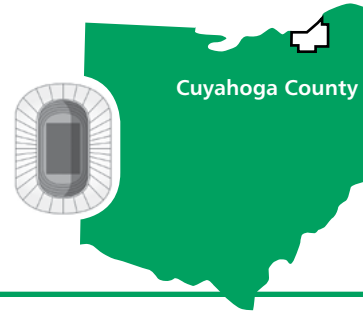


# HUGS Foundation

Helping families of addicted young people find Hope, Understanding, Gratitude and Serenity

# news

**In Cuyahoga County alone we could fill Browns' Stadium with people who abuse opiate prescription medication**



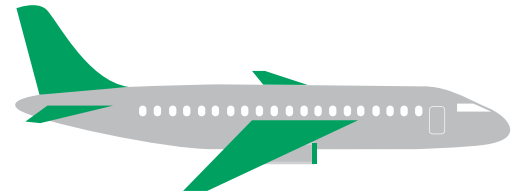
**Of those, we could fill the Q with the people who then turn to heroin.**



**Of those, we could fill a jet plane and crash it into Lake Erie to represent the people who die each year from heroin overdose.**



**Now that Fentanyl is surging out of control, we could actually fill a second plane with the number of people who die of overdose from that drug as well.**



Source: Monica Robins, WKYC Senior Health Correspondent

## HUGS Funds

HUGS funds are increasingly given to families supporting treatment for opioid addiction. The terms epidemic and pandemic are being used to describe the increases in heroin and prescription opioid addictions and overdoses, especially with our young people. Parents are scared and desperate, with good reason. They are often at the mercy of inadequate insurance benefits, an overwhelmed and antiquated treatment industry, and sometimes predatory internet promises of cure. We encourage families to seek realistic support and accurate information. Support groups in the community, such as Nar-Anon, Families Anonymous, and Al-Anon are a source of compassionate solutions and realistic self care. Treatment programs often include family members in the educational and counseling services. Personal counseling (for the

parents/family members) with a licensed addictions counselor can be an invaluable help when navigating the recovery and treatment world. High rates of relapse and overdose are realities even after someone has "gone through treatment". Families and the addicted person can start to lose hope. Initiating and sustaining recovery from opioid addictions has some unique challenges. The treatment interventions should reflect this reality. Medication assisted therapy, provided by board certified addiction physicians, in the context of psychosocial treatments, and sustained for adequate duration is what effective treatment looks like for opioid addiction. HUGS wants to support families who support recovery. And we want you to be informed. [www.hhs.gov/opioids](http://www.hhs.gov/opioids), [www.drugabuse.gov/drugs/opioids](http://www.drugabuse.gov/drugs/opioids)



## A Note From *Dianne*

I cannot believe that HUGS is about to begin it's ninth year in existence. In the beginning HUGS was a very personal creation to honor the people who had been put in our life

to help us make good decisions for our son and for our family. HUGS was a wonderful way to celebrate recovery and share opportunities with other families. The first year HUGS helped four families. Now there are often four applications a week! As the heroin and opiate epidemic has exploded and as funds for treatment and aftercare have become scarce, HUGS has become a lifeline for families. I have had many desperate telephone calls from mothers and fathers seeking help for their children. In today's world, most people accept alcoholism and drug addiction as a disease—a **family disease**. The professional addiction counselors use their talents to help the young people; HUGS supports **families** who are actively involved in their own recovery. Recovery is a gift that is meant to be multiplied and shared.

Last year HUGS was able to help 93 families and distribute \$81,000! Over our eight years HUGS has touched the lives of almost 250 families. I am humbled by your generosity that has enabled HUGS to achieve it's mission. There is such need in our communities and I promise that HUGS will continue with passion to support these families. Who knows, maybe next year I can report helping 100 families in 2016!!!

HUGS to you!

*Dianne*



## An Easy Way to Help **HUGS!**

You can also help by using the AmazonSmile program while you shop, and 0.5% of the price of your eligible Amazon Smile purchases will be donated to us!

Simply log on to Amazon using the AmazonSmile site <https://smile.amazon.com/> and select Hugs Foundation Lakewood OH as your charity of choice! Thank you!

