



Pathways

guiding people to a pathway of wellness

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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

October 23-31

Red Ribbon Week

November 18

Great American Smokeout

December

Drunk & Drugged Driving Prevention Month

Feb 5th

Mardi Gras Dinner & Art Auction Gala

February 6th

Renz Center's 44th anniversary

Addiction and Our Communities

By Jerry Skogmo

It's sometimes very difficult to put a face and a story on numbers and on statistics. It helps to break down the figures into categories that we can relate to. It's one thing to report that Renz Center's drug abuse and HIV prevention programs provided 4,000 hours of service to school-age children, adolescents and young adults and that the Center's clinical program treated 1,214 men, women, adolescents and children. It's quite another thing to examine some details of the statistics from our fiscal

year that ended June 30, 2004.

Let's start with Prevention. The foundation of Prevention is curriculum-based programming designed to educate youth, primarily adolescents, about the consequences and dangers of alcohol and drug abuse. Our model programs reflect what is being seen on a national scale. Prevention works. There is ample evidence that suggests that adolescents involved in school-based programming have significantly less drug and alcohol usage

later on. 90% of those involved avoid or at least delay the onset of use. The sad part is only a relatively handful of adolescents in our schools are exposed to these programs. Why? Not surprisingly, limited funding. Our HIV prevention program, aimed at reducing the incidence of this extremely serious problem has proven to be successful and we look forward to additional funding sources that targets minorities, especially Hispanics in

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Renz Awarded \$250,000 SAMHSA Grant

Renz Prevention has been awarded \$250,000 from the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) to address unmet substance abuse and HIV/AIDS prevention needs of the Hispanic/Latino community highly affected by the twin epidemics of substance abuse and HIV/AIDS. The Federal funding is a continuation of last year's planning grant and may extend for three additional years. Renz's award is

part of \$156.5 million distributed in 115 awards over four years throughout the country, to fund substance abuse prevention and treatment services for those at risk of HIV.

SAMHSA Administrator Charles G. Curie said: "The current trend in HIV/AIDS shows that a disproportionate number of minorities ...are at risk for contracting HIV. Often this population is poor, hard to reach through traditional public health methods, and in need of a wide range of health and human services. These grants will help community-based organizations build

substance abuse prevention and treatment services and establish networks among substance abuse treatment centers, medical personnel, mental health personnel, and public health professionals to prevent further spread of the disease and to provide high-quality care to infected individuals."

The SAMHSA award is validation of the great prevention work Renz staff have been doing this past year, and will enable to the program to increase services and develop a network of support to strengthen our community's response to this need.

2004-2005
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Positive Outcomes for Project Alert

One of Renz Center's Prevention Programs, Project Alert, provided alcohol, drug & tobacco education to over 500 7th grade youth from Kimball Middle School last fiscal year. Each student was given a "pre-test" to determine their attitudes and behaviors related to drugs and alcohol.

After the 12 week program, which specifically addresses:

- delaying use,
- impeding the transition to regular use
- or preventing any use,

the youth were "post tested". The change in the pre/post tests were measured and are summarized below:

Do you think you will smoke cigarettes in the next 6 months?	Positive change in 86.7% of the participants
Do you think you will drink any alcohol in the next 6 months?	Positive change in 90.4% of the participants
On how many days did you drink any alcohol in the last 30 days?	Positive change in 89.8% of the participants
How often are you with kids who are smoking cigarettes?	Positive change in 85.3% of the participants
How many days did you have cigarettes in the last month?	Positive change in 76.1% of participants
On how many days did you have marijuana in the last month?	Positive change in 71.4% of the participants:
Do you think you will smoke marijuana in the next 6 months?	Positive change in over 50% of the participants

There was such an overwhelmingly positive response to Project Alert that the program was continued. Because of the successful outcomes, the Illinois Department of Human Services, Prevention's primary funding source, has selected Renz as one of the providers that will receive advanced consultative services in FY05. These services will provide more in-depth

statistical analysis of the outcomes for Project Alert that can be used to help mold the program to meet the exact needs of the students involved in Renz Center Prevention Programs. Congratulations to Patricia Baker and the Renz Prevention staff for their efforts in providing data that prove that prevention programs can benefit youth when a quality program is administered by expert prevention specialists.

