



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

April

Alcohol Awareness Month

April 6

Free Alcohol Screening

April 7-9

Alcohol Free Weekend

June 22-25

Hole-in-One

Alcoholism is a disease, not a rite of passage.

Article provided by the National Council on Alcoholism and Drug Dependency or visit ncadd.org

Underage drinking is a critical public health issue in America and represents just the tip of the iceberg. Alcohol is a drug that can affect judgment, coordination and long term health. In fact, research suggests that early use of alcohol by teenagers may contribute significantly to dependence on alcohol and other drugs later in life, with 40% of children who begin using alcohol before the age of 13 becoming alcoholics at some point in their lives.

“Sure, alcohol use by minors can be a rite of passage – passage for some young souls into a lifetime of broken promises, broken families, and broken lives,” says Stacia Murphy, president of the National Council on Alcoholism. “Alcohol is not a kid’s drink, plain and simple. That’s the reason teenage drinking is a violation of the 21 minimum legal drinking age.”

“Alcohol is a drug -- a powerful, mood-altering drug – and alcoholism is a disease,” says Dr. Robert Morse, chair of the NCADD

Medical/Scientific Committee and recently retired from the world-famous Mayo Clinic where he was director of addictive disorders. “Over the past two decades, scientific research has revolutionized our understanding of how drugs affect the brain. We now know that

“Alcohol is a drug—a powerful, mood-altering drug—and alcoholism is a disease.”

prolonged, repeated drug and alcohol use can result in fundamental, long-lasting changes in brain structure and functioning.

This is one of the reasons underage drinking is so critical. Not only are there a whole set of increased risks in the short-term, including traffic crashes, violent crime, burns, drowning, suicide attempts, fetal alcohol syn-

drome, alcohol poisonings and high-risk sexual behavior, if an underage drinker is able to make it out of adolescence and into adulthood, the long-term physical and biochemical effects put these drinkers at risk for the rest of their lives.

Unfortunately, binge drinking, the most prevalent form of underage drinking, is as common as it was in the early 1990s, indicating that efforts to combat the phenomenon have so far failed. According to researchers at the Harvard School of Public Health, 44% of U.S. college students engaged in binge drinking and over half the binge drinkers, almost one

in four students, were frequent binge drinkers, that is, they binged three or more times in a two week period.

“A well-publicized epidemic of binge drinking on the nation's college campuses has given an unwelcome twist to the phrase ‘institutions of higher learning,’” says Murphy. “You’ve seen the footage on television news

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

Gambling: Primetime Entertainment

Gambling is primetime entertainment, legal in 48 of 50 states¹. Texas Hold 'em poker games are after-school/weekend entertainment for adolescents, buses transport seniors to the casinos and poker shows can be seen on multiple television channels in the same time slot. Actually, you no longer need to live near a casino – all you need is an internet connection. Not surprisingly, industry analysts predict we will soon see the arrival of gambling via cell phones, and casinos marketing “virtual seats” that will bring live e-gambling to the comfort (and privacy) of one’s home.²

One may marvel at the technological advances and may argue there is little need for concern. After all, the majority of people live quite nicely using gambling as a form of entertainment. However, research by the National Council of Problem Gambling (NCPG) reports 2%-3% of the US population are not as fortunate and will develop a gambling problem each year. That’s 6 million to 9 million Americans and yet, only a small fraction of these individuals (young and old) seek out services, such as treatment and self-help recovery programs.

Untreated gambling problems can result in the destruction of families, financial ruin, criminal behavior and even suicide. To minimize the negative consequences of problem

gambling behavior it is vital to seek out support and treatment. Are you able to recognize the signs of a gambling problem if you saw it in a friend, loved one, coworker, patient or student? It’s important to know the signs which put the individual and their families at financial and emotional risk.