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## A Note From *Fritz Vogt*

It is no coincidence that the majority of treatment centers offer some form of family based services. One basic tenet of systems theory is that a system (family) will always work to maintain homeostasis or sense of normalcy when faced with adversity. When a family is dealing with active addiction for a substantial period of time, their sense of normalcy becomes negatively impacted. Over time they can become comfortable with chaos. Although chaos is not a pleasant or desirable feeling it becomes familiar for these families.

So what happens when the chemically dependent is removed from the system and provided with treatment services? Often times the family will continue to engage in chaotic behaviors to make members of the family feel comfortable. Remember chaos has become the new family norm. These unhealthy patterns of interaction can have a severely negative effect on the chemically dependent's chances of ongoing recovery. In order to ensure the best chances for sustained recovery, it is important for families to unlearn these maladaptive coping skills. By learning new and healthy coping skills a family can support their loved one in treatment and many times become a significant source of strength and support. ***A family that is treated together recovers together.***

David "Fritz" Vogt, MSW, LCSW  
Vogt Therapy Services, LLC

# Lean In Recovery Center opened August 1, 2016!

Lean In Recovery Center (LIRC) is an exciting new extended stay recovery community located in Lakewood! LIRC has teamed with quality local and national treatment centers to serve men 21-35 years old with drug and alcohol addiction. All residents must have completed residential treatment from a qualified program, and have at least 30 days clean in order to qualify for admission. We offer drug and alcohol counseling, holistic programming, high quality living amenities, life skills and access to Cleveland's abundant resources. LIRC staff are experienced and certified with at least a CDCA through the State of Ohio.

Lean In Recovery Center is service and action-oriented, and has partnered with local resources to provide meaningful volunteer opportunities for our residents. We have developed relationships with college admissions professionals for ongoing education, local businesses for employment or internships, and have access to an extensive network of therapists in Cuyahoga County. Men residing at LIRC are introduced to Cleveland area 12 Step meetings and are expected to employ practices from the Four Agreements and The Anatomy of Peace. Our length of stay is 6-12 months and our goal is that a resident attain at least a year of sobriety before transition. For a more comprehensive look at what we offer, please visit [www.leaninrecovery.com](http://www.leaninrecovery.com).

## Remember Nick, Erin and Kathy?

### Two Years Later . . .

Happy to say Nick is 3.5 years sober this August. I enjoy our laughter and relationship. A profound moment for me was when Nick came to me with something that had really hurt him and he showed his emotions. Some of you may wonder why that's so important. It's because he didn't keep it inside and felt the pain. He chose me to let it out and show how he was hurting. Also, I didn't try to make it all better, just listened. I did feel for him, but I didn't dismiss his feelings or make it about me. It's not always easy, but before I couldn't stand to see him suffer, now we both allow each other to feel our emotions. My mom, Nick and I are a small family, but we are always there to support each other. My Mom is a great source of strength and love for Nick and I. I treasure my relationship with Mom as well every day. In the journey of addiction, you need others.

At WTC, the families had to go through a maze blindfolded. There were 20 of us and I was the last one still walking around, everyone else was out of the maze. The counselor kept asking "Erin how do you think you can get out?" I kept saying things like hope, pride. He finally had to tell me, all you had to say was the word help. Wow, that hit me like a ton of bricks. There are a lot of people to help, so allow yourself to ask for help and know you need it.

Love to all! Erin.

# Ascent

**Ascent—an addiction recovery service**—is using the power of the mobile app combined with 24/7/365 peer recovery coaching to help those in recovery maintain long-term sobriety.

**The Ascent solution combines** around-the-clock virtual support from a team of experienced peer coaches with an app that uses software created by researchers at the University of Wisconsin. The app keeps people in recovery connected to peers and experienced and trained recovery coaches. It also helps people find nearby meetings to assist in their recovery, as well as avoid certain specified locations that could hinder a person's recovery.

**The app is fully customizable**, so users can load their own pictures, videos, audio, etc. onto the app whenever they need to see their motivators. Coaches and administrators can also provide motivational images, texts and videos to help keep users focused



on what is really important in their life. There are frequent surveys to fill out in order to help users notify coaches if they feel vulnerable to relapse as well. Lastly, there is the Beacon button. This button can be used for immediate support in the event of crisis.

**The other half of the Ascent solution** is the recovery coaches. Ascent's recovery coaches are available for people using the app 24/7/365. The coaches have at least two years of sobriety, are extensively trained and have lived addiction-recovery experience. The coaches are a vital part of the solution as they are there to assist whenever someone needs help and bring the human element to the Ascent Solution.