Kimball MS Students developed problem solving and teamwork skills while navigating a "Ropes Course" facilitated by National Guard & Renz Prevention Specialist personnel.

Employee Anniversaries

Scott Austgen
Sept '01

Marcos Bostho
Dec '99

Mary Conway
Oct '87

Karen Engh
Nov '03

Dawn Ginestra
Dec '03

Frank Gotthard
Nov '97

Kathy Mack
Sept '00

Jerry Skogmo
Oct '96

Jennifer Taylor
Dec '03

Imogene Thomas
Nov '03

Rachel Thornsberry
Nov '02

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 and St. Charles 708 boards and other local community organizations.



Restoring Hope...Recovering Lives Making a Difference

Dear Friends of Renz Center,

Last fiscal year, Renz Programs made a difference in the lives of over 4000 individuals who are at risk for, or suffering from, an addiction.

Renz made a difference for:

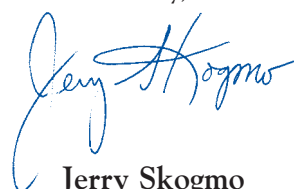
- **Teens like Sandra**, who attended Prevention's "Project Alert" Program and learned valuable skills to help her make smart choices about alcohol, drugs and tobacco use in her future.
- **Adolescents like Mark**, who attended an adolescent outpatient treatment group to learn the physical effects of drugs and personal triggers for his substance abuse.
- **Or, a mom like Julie**, who gets intensive help from her therapist and also has the opportunity to share her feelings in a support group with other women who understand the shame, anger and pressures she is coping with as they develop skills to maintain their sobriety.
- **And, Steve**, a retiree, who is regaining his self-respect while receiving counseling and support surrounding his compulsion to gamble.

Renz Prevention, Early Intervention and Treatment Programs are vital to break the cycle of addiction and make a difference in the quality of life for all area residents. Help Renz Center Restore Hope to individuals, families and the community as we help those in need...Recover their Lives.

Please consider making a meaningful gift this year to support the youth, adolescents & adults in our many programs that provide a continuum of care, for individuals and their families, ranging from prevention to treatment. A contribution envelope has been inserted in the newsletter fold for your convenience.

Thank you, for your understanding & support.

Sincerely,



Jerry Skogmo
Executive Director

Did you know . . .

- For every \$1 invested in treatment, there is a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft. When savings related to health care are included, total savings can exceed costs by a ratio of 12 to 1.
Coffey, R.M., et al. National Estimates of Expenditures for Substance Abuse Treatment, 1997. DHHS Publication No. (SMA) 01-3511.

- More than 36% of American 17-year-olds reported current alcohol use in 2002, and more than 11% of youths ages 12 to 17 reported current illicit drug use.

Results from the 2002 National Survey on Drug Use and Health: National Findings, September 2003, p.1.

- As many as one in four children - 19 million children or 28.6% of children under the age of 18 lives in a home where problems with alcohol are a fact of daily life.

You Can Help: A Guide for Caring Adults Working with Young People Experiencing Addiction in the Family. DHHS Publication No. (SMA) 01-3544.

Addiction and Our Communities

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the next year (see our announcement on expanded HIV Prevention on page 1).

Renz Clinical Services provide individual and group outpatient treatment to persons suffering from various alcohol, drug and gambling addictions. Our intervention and treatment statistics reveal that alcohol abuse accounted for over 40% of the substance abuse presenting at the Center, confirming that alcohol is the most widely abused drug in this country.

