the first community programs to help fund Renz Center's capital campaign...thank you for your support!

Prevention Program Has Moved

The Prevention Program is the first to move into Renz Center's new building at One American Way. For the first time, prevention programs will be offered on Renz Center's campus, in addition to staff going out into the community. To find out more about Prevention Services, visit www.renzcenter.com.



Renz Center Honors Patricia Baker at Pond Dedication Ceremony

Community residents are invited to attend Renz Addiction Counseling Center's Serenity Garden Pond Dedication ceremony September 9 at 4 p.m., in honor of the late Patricia Baker. Reverend Allen Belanger will lead the dedication, followed by remarks by Renz Center's Executive Director Jerry Skogmo and Prevention Coordinator Angie Andrade. Refreshments will be served following the ceremony.

The Serenity Garden was initially created last year when Renz Center built a one-eighth of a mile walking path. As the Garden gained in popularity, Renz Center included the pond as a part of their capital campaign to help enhance the Serenity Garden grounds. To date, the pond project has been paid for through pledges from Renz

Center staff in honor of Prevention Program Director Patricia Baker, who lost her battle with breast cancer last September.

"While Patricia only worked at Renz Center for 6 years," said Skogmo, "she had a tremendous impact on drug and alcohol prevention in our community. She was instrumental in securing a \$1,000,000 Substance Abuse and Mental Health Service Administration grant for HIV/AIDS outreach; spearheaded the anti-drug mural campaign with local companies sponsoring one of the six panels representing an alternative to drugs; developed alcohol, tobacco and other drug education prevention workshops for high school students; and worked closely with the Elgin Gang & Drug Task Force."

Renz Center and Frontier Ponds of Union, IL, worked together to add the water



feature to the Serenity Garden in order to provide a beautiful, peaceful setting for individual and group therapy sessions. The pond includes a custom-designed water feature with an ecologically balanced waterfall, a 35 foot stream flowing underneath a 12 foot-wide land bridge, ending at a 13 x 18 foot pond. Frontier Ponds' distributors Aspen Valley Landscape Supply out of Elgin, provided the pond supplies and rock, while Reinders, Inc., out of Wisconsin, donated labor on the last day.

prevention@renzcenter.com
 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.com
 clinical@renzcenter.com
 Fax: (847) 697-6583 (Passage)
 Fax: (847) 742-3559 (Outpatient)
 TDD: (847) 742-0242
 info@renzcenter.com

Fax: (847) 697-5583 (Admin. & EAS)
 (847) 742-3545
 Elgin, IL 60120
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