**The early stages of recovery** after a person leaves the structure and security of a drug rehab facility is a period of time when the recovering addict is most vulnerable to relapse. It is estimated that as many as 90 percent of recovering addicts will experience a relapse within their first year.

**Ascent is in the process of developing** a 12-month outcome study on hundreds of people in recovery to document the value proposition of the Ascent Solution: the reduction in ER visits, reduced re-hospitalizations, reductions in arrests and reduction in recidivism.

For further information, please see our website [www.ascent.org](http://www.ascent.org) or contact Brian Bailys at [bbailys@ascent.org](mailto:bbailys@ascent.org).

## ADDICTION IS DESTROYING FAMILIES ON A DAILY BASIS.



Addiction knows no boundaries and can happen to anyone no matter where they live, no matter what advantages they do or do not have, or what race or nationality they are. Opiate addiction has become a public health crisis, a crisis that may peak in 2019. If there are not enough resources and innovations, the epidemic will be prolonged. There have been multimedia efforts to educate the public and create awareness of the severe problem in Ohio.

Cuyahoga County Executive Armond Budish reported 31 deaths in June from overdoses of heroin, fentanyl or a combination of the two. "So far, 228 people have died from overdoses in 2016. That's more than in all of 2015 and puts the county on track to see more than 500 overdoses by year's end." A reader may see numbers, but these numbers represent young people in our community who are dying—young people who have families who are deeply affected.

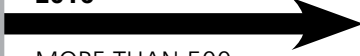
Family is the focus of the HUGS Foundation. Families who have an addicted young person need Hope; they need Understanding of the disease; they need to include Gratitude in their life; and they deserve to feel Serenity in their life. A family that is actively involved in their own recovery can support their loved one in treatment and often become a significant source of strength for the entire family. HUGS has supported over 240 families since February of 2009.

**Two of these families offered to share what the HUGS support has meant to them.**

2015



2016



MORE THAN 500 DEATHS BY YEARS END.

*Hi Dianne,*

As parents of a chemically dependent son, who is now in recovery, we are blessed to be connected with HUGS and beyond grateful for their emotional and financial support during this recovery journey for ourselves and our son.

In March of 2015, my husband and I became aware of our son, Eric's addiction after a serious medical emergency. The next 13 months encompassed much life altering challenges—for both Eric and us. What was once our "happy little family" filled with laughter and joy was now being replaced with paralyzing fear and anxiety of potentially losing our son to the devastating disease of addiction. Despite all our efforts to successfully "help" Eric get clean, we came to the realization that there was absolutely NOTHING we could do to "fix" it. By the grace of God, in April of 2016 Eric made the life changing decision to "fix" it himself by entering a residential treatment program at Glenbeigh in Rock Creek, Ohio. Today, we count our blessings and embrace the gift of a second chance of life for our son.

With the help of HUGS lessening the financial burden that carries on after treatment, we have been given back the feeling of HOPE, the ability to HEAL, the rewards of RECOVERY and most importantly, the gift of SERENITY.

HUGS financial support has enabled Eric to continue his successful recovery in a safe and structured environment surrounded by a positive, sober support group. Without the funds from HUGS, we would have struggled to make this safe environment possible. We knew Eric was not ready to come home after treatment to the same environment and the friends he left behind. Recovery living has

given us all a peace of mind, and an opportunity for us to work on our personal recovery. Eric appears happy, confident, focused and hopeful for his future. For us, we have shifted into neutral. We take one day, one step and one task at a time. We are enjoying our time together as a family, smiling, laughing, worrying less and making memories. Because of HUGS generosity, we have been able to set aside the financial concerns that have been weighing us down.

The first time I spoke to Dianne on the phone, I immediately felt her compassion, dedication and sincere love for HUGS. I too, am passionate about the HUGS Foundation mission and believe that there are so many families like ours that need the same emotional and financial support. We will continue to pay it forward by reaching out with a HUG to the families we know who are struggling and by spreading the word about HUGS in our community. There is no greater feeling than giving back!

From the bottom of our hearts, THANK YOU HUGS for being by our side and for understanding the struggles a family goes through when dealing with addiction. Your mission to help the many families out there is greatly appreciated.

**"FOR ALL YOU DO, FOR WHO YOU ARE,  
WE WILL FOREVER BE GRATEFUL  
YOU ARE IN OUR LIVES"**

Sincerely, Mike and Lori

Thank you!

