

Eagleville Insights

AUGUST 2018

Eagleville Hospital 101: What we do, who we help

Eagleville Hospital may be a provider of treatment for substance use and mental health disorders, but for many people it's much more than that...it's the start of a new life.

At Eagleville, our clients receive tailored treatment that maximizes their chances for recovery. This is made possible by our experienced physicians, nurses, psychiatrists, therapists, social workers and counselors who are committed to helping clients break the cycle of addiction and manage mental illness.

Eagleville Hospital is a 305-bed independent, non-profit hospital located on a 40-acre campus in Montgomery County. We provide treatment for adults (age 18 and over) with substance use disorders and co-occurring mental health issues. Our programs include:

Residential-Level Detoxification: For people who need detoxification but who don't have major medical or psychiatric issues. This is often the first step for patients with substance use disorder.

Hospital-Level Medical Detoxification: For people who need detoxification and may have a history of medical conditions. This program offers medical supervision and 24/7 nursing attention.

Hospital-Level Rehabilitation: This short-stay, hospital-level rehabilitation program is for people who need addiction counseling, physician oversight, and 24-hour nursing. Clients in this program may have a chronic medical condition (ex: diabetes, chronic pain) and also need psychiatric evaluation and management of psychotropic medications.

Residential Rehabilitation for Co-Occurring Disorders: People in this program receive treatment for substance use disorder along with psychiatric evaluation and medication management to deal with a spectrum of mental health disorders (ex: depression, anxiety disorders).

Residential Rehabilitation: Following detoxification, many clients remain at Eagleville for inpatient treatment. Stays range from 2 - 3 weeks to 90 days depending upon the severity of addiction, treatment history, and individual needs.

Eagleville accepts scheduled referrals 24/7 by phone at **610-539-6000 x1** or **800-255-2019**. If you or someone you know is in need, call us today to speak with one of our admissions specialists. Eagleville accepts reimbursement from most major insurance plans as well as Pennsylvania Medical Assistance and Medicare.



(Re)Introducing Eagleville Hospital

During my travels in the community, I often receive questions about Eagleville Hospital's mission, what services we offer, and whom we treat. That's why we have created *Eagleville Insights*—a newsletter to keep you up-to-date on the many positive things happening at our facility.

A secondary goal of this publication is to provide you with valuable information you can use in your daily lives. In each issue, we'll include one article that focuses on ways for you to discuss, identify, manage or comprehend substance abuse. This touches all of us in our community and the best way for us to overcome it is through understanding behavioral health disorders.

For the last 50 years, we have been a pioneer in substance use disorder and mental health treatment. I am proud of the important work we do here, and I am eager to share our successes with you.

I hope that this and future issues of *Eagleville Insights* give you a better appreciation of Eagleville Hospital and the value that we intend to bring each day to our community.

Sincerely,
Maureen Pollock
Chief Executive Officer
Eagleville Hospital





100 Care Packages, One Inspiration

After her son, Charles “Andy” Bruhn, died from an overdose on April 21, 2017, Stacey Bruhn Robinson knew she had to do something to honor his life and memory. Out of this grew ANDY (Addiction Never Defines You) Forever, a 501(c)(3) that provides partial scholarships for long-term addiction recovery and personal care packages. In May, ANDY Forever presented Eagleville with more than 100 packages, which included toothbrushes, toothpaste, shampoo, conditioner, deodorant sticks, feminine products and bars of soap — all donated following an appeal on the group’s Facebook page.

“We wanted to start with places that helped Andy, and Eagleville’s foremost among them,” she says. Andy spent two months at Eagleville, the healthiest his mother can remember him being, before he entered a three-quarter house and relapsed several months later.

“A lot of our patients don’t have the resources to buy personal items themselves when they leave here,” says Denise Kitson, LCSW, director of counseling services at Eagleville Hospital. “Something like this will help tide them over until they can get a job.”

“We wanted to start with places that helped Andy, and Eagleville’s foremost among them.”

With each package, ANDY Forever also includes a self-addressed, stamped envelope in the hope that some of the recipients will write to let them know how they’re doing. “I know everybody doesn’t have the kind of support that Andy did,” adds Mrs. Bruhn Robinson.

Fact vs. Fiction:

Underage drinking

Alcohol is the most commonly used and abused drug among young people in the United States. Though underage drinking has steadily declined since the 1980s, it remains a persistent problem to this day.

When you talk to your kids about drinking, it’s important to be armed with the facts. Here are some common myths—and the facts—about alcohol use.

Fiction: Alcohol isn’t as harmful as other drugs.

Fact: Young people who start drinking before age 15 are six times more likely to depend on or abuse alcohol later in life than those who begin drinking at age 21.¹ Excessive alcohol use has also been shown to increase the risk of cancer, high blood pressure, liver cirrhosis, psychological disorders and more.²

Fiction: To sober up quickly, just drink coffee or take a cold shower.

Fact: There is no such thing as sobering up quickly. On average, it takes the body 2 to 3 hours to metabolize one drink, and there’s nothing you can do to speed that up.³

Fiction: Everyone else is drinking.