Marijuana, at 31% was the second most abused drug locally. A high percentage of adolescents in our intervention and treatment programs abuse this drug — which has become more potent than its '70's counterpart. The use of "hard" drugs (heroin, cocaine) appears to be on the rise and in fiscal year 2004 almost 19% of those coming here were abusing or addicted to them. Our client service area includes Elgin and extends south to Geneva, north to Dundee and Carpentersville, west to Burlington, and east to the communities of Hanover Park, Bartlett, and Streamwood and parts of Hoffman Estates and Schaumburg. Interestingly, the more affluent the community, the higher the incidence of using and abusing these highly addictive drugs.

While the educational level of our clients is varied, of the 885 adults treated, most were high school graduates and almost 25% had at least one year of college and nearly 10% had a college

degree. This contradicts the common misconception that adults who abuse drugs tend to be high school dropouts.

Compulsive gambling effects up to 4% of the general population and as legalized gambling continues to proliferate so will the number of problem gamblers. Our treatment program reveals that 50% of those seen for compulsive gambling at the Center have net gambling losses of more than \$25,000. Slightly more males than females seek treatment at Renz Center for gambling addiction, all economic levels are represented, and most have, not surprisingly, financial problems. All have loved ones who are effected.

The data presented here just skims the surface. The real stories are contained in the devastation that is associated with addiction.

Alcohol, drug abuse and problem gambling costs this country billions of dollars in health care, lost productivity, accidents, and crime.

Addiction is a chronic, progressive, debilitating and often fatal disease that destroys individuals & families and weakens our society.

Renz Center is committed to reducing drug abuse and other addictions. We strongly believe that when we are able to perform our work, we play a significant role in keeping our communities safer and healthier. We ask for your interest and your support in helping Renz Center Restore Hope and Recover Lives.

Passage Annual Picnic

Every year the clients in Passage are invited to bring their children (and a dish to pass) to an annual picnic sponsored by the agency. This year, the picnic was held in July as Sonya, Childcare Assistant, grilled the hamburgers and hot dogs for all to enjoy. Afterwards, many of the clients, and Passage Counselors, Imogene and Tami, played volleyball and enjoyed the warm weather. The most important part of the day for the clients was just taking a break to share quality time with their children and with the people they have developed supportive relationships with as they continue on their journey toward recovery.

Casual Day Donations

In honor of Make a Difference Day in October . . . consider asking your employer to agree to a "Casual Day" at work. Employees volunteer to "buy" a day to dress casually, (or wear jeans?) for \$5. The money collected for that month is donated to Renz Addiction Counseling Center. This can be done any month you choose. Employees can even write checks (over \$10) to receive a thank you letter from Renz recognizing their tax deductible gift. Call Deb at 847-742-3545 x236 for additional information or help to publicize the effort at your workplace.

Wish List

Renz staff have carefully considered what items would benefit clients in their road to recovery, increase services, and/or help the staff perform their job more effectively. Please contact us if you are able to donate or help us obtain any of these items. Our list includes:

- A sliding dividing wall for our large group room which would enable us to divide the room into two smaller group rooms when needed. We would like the wall to be able to "open and close" allowing for large events, such as general staff meetings, open houses, etc. occur.
- Carpeting for the area used by our Passage Program for Women (1000 sq. ft)
- Executive desk chairs (2)
- Outdoor Basketball Court for client activity therapy
- Painting the rooms and offices of Passage
- Stress Pillows
- On-site stress reducing massages for clients
- Digital Camera
- Postcard paper supplies for inkjet printers
- "Red Ribbon" prevention supplies
- Children's games and/or plastic toys for use in the Passage Program
- White or color copy or printer paper
- Hp 57 and Hp56 printer ink cartridges
- For Feelings Exploration Group: - construction paper, old magazines, glue, scissors, markers, various art supplies.

Anti-Drug Mural Update

Did you get a chance to see the beautiful anti-drug message murals that the Prevention Program unveiled at The Centre of Elgin in May? If not, here's your chance. The murals, representing Family, Friends, Life, Trust, and Faith; the Anti-Drugs, will be on display at the Elgin Police Department until November when they move to the Gail Borden Library.

The murals are an important part of the positive message Renz Prevention hopes to bring to area residents.