Warning Signs include:

- Preoccupation with gambling and unable to stop
- Bragging about gambling, exaggerating wins and minimizing losses
- Restless and irritable when not gambling
- Gambling to win back what they’ve lost
- Borrowing money for gambling
- Lying to hide time spent gambling or unpaid debts
- Frequent unexplained absences
- Losing work time because of gambling
- Doing something illegal to get money for gambling
- Jeopardizing a significant relationship or job by gambling

Renz Center has counselors that are certified to treat compulsive/problem gamblers and their loved ones. If you or someone you know needs help, call and talk to someone who understands . . . Frank Gotthard, LCPC and Certified Problem Gambling Counselor (CCGC), at 847-742-3545.

¹What are the two states where gambling is not legal? Visit our gambling page at www.renzcenr.com to find out.
²Social work today, Nov/Dec 2005.

2%-3% of the US population will develop a gambling problem.

Employee Anniversaries

March-August
1 Year

Jaser Abdallah
Scott Bracken
Kris Walsted

2 Years
Jackie Delaney
Tami Dominic
Jim Hall
Deb Howe
Sonia Perry

3 Years
Carolyn Clark
Stephanie Diver

4 Years
Patricia Baker

5 Years
Terri Lee

6 Years
Barbara Pachmayer

7 Years
David Crement
Helen Smith

13 Years
Carlos Chavez
Colleen Koncilja

17 Years
Patti Anderson

Contingency Management off to a Great Start

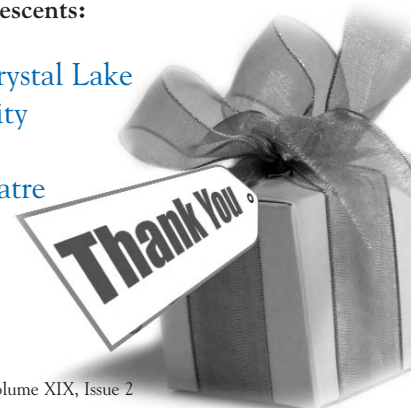
The Adolescent Program implemented a Contingency Management program for our adolescent clients late this fall. Contingency management is based on a reward system – similar to what employers use with their employees, “a salary increase for reaching performance goals” or that parents use with children, “eat all your vegetables and you get dessert.” However, in the field of substance abuse treatment discouraging negative behavior is often the usual course of action. Treatments programs at Renz Center strive to reinforce positive decisions. Counselors focus on providing the opportunity for our clients to make healthy choices as they provide positive rewards for desired behavior.

To help us in our effort to provide this incentive to our adolescent clients, this fall, local businesses were asked to contribute to our contingency management program. Many responded by providing gift certificates, gift cards, merchandise or funds that allowed us to purchase specific items. Through their generous contributions, counselors are able to reward our adolescent clients for a variety of healthy behaviors, such as, positive verbal participation in their group session, a “clean” drug test, honesty about use, sharing insights gained, and achieving a personal goal.

Contingency Management programs have been shown to improve outcomes¹ and, initially our local program seems to be no exception. Intended outcomes for our clients include: achievement of treatment goals, successful discharge, and three months abstinence prior to discharge.

Thank you to the following sponsors who helped make this program possible and provide the opportunity for successful treatment for our adolescents:

Nick's Pizza & Pub, Crystal Lake
Chicago Pizza Authority
Kane County Cougars
Loews Woodfield Theatre
Oberweis Dairy, Elgin
Wal-Mart, Elgin
Wal-Mart, St. Charles



¹ Psychiatric Times, February 2002, Volume XIX, Issue 2

Thank You to Renz Volunteers:

April is volunteer appreciation month. A non-profit organization like Renz Center relies on volunteer board members to govern the agency's policies and finances, as well as other volunteers to plan and work at fund raisers, assist

with office duties, and to keep the agency “looking good” inside and out.

Thank you to all the volunteers who share their time and talents with the agency all year round.

Susan Angell-Case
Lauri Beu
Scott Borroughs
Laurianne Dinkheller
Jolie Esposito
Theresa Guvinco
Bob Hansen
Erica Johnson
Dr. Ian and Mrs. Jones

Kate King
Jim McClung
Laura Newman
Dee Reinhardt
Beth Skogmo
Mike Skogmo
Sherry Totzke
Sheryl Winters
Dave Ott

“Imagine what a harmonious world it could be if every single person, both young and old, shared a little of what he is good at doing”.