Fact: Most young people don’t drink at all, much less binge drink. Between 70 and 80 percent of 12- to 20-year-olds haven’t had a single drink in the last month, and nearly 90 percent of high school students haven’t engaged in binge drinking.¹

Fiction: Beer is safer than liquor.

Fact: Alcohol is alcohol—your body doesn’t see a difference between the alcohol in a 12-ounce beer versus a 5-ounce glass of wine vs. a shot of liquor. It’s the amount of alcohol that affects the body, not the type of alcoholic drink.⁵

Fiction: Drinking is OK as long as an adult is present.

Fact: Adults who let teenagers drink often believe they are preventing binge drinking or drunk driving, but the harmful effects of underage drinking don’t vanish just because an adult is present. There are legal consequences of supplying alcohol to underage drinkers, too. In Pennsylvania, adults charged with supplying or allowing a minor to possess alcohol face hefty fines and even jail time.⁵

Fact:



It takes the body
2 to 3 hours



to metabolize
one drink

1. <https://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015.pdf>
2. http://www.camry.org/_docs/resources/fact-sheets/Call_To_Action.pdf
3. Cederbaum, A. I. (2012). Alcohol metabolism. *Clinics in Liver Disease*, 16(4), 667–685.
4. <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink>
5. <http://socialhost.drugfree.org/state/pennsylvania>

Beautify Eagleville Day



During Beautify Eagleville Day in June, clients and staff joined forces to plant flowers and give the campus' indoor and outdoor spaces a good spring cleaning. Some of the Eagleville staff members even took a break for a group photo. Pictured (l to r) Rachel Woerner, Adjunctive Therapist; Jennifer Montgomery, Case Manager; Anita Rosenberg, Levy 1 Clinical Coordinator; Leo Weed, Recovery Educator; Lara Haagen, Adjunctive Therapy Clinical Coordinator; Andrew Lightfoot, Levy 1 Therapist; and Vaughn Coleman, Recreation Therapist.



Jennifer Montgomery, MSW Counseling, digs in and helps clean up some of Eagleville's outdoor spaces.

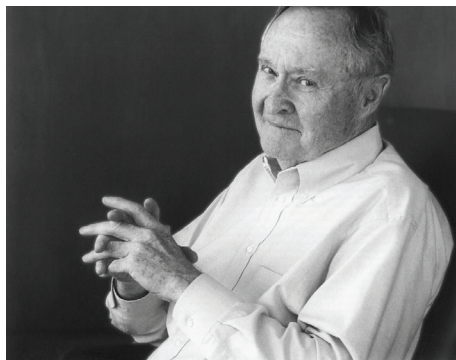
Join the Friends of Eagleville at the 2018 PRO-ACT Recovery Walk

On Saturday, September 22, 2018, the Friends of Eagleville will be taking part in the annual PRO-ACT Recovery Walk at Penn's Landing, Philadelphia. Each year, this event draws thousands from the region in a celebration of recovery and the work that is being done to end the stigma surrounding drug and alcohol addiction. Anyone who is interested in joining Eagleville for this event can contact Emily Masslofsky, Eagleville's Patient and Family Advocate, at EMasslofsky@eagleville.org or **610-635-7475**. You need not be affiliated with Eagleville to join us for this event. For more information about the PRO-ACT Recovery Walk visit recoverywalks.org.

Remembering Long-Time Eagleville Board Member

John Rogers Carroll, Esq., a 21-year volunteer member of the Eagleville Foundation's Board of Directors, died January 2 of heart failure at his Center City home. He was 89.

For the better part of six decades until his retirement in 2010, Carroll was considered one of Philadelphia's most revered white-collar criminal defense lawyers.



John Rogers Carroll, Esq.

Carroll was known just as widely throughout the Greater Philadelphia community for his compassion. In recovery, he assisted fellow lawyers who were struggling with alcoholism and drug addiction. Under Carroll's guidance, the non-profit Lawyers Concerned for Lawyers grew into a model for lawyers' assistance programs across the country. He also served as a member of the Pennsylvania Advisory Council on Drug and Alcohol Abuse and as Vice Chairman of the Philadelphia Commission on Human Relations.

In 2002, taking the support process one step further, Carroll established the M. Patricia Carroll Fund in memory of his wife, whom he married in 1980. She died in 2000. The non-profit provides funds for the treatment of addicted lawyers, judges, and law students.

Eagleville Congratulates Board Member Named to Philadelphia Board of Education

Wayne R. Walker, Esq., the Assistant Secretary-Treasurer of the Eagleville Foundation Board of Directors, was named to Philadelphia's Board of Education in April.

Walker is one of nine members appointed to the board, which will begin governing the District on July 1. Philadelphia Mayor Jim Kenney described the board's introduction as "a major step forward toward establishing local control of our schools."

A field of 500 nominees was narrowed to 45 finalists, from which the nine were ultimately selected. The unpaid board members face the challenge of running a \$3.2 billion organization with no revenue-raising capabilities.



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Creating Pathways to Recovery and Hope

Please help Eagleville provide the hope and treatment that many in our community need to begin their recovery journey. **Donate today at Eagleville.org/giving.**



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