Individuals are powerfully influenced by many environmental factors, such as the social institutions to which they belong, the norms of the community, the mass media messages to which they are exposed and the accessibility of alcohol, tobacco and illicit drugs. The mural project prominently displayed in our community helps reinforce the anti-drug activities and influences in our lives. Mural expansion is in the works! The Prevention staff is currently working with the

Hanover Township Mental Health Board and a local church to create another mural panel to add to the five current panels and promote the message of the national

anti-drug campaign. To become involved in future mural projects please contact Patricia Baker at Renz Prevention 847-697-1221.



7th Annual Mardi Gras Evening of Art

Join us for an Evening of Art at The Centre of Elgin, 100 Symphony Way in Elgin, on Saturday, February 5, 2005. A preview of the art on display starts at 6:00pm, followed by a generous dinner, dessert & live auction of incredibly affordable art. The State of the Art auctioneer conducts an informative and entertaining event with works by: Agam,

Behrens, Buckels, Chagall, Dali, Delacroix, Erte, Lautrec, McKnight, Miro, Neiman, Picasso, Raad, Rockwell, Scott, and Vasarely.



A local Jazz band will perform in addition to a few silent auction items and other festive activities to entertain the Mardi Gras guests. Tickets are \$50 per person. Call 847-742-3545 x 236 for more information.

Renz Prevention in Action!

This summer Prevention Specialist staff worked with at-risk youth on the Grant School property with Elgin Police Department's R.O.P.E. Officer, Pete Almeida. This twice a week activity, which included par-

ents and youth, provided everyone the opportunity to learn valuable information about alcohol, drugs and tobacco while also experiencing anti-drug activities like kickball and water balloon throwing contests!



We Appreciate the Gift...

Thank you to the following individuals or organizations who remembered Renz through a cash or in-kind donation:

- Elmer Miner
- Finisher's Management of Arlington Heights - Office furniture and phone system
- Kane County DUI Task Force - 6 pairs of Fatal Vision Goggles.
- Little Church by the Wayside of Wayne

Hole In One Shootout Event a Success

Our Million Dollar Hole In One Shootout Event at the Highlands of Elgin Golf Course held on June 23-27th was a success! Those that participated in the event got their picture taken with the Chicago Bulls Director of Community Relations - Mr. Bob Love, the second highest scoring Bulls player. The four day qualifying event culminated on Sunday, June 27th, with the Semi-Finals narrowing the field to 20 golfers.

The twenty finalists were: Tom Anderson, Tim Banks, Bruce Beu, Gary Beu, Tom

Connolly, Ed Czapinski, David Hart, Ron Ivers, Jad Kessovan, Rob Kramer, Kurt McCullum, Jennifer Norton, Jim Nowicki, Kim Petschow, Tim Schabb, Steve Stark,



Ken Teets, Davy Tirado, Dean VanDoorn, and Jerry Wildemuth. The anticipation

was high in the finals, since Czapinski qualified five times earlier in the week and got a hole in one on the qualifying 145 yard hole.

At the end of the competition, however, it was Jad Kessovan, pictured with Bob Love, who had the closest attempt, landing only 7' 7 1/2" away from one million dollars. Jad received a Lake Michigan Fishing Charter trip for 6 people on the "Midlife Crisis", donated by Gary Bouton of Super Print.

Other closest to the hole winners of various prizes included; Jerry Wildemuth(2), Jim Nowicki

(3), Dean VanDoorn(4), Steve Stark(5) and Tom Anderson(6).

Renz is grateful for all the participants, sponsors, prize donors and volunteers who supported the event. Sponsors included; Elgin Financial Foundation, State Financial Bank, Mike Walsh & Associates, Lamp, Inc., Cardinal Bank, Nationwide Insurance, Susan Moore & Assoc, Harris Bank-South Elgin, Kellenberger Electric, Associated Electric, IHC Construction Companies, Elgin Sheet Metal, MG Mechanical, Stonebreaker Construction, & Borhart Spellmeyer.

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