—Quincy Jones, American musician and entrepreneur

“Renz depends on volunteers to plan and work at fund raisers, assist with office duties, and keep the agency looking good.”



WE ARE THE FACES OF RECOVERY
Recovery is *everywhere.*

Alcoholism is a disease

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programs and print publications: young men and women literally pouring beer and other alcoholic beverages down their throats without any regard for the tragic consequences that typically follow from this kind of behavior. These students think they're having a great time, being 'grown-up.' Unfortunately, as many as 360,000 of the nation's 12 million undergraduates will ultimately die from alcohol-related causes. This is more than the total number who will be awarded advanced degrees."

While the issue of underage drinking is a complex problem, one which can only be solved through a sustained and cooperative effort between parents, schools, community leaders, and the children themselves, there are three areas which have proven to be effective in prevention of underage drinking: curtailing the availability of alcohol, consistent enforcement of existing laws and regulations, and changing norms and behaviors through education. In addition, the alcohol beverage industry has a responsibility to discourage underage drinking and to curtail advertising and marketing that appeals to underage youth.

As a society, we've got to do a far better job persuading our citizens and our young people that alcohol use is a dead end, that they are playing Russian roulette, not only with their own lives, but with the lives of friends, neighbors, and loved ones.

Alcoholism is a disease, not a rite of passage.

Help Fight Stigma

The stigma of addiction is often overwhelming and is present in all segments of our society. Last year on CSAP Radio, Dr. Nora Volkow—director of the National Institute on Drug Abuse—said "stigma keeps many from admitting they have a problem, and seeking the treatment they need". She adds, "everyone should remember that addiction is a disease—a condition worthy of empathy and treatment."

Renz Center would like to be an advocate in reducing the stigma of addiction and foster greater respect for individuals seeking help for this chronic disease. A committee is forming that will be comprised of persons interested in helping Renz Center organize our efforts to educate the community and make residents more aware of the disease of addiction while we create an awareness of the availability of treatment and support programs.

If you or someone you know would be interested in joining others on this important task of reducing addiction stigma, call Deb Howe at 742-3545 x236.

Renz Center would like to be an advocate in reducing the stigma of addiction.

Million Dollar Hole-In-One Event

June 22-25, 2006

Qualifying - Thursday-Saturday, 9-6pm

Semi-finals and Finals - Sunday, 12-2pm

The Highlands of Elgin



All amateur golfers are invited to stop by our tent at The Highlands of Elgin driving range and try their skill at hitting within an 8 foot circle around the 135 yard target hole. Prizes are awarded daily to the person with the most qualifying shots. Top twenty finalists will have one shot at 165 yards to win \$1,000,000! Prizes are awarded to the top ten closest to the pin.

C O U P O N

3 FREE Balls



Renz Addiction Counseling Center

June 22-24, 2006

Million Dollar Hole-In-One Event

The Highlands of Elgin (\$5. Value)

New EAS Service for Employers

Employee Assistance Services(EAS) is now providing Substance Abuse Professional (SAP) evaluations for those employees involved in safety-sensitive positions, such as drivers who hold a Commercial Drivers License (CDL) and other identified employees who work under the Department of Transportation (DOT) federal guidelines.

CDL drivers are now federally mandated to submit to random drug and/or alcohol drug screens. If a driver fails to comply or successfully pass a random drug screen, the driver must be immediately removed from driving as well as any other safety sensitive duties until they comply with the SAP process. It is imperative that the person completing this evaluation meets the criteria set forth by the federal government.

The driver must comply and successfully complete the requirements recommended by the SAP before a Return to Duty Test (RTD) is given to the driver. Any company who knowingly allows a driver to continue working in a safety sensitive capacity is subject to federal consequences.

All supervisors and managers are required to go through a two-hour training on identifying the signs and symptoms of alcohol and drug misuse within the workplace setting. At EAS, we can provide such training.

You do not need to be one of our current EAS companies to contract for these services.

Please call Rob Castillo, EAS Coordinator, for further information.