*Dear Dianne,*

As we write this letter, our daughter Christine is just weeks away from completing a full year of sobriety. She was admitted to New Directions in August of 2015 for alcohol and drug abuse.

It sounds bad to say, but the decision to admit her was difficult knowing that the high cost of residential rehab would not be covered by our insurance and that the programs do not have a 100% success rate.

Christine had expressed that she needed to be in a residential program, so we did not hesitate. We would have done whatever it took to turn things around, but at \$350 per day, the costs mount quickly. You try to stay focused on her recovery and resist the tendency to rush it or encourage her to leave too soon just because of the financial toll it is taking on the family—just as the oldest of our 4 children was reaching college age.

When we learned about the HUGS program and the potential of a grant, it gave us a sense that we had the support of people

that understood what we were going through. Thank you so much for the gift; it gave us strength when we needed it and it replaced some of the shame and guilt of addiction with a sense of compassion and hope. The gift that we received from HUGS helped us through a difficult time and made us want to help other families faced with similar struggles. Attending the HUGS Foundation 2015 fundraising event last fall was a small opportunity to say thank you and to help your foundation continue to do its important work. At that event, we saw firsthand the passion and commitment of the HUGS Foundation under your leadership to provide meaningful help to families just like ours.

Christine is doing well now and we are proud to be providing a safe place for her friend group from NA & AA meetings to have a bonfire, eat dinner, or just hang out in a safe, drug & alcohol free environment.

Thank you so much, John & Grace



## Myths about Treatment

Working in the addiction treatment industry for over 10 years has provided me with a detailed understanding of the treatment process. I have had to challenge many of my existing beliefs and ideas in order to provide effective services for an ever-changing population. Here are some common myths about treatment based solely on my experience.

**Treatment “cures” addiction.** This is perhaps one of the most common myths I hear from family members of substance users. Treatment does not “cure” addiction it simply provides individuals with skills, tools and resources they need to pursue recovery. Addiction recovery involves significant changes that occur every day in order to remain in recovery. I am very leery of any program that offers a “cure” for addiction as there is no mainstream research that supports this position.

**“If my loved one gets better everything will be okay.”**

Family systems that have been impacted by addiction can be severely damaged. Often times, the identified addict getting clean is only the beginning of the healing process. Support group attendance, counseling and therapy are all strongly encouraged to help the entire family system heal from the lasting effects of addiction. 28 Days is “long enough” for treatment. Unique individuals present with unique problems and require an individualized approach to the treatment process. Recovery is not “one size fits all”. There many variables to consider when determining the ideal amount of time needed in treatment.

**Somebody has to “find religion” in order to get better.**

Many support groups and 12-step programs are spiritual by nature. Members find great strength and resilience through their involvement with religious organizations. However, this is not a requirement of recovery or participation in 12-step programs.

**All treatment is expensive.** There is no denying the fact that healthcare can be quite expensive. Addiction treatment services covered by insurance are many times limited and short-term. However, there are plenty of good quality treatment programs that offer more affordable services. Shop around and research numerous options before making this critical decision.

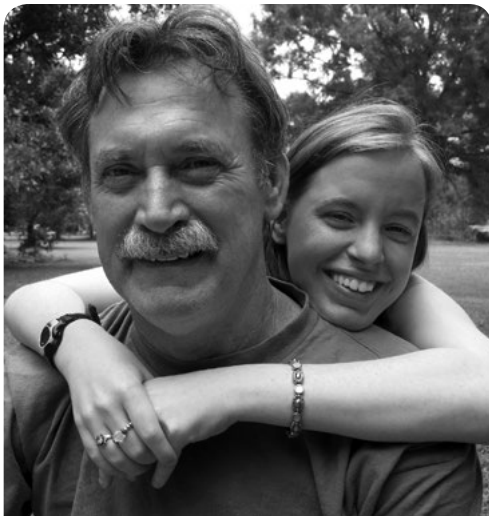
**Treatment providers are cruel or mean.** Many clinicians provide their clients with firm confrontation, but this is typically not cruel or mean. The confrontation should come from a place of care and concern for the well-being of the individual.

**Programs “brainwash” people.** Truth be told, we could all probably benefit from the occasional brainwashing!! Programs challenge beliefs and ideas in an effort to help people. Certainly some things within a person should be changed but not the entire person. The change process is very personal and it is not necessary that every recovering individual fit the same mold.

