

DECEMBER 2018

Improving Recovery Outcomes by Going Smoke-Free

Quitting smoking during treatment for a substance use disorder has long been considered too difficult for patients. But recent research is now debunking this long-held belief. It's this research, and shifts in clinical practice, that is prompting Eagleville Hospital to establish itself as a smoke-free campus in the near future.

"Traditionally we've ignored cigarette smoking in drug treatment, and in fact, in many ways enabled it, believing it would be too overwhelming to stop all substances at one time," shares Tony Klein, MPA, NCNCII, a tobacco cessation specialist who is helping Eagleville navigate this transition. "The evidence now demonstrates that stopping tobacco concurrently with alcohol and other drugs has a positive effect on treatment outcomes, promotes longer-time sobriety, and improves overall recovery."

One such study¹, published in February 2017 in *The Journal of Clinical Psychiatry*, found that cigarette smoking increased the odds of relapse among people in recovery from a substance use disorder. Sustained cigarette smoking also increased the odds of drug use and the likelihood of substance use disorder.

Why cigarette smoking might increase the chances of relapse remains somewhat unclear. The researchers of this particular study speculated that cigarettes may serve as a drug cue and relapse trigger since cigarette smoking often accompanies illicit drug use. Other studies have linked nicotine exposure to cravings for stimulants and opiates.

What is clear, however, is that the myths surrounding cigarette smoking and drug and alcohol abstinence have become entrenched in the recovery culture.

Paul W. Toth, PhD, LPC, Staff Development Manager and Clinical Supervisor at Eagleville Hospital, shares that one reason this myth may have perpetuated was that treatment facilities were concerned that fewer people would be willing to enter treatment at a smoke-free facility. "But they've since found that at facilities like ours, it's not changed admission rates at all," he says.

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The coming of a new year is often marked by reflection and improvement. At Eagleville Hospital, we're no different. Within this edition of *Eagleville Insights*, we will share with you some recent events and introduce ways in which we will be working to improve the health of our patients, staff and community in 2019.



Maureen Pollock

It's often said that recovery is about more than short-term treatment—it's about long-term transformation. With this mission in mind, Eagleville is proud to join other healthcare facilities across the nation in making our campus smoke-free in the coming months.

Research shows that smoking cessation improves the odds of sustained recovery. In response, we will expand our services to provide patients—and staff—with smoking cessation education and support.

Tackling the challenges of substance use disorder requires the right staff and infrastructure.

Recently, we welcomed Susan Fink, a seasoned professional with deep philanthropic experience to serve as our new Director of Development. Within this issue, we'll introduce Susan as well as her vision for Eagleville Foundation.

I invite you to stay up-to-date on our progress throughout the new year by visiting our website, www.Eagleville.org, or connecting with the Eagleville Hospital Facebook page.

On behalf of Eagleville Hospital, please accept my best wishes for a happy and healthy holiday season!

Sincerely,
Maureen Pollock
Chief Executive Officer
Eagleville Hospital

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Which has enabled Eagleville to evaluate cigarette smoking for what it is: one of the leading causes of disease and death in the United States. It's responsible for about one in five deaths, according to the Centers for Disease Control and Prevention. In a 2008 study², published in *The Journal of Substance Abuse Treatment*, over 50 percent of the deaths among patients in treatment for a substance use disorder were related to tobacco use compared with 33 percent who died as a result of their drug or alcohol use.

"Cigarettes are a highly addictive substance and we're a substance abuse facility, so we need to be addressing this," Paul says.

Community Behavioral Health (CBH) has helped spearhead the transition at Eagleville by providing the services of Tony Klein. Already, Tony has led several training sessions with counselors. He also led two group-therapy sessions with patients that were observed by therapists, who noted their feedback about smoking cessation with the intent to develop a comprehensive response. Additionally, Eagleville is working with Aetna and other resources to assist staff members who smoke, with the adjustment to this change.

"Not everyone will quit smoking, and not everyone is coming here thinking that's a goal," Paul says. "We just want to help them understand what nicotine does to their physical and mental health and their recovery efforts so that they can begin to make smarter decisions about it."

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5800400/>

² https://www.integration.samhsa.gov/Smoking_cessation_during_substance_abuse_treatment.pdf

Meet Board Member Eileen Joseph



Eileen Joseph, MS, CPRP

Eileen Joseph, MS, CPRP, finds it easy to be excited about Eagleville's future, because it's "such a dynamic time for the organization."

"I'm so impressed by the quality and analysis work that's being done to enhance patient care," she says. "I'm also excited about the long-range plans to create a more intimate environment, campus-wide, in which this care can take place."

Eileen joined the Eagleville Board of Directors three years ago. She serves as the Secretary-Treasurer for Eagleville Foundation. She's also the Co-Chair of Eagleville Hospital's Joint Conference Committee.

Since 1982, Eileen has been the President and CEO of CareLink Community Support Services, a 60-year-old organization that provides people with mental illness an alternative to the revolving door of hospital care.

CareLink's administration is based in Media, though it provides services throughout the Greater Delaware Valley. Nearly 400 counselors, rehabilitation specialists, and clinicians across more than 30 community programs serve over 1,000 people.

A longstanding member of a number of behavioral health professional societies, including the Pennsylvania Association of Psychiatric Rehabilitation and the Rehabilitation Community Providers Association of Pennsylvania, Eileen was familiar with Eagleville long before her board involvement. From her actual introduction, Eileen says the commitment displayed by the staff and her fellow board members resonated with her and filled her with an immediate sense of belonging.