Childcare Room Makeover THANKYOU

One weekend was all it took for employees at Chase Card Services to give our childcare room a fresh new look. Chase employees volunteered their time and **JP Morgan Chase** Foundation provided the funds. Walls were painted, the white boards cleaned and a new wood laminate floor was installed. The transformation included organizing all the childcare room equipment, toys and supplies, as well as stenciling letters and numbers along the top of the wall as a border. Overhead cabinets were also purchased to add needed storage space. The staff and children were thrilled with the transformation. Special thanks to Chase employee Dawn Bookman, who coordinated the event, and to the other Chase employees who gave their time to make this happen: Tiffney Spicer, Jim and Mari Jahnke, Cynthia Hirsch, Stephanie Gray & Alexis McMullen, and Daniel Bookman.



Holiday Party

Clients enjoyed gathering together for the annual Holiday party. Over 70 Renz clients and clinical staff celebrated the holiday season together with a potluck feast on Dec. 15th. The children decorated cookies and made ornaments. The adults and adolescents played "Holiday Jeopardy". The night was complete when Santa came and delivered gifts to all the children. The event would not have been possible without the generous contributions of the following people: Susan Angell-Case, Lauri Beu, Jolie Esposito, Ian Jones, Laura Newman, John & Linda Opland, and Sherry Totzke. Thanks to all who contributed to make it a memorable evening.

Save the Date



Renz Center Mardi Gras Murder Mystery

The evening of Saturday, November 4, 2006
Elgin Community College Business Conference Center
Look for a sapphire raffle to commemorate our 45th anniversary!

Upcoming events:

April is Alcohol Awareness Month

April 7-9 Alcohol Free Weekend

Set an example for your children, refrain from drinking alcohol on this weekend to show your children you do not need alcohol to have a good time.

April 6th Free Alcohol Screening

4-8 pm, at 2 American Way, Elgin, 60120

Annual Giving

The following individuals have shown their support for the agency by sending in an annual campaign gift for the first eight months of our fiscal year. Their support demonstrates their respect for the staff, clients and board members as well as the importance of our mission to prevent, intervene, and treat addictive behaviors.

Christine Awe	EFS Foundation
Mich Barbezat	Mark & Diane Hanley
Bruce & Lauri Beu	Wayne & Bonnie Horne
Gary Beu	Marv & Marilyn Howe
Fitzroy Callender	Little Home Church
James W. Ceithaml	by the Wayside
JP Morgan Chase	Ogden & Leanna MacDuff
Jo Lynne Cleveland	Paul MacDuff
Thomas & Diane Detelich	Manning Silverman & Co.
Dundee Wal-Mart	Robert Meyers

Elmer Miner
Bill & Sue Moylan
New Friends & Neighbors
James & Lois Renz
Dee Reinhardt
Shodeen Foundation
St. Mary's Church
Barbara Weiner
Wendy Withers

Annual campaign donors help support the very heart of Renz Center and the work we perform everyday. Thank you for helping us create healthier families and safer communities.

"The act of philanthropy is a spiritual act, an expression of caring for one's fellow human beings. It is a belief in the future that the future can be good. It is investing in that future. It is helping to make the dream come true."

Arthur C. Frantzreb

Clinical Services get high marks on Client Satisfaction Survey

A random sampling of clients with an average treatment time of 2-4 months revealed the vast majority of clients felt Renz services were delivered with dignity and respect, while treatment goals were clearly explained. Here are some response highlights & comments from clients:

- 97% agreed their individual counselor is attentive, understanding and supportive.
- 96% felt they were treated with dignity and respect
- 93% agreed their treatment goals and expectations were clearly explained
- 91% felt the counselors worked well with them and communicated well with each other about the client's individual goals, progress and issues.

- 88% felt they have made "a lot" of progress since coming to Renz Center.
- The group sessions "teaches the hazards it [substance abuse] does to me, my surroundings and my body."
- "I would never know some of the medical facts, if not for class."
- "The individual sessions help me vent and open up to issues that I keep bottled up."

The satisfaction survey reinforces the clinical department's dedication as they strive to provide the most effective clinical care in a safe and nurturing environment through a teamwork approach for anyone affected by addiction or addiction related issues.

For more information on Renz Addiction Counseling Center Programs go to www.renzcenter.com

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