Hopefully this helps to dispel some myths about the treatment process. If you have any questions about addiction or mental health treatment feel free to reach out to me [fritz.lcsw@gmail.com](mailto:fritz.lcsw@gmail.com).

Take care.

David “Fritz” Vogt, LCSW, Vogt Therapy Services, LLC,  
<http://www.vogttherapy.com>



## Support **HUGS** Matching Gifts

Did you know that many companies offer their employees a Matching Gift Program? Often employers provide their employees an incentive to give financial support to charitable organizations by matching the employees' financial donations dollar for dollar. Typical rules are that the charitable organizations must be registered as tax exempt under IRS Code, Section 501 (c)(3). There may also be a small minimum donation amount like \$100 to minimize paperwork cost. Each matching gift program is different, but an example is your \$100 donation could be \$200 if a simple form (that is typically obtainable in a firm's Human Resource department) is completed.

Think of it as Doubling Down in Black Jack except you and your chosen charity both win.

## Great Venue, Great Benefit



When you want to have a successful event, ask the busiest person on your board to be the Benefit Chairman. Kathy Winzig, one of the most creative and enthusiastic women I know, with the help of her husband, Peter, and her son, Scott, planned and successfully executed "HUGS for Families" on February 20 at BAYarts, a non-profit art and education center in the Cleveland Metroparks Huntington Reservation. Over 100 supporters of

HUGS thoroughly enjoyed the delicious food catered by Sweet Melissa's restaurant and desserts donated by The Leaf and volunteer bakers.

Among the guests were Mike Matoney, CEO of New Directions/Crossroads, and four of his counselors who devote their time to helping addicted young people; Jes Sellers, the Director of Prevention, Recovery Services at Case Western University; and Charlie Kennedy, the President of LeanInRecovery, a new sober living facility in Lakewood. BAYarts provided the perfect setting for networking and lively conversations.

The evening was highlighted by special guest Monica Robins, WKYC Senior Health Correspondent. As Kathy Winzig said, "It was our pleasure to honor Monica for all her efforts in bringing awareness to our communities about the drug and heroin epidemic. She is a special person and her personal stories and heartfelt message really resonated with the audience." For all Monica's work, she received a Certificate of Appreciation from HUGS.

Over \$10,000 was raised in the silent auction which featured original artwork, photography, tickets and unique items donated from merchants and sports teams across Northeast Ohio. The entire evening was wonderful and even the weather cooperated—60 degrees in February!!

## Speakers Bureau

Chris Boyher and other members of the Board of Trustees have developed a brochure to be used as an informational tool for community organizations, such as Rotary, Kiwanis and the like. If you or your group is interested in having a member of the HUGS Foundation come and speak to your group, **please contact Dianne Vogt, 216-521-5568.**

## HUGS Foundation teams up with The Rock Pile for "Fundraising that Rocks"



The HUGS Foundation has teamed up with The Rock Pile, 900 Nagel Road, Avon, OH, through their "Fundraising that Rocks" program.

This past spring/summer HUGS received a donation of \$100 from the Rock Pile, simply because a few generous individuals thought to mention HUGS when placing their orders through the Rock Pile. Imagine how that number could grow by spreading the word!

Just mention that you would like to make a donation to the HUGS Foundation and The Rock Pile will donate 5% of your purchase price back to HUGS to assist families of chemically dependent adolescents fund ongoing treatment.

**To learn more about The Rock Pile, visit their website at [www.therockpile.com](http://www.therockpile.com).**

# A Special *HUGS* Thank You to our 2015 Annual Fund Donors

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Roger Koeberle

### Addiction is destroying families on a daily basis.

HUGS is providing families with the opportunity for recovery. If you are interested in getting involved or assisting financially, please contact Dianne Vogt via email at [hugs@hugs4families.org](mailto:hugs@hugs4families.org) or by calling 216-521-5568.



## Our Mission:

Family support is critical to long term recovery of alcoholic and addicted young people.

The HUGS Foundation is dedicated to helping families in Northeastern Ohio, providing funds for treatment, travel, and ancillary services not covered by insurance benefits.

Additionally, families who have received help from HUGS will have the opportunity to help others in need of addiction recovery, thus creating an invaluable networking system.



**to learn more about HUGS**, visit [www.hugs4families.org](http://www.hugs4families.org)