"Because I work in behavioral health and my background is in research, I've been very vocal since joining the board in encouraging more research and discussion around it," she says. "At the same time, I'm always learning things, which is what really feeds my excitement about Eagleville."

Long-Time Eagleville Employee Named Patient and Family Advocate

Emily Masslofsky has been named Eagleville Hospital's Patient and Family Advocate. In her new role, she'll be working directly with patients, resolving any grievances and ensuring that they're provided with everything they need in their recovery. She'll also assist in updating services in response to the patient satisfaction surveys.

Emily's been at Eagleville since 2011. Over that time, she's worked as a therapist and most recently as a case manager.

"I know how the different programs operate," she says. "And when I worked as a float therapist, I spent time in almost every department in the hospital. Having that direct patient care experience has been a great asset, especially now, in my new role. I'm better equipped to find solutions that appease both the patients and the hospital."

An extrovert by nature, Emily says her experience at Eagleville has taught her to utilize her communication skills and seek out previously unexplored channels to remedy complex issues. And, above all, "be flexible to the needs of the community."

Emily earned an associate's degree in human services from Montgomery County Community College and a bachelor's degree in organized behavior and applied psychology from Albright College. She's currently working toward a master's degree in health administration from Capella University.



Emily Masslofsky

Susan Fink Appointed Director of Development for Eagleville Foundation

Over the course of her career, Susan Fink has generated more than \$50 million for philanthropic missions and led several organizations through creating effective fundraising and brand-building campaigns. Now, she is bringing that experience to Eagleville Hospital as the new Director of Development for the Eagleville Foundation. She was appointed to this position in October.

In this new role, Susan will build the Foundation's efforts to increase Eagleville's name recognition within the region.

"It's critical that our neighbors and community-at-large know who we are, so they can learn what their support of Eagleville Hospital means," she says. "Eagleville is a unique place that provides help to people who need it most. We have a lot to be proud of. Growing our visibility and sharing our message will be integral to moving our philanthropic mission forward. Creating the infrastructure that will facilitate this work is my most important task."

Missions that Susan has served have empowered under-represented women, the homeless, hungry, and unemployed, hospital patients, and large global populations displaced due to conflict and natural disaster. She has also trained global board of directors and staff in fundraising, branding and communications.

When it comes to development and fundraising, Susan describes herself as having a "fearless and bold" approach: "I raise money and grow business by building and maintaining trust, having strong ethics, being strategic and having goals, asking the right questions, and by encouraging the same among my colleagues and team. I love what I do because the people and the mission we serve matter."

Susan's background was once in mental health – from providing residential treatment to running a sub-acute psychiatric unit for adolescents. She sees her new position at Eagleville as her career coming full circle. "I'm a fundraising strategist with an international business background and experience as a clinician," she says. "My hope is to draw on the best practices from the entirety of my background in support of Eagleville's mission, and I am excited to dig in."

Susan lives in Bryn Mawr with her husband and their English Labrador, Darby.



Susan Fink

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Welcome to Eagleville Foundation

We are beginning to develop the work of the Foundation and we want to invite you on the journey. First, we will define our unique voice. By engaging you, our staff, our volunteers, the people we serve and the community-at-large, we will begin to build that voice.

Just like our mission, our voice will be powerful and inspired. Yes, we work to help people with substance use and mental health disorders. But what do we stand for? **Eagleville serves the underserved and we are the best at it.**

Knowing what sets Eagleville apart and strengthening the Foundation's voice will enhance all of our work. Ultimately, we will raise more awareness and support when we begin by connecting to the people who care about what we do. Read the words below from a current resident. They are alive with emotion and the desire to live and be well.

"I entered Eagleville Hospital thinking I would give it a chance. What did I have to lose? What I found here, I've been searching for my entire life to find. ME. Who I truly am. During this journey I found my place in the world. I found healing and peace. I have a treatment team that has shown me understanding and how to regain control. Never, ever, did I think I would see this day. I have learned how to kick against the bottom, break the surface, and breathe again. I have life. I hope you have it too." – Lauren wrote this on Nov 28, 2018

By listening to the perceptions of our audiences—patient, staff and the community—we will ignite the work of the Foundation. The key will be to translate the nuts and bolts of what we do into powerful communication tools. Along the way, we'll ask for your opinion. When we do, please let us hear from you. **Your voice matters, just as much as Lauren's.** It's about telling people WHY we do what we do and renewing our own personal commitment to this incredible mission.... it begins with all of us, but it begins with you. We'll be in touch.

Write me with your questions and comments about the work of the Foundation, or invite me to visit with you and your colleagues or teams: sfink@eagleville.org. We want you to take an active role in building something very special with us.



Susan Fink
Director of Development



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Creating Pathways to Recovery and Hope

Eagleville is Hiring

Eagleville Hospital is looking for talented, energetic and dedicated individuals to join our patient care delivery team. If you value the opportunity to demonstrate excellence through your work, seek to contribute via a collaborative team environment, and desire to advance your professional knowledge in a challenging health care environment, Eagleville Hospital is the employer of choice for you. We are currently seeking collaborative clinical professionals to join our growing and developing team. We are dedicated to the treatment, education, and prevention of substance abuse, co-occurring disorders, and acute psychiatric disorders.

Available positions (FT/PT/PRN) include:

- RNs
- Nursing Assistants
- Therapists/Counselors
- Activities Coordinator
- Certified Recovery Specialists
- House Managers
- Admissions Representatives

We offer a competitive salary and benefits package including: health, dental and life insurance; generous paid time off; holiday pay; tuition reimbursement, and 403 B with match.

To be considered, please send your resume to hr@eagleville.org. For more details and to apply, visit www.eagleville.org/careers/



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