

We are, we always have been

As you can see at the top of this newsletter, we've adopted a new name and logo.

Nearly 35 years ago, Marworth was founded by Geisinger Health System. We are — and always have been — an integral part of Geisinger. Over the course of the past year, Geisinger has been engaged in updating the branding of all of its locations. Now it's our turn. We are officially Geisinger Marworth Treatment Center.



As an alum, you likely already know the history of our campus, in that Marworth served from 1931 to 1981 as the family estate for three generations of the Scranton family. The estate name is derived from the first names of Margery and Worthington Scranton, parents of former Pennsylvania Governor William Scranton, who donated the property to Geisinger for its current purpose. Our new name illustrates that history.

It's worth sharing a couple of lines from Geisinger's current advertising campaign, because it is so consistent with everything that Marworth has stood for since its inception as an addiction treatment center.

"Today, Geisinger is one of the most scientifically advanced and innovative healthcare organizations in America. But we also know that to be the best, we must care the best. Caring. It's such an old idea it almost seems brand new."

Alumni members like you are a vital part of our continued success. When you encounter others struggling with addiction, you often share your experience of treatment and recovery. And you often recommend that people call us to seek treatment for themselves. Your referral is the

(Top) A group gathers to share their experiences during recreation therapy.

(Bottom) A team works together to help a climber over the wall on the ropes course.

Summer 2016

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greatest compliment we receive. It tells us that we were successful in guiding you to a life in recovery, and it gives us the confidence that we can do it again with each new patient. So the next time you tell someone about us, we hope you'll tell them about Geisinger Marworth.

Thank you for your continued support.



Sober Fun Friday

“Hello Marworth,
my new friend...”

— *Realm of Detox*

Sung to the tune of Simon and Garfunkel’s “The Sounds of Silence,” the song “Realm of Detox” was written by patients several years ago during a weekly sing-along group at the treatment center. The song is still a staple at one of the most popular groups at Geisinger Marworth — the Sober Fun Friday Sing-Along.

The Sober Fun Friday Sing-Along is a weekly group for the patient community, led by two musically inclined staff members — Caitland Hawk, CTRS, certified recreation therapist, and Kate Liotta, chemical dependency specialist.

“The sing-along group has been part of Geisinger Marworth’s treatment program for years, long before Kate and I joined the team here,” said Ms. Hawk. “We’re happy to continue the tradition.”

The group sings a variety of popular songs that have been rewritten by patients with lyrics that either parody daily life at Geisinger Marworth, or are uplifting and spiritual. In addition to “Realm of Detox,” other Sober Fun Friday Sing-Along hits include “Their Way,” sung to the tune of “My Way” by Frank Sinatra, and “Out in the Butt Hut,” to the tune of “Under the Boardwalk” by The Drifters.

Ms. Hawk and Ms. Liotta also encourage patients to work on rewriting lyrics to other songs throughout the week and then bring the new song to the group on Friday. Guitars and drums are available for anyone who wants to add their musical talents to the atmosphere.

The sing-along is a fun time, but it’s also beneficial to addiction treatment. The group often relates song lyrics to recovery themes.

A common trigger for relapse in early sobriety is boredom. Addiction eclipses hobbies and social activities, so when people are new to recovery, they may need guidance to find new, healthy activities to keep themselves busy.

“Activities like Sober Fun Friday Sing-Alongs help those in recovery re-learn how to laugh and have fun in a social setting,” said Ms. Liotta.

When first introduced to the sing-along, many patients express anxiety about singing in public. But Ms. Hawk and Ms. Liotta are quick to remind everyone that the group is about having fun, not about musical talent.

The Sober Fun Friday Sing-Along has a special place in Ms. Liotta’s heart, who plays guitar and is in a band with Ms. Hawk. As a Marworth patient in 1999, she found comfort in playing music with her fellow patients. *“Music grounded me when I was struggling as a patient, and I hope this group does the same for others,” she said.*

Fridays aren’t just for sing-alongs. The recreation therapy team, including Ms. Hawk, also brings groups out to a local park or community center for a community reintegration opportunity on Fridays. This gives patients a break from the inpatient environment and allows them to experience healthy leisure activities. Many alumni have commented that getting off campus for community reintegration helped them feel “normal” again.

“Both the Sober Fun Friday Sing-Along and community reintegration play an important role in Geisinger Marworth’s treatment program by showing people who are new to recovery that it is possible to have fun while sober,” said Ms. Hawk.



Kate Liotta, left, and Caitland Hawk get in tune with each other before a Sober Fun Friday Sing-Along.

James Dougherty retires

After 26 years as the administrative leader of Geisinger Marworth Treatment Center, Vice President James Dougherty retired from his post in June.

During his tenure, Geisinger Marworth successfully responded to increased demand and changes in the addiction treatment field to grow from a 70-bed to a 91-bed facility. In 1993, the facility added outpatient services to bring the full continuum of care to the Waverly campus.

In 1997, Mr. Dougherty and his colleagues identified unmet needs in the field and launched both the uniformed professionals and healthcare professionals programs. Our success in working with these unique populations has catapulted Geisinger Marworth ahead of the competition.

“Our team developed expertise around these professions through extensive training by experts,” said Mr. Dougherty. “We developed an appreciation of the law enforcement and healthcare cultures, and learned how to talk about recovery in the context of those cultures.”

Mr. Dougherty also championed innovative new care models. In 2010, he led the implementation of a disease management program to track patients for one year after discharge in an effort to encourage continued recovery and prevent relapse. The program has touched more than 500 alumni members in its first 5 years. That same year, Marworth partnered with parent company Geisinger Health System to embed an addiction counselor in primary care practices. That outreach program has grown into a true partnership with both the primary care and pain management specialties at Geisinger.

Mr. Dougherty credits all of these accomplishments to the support and dedication of the many employees who have built their careers at Geisinger Marworth.

“I’m proud of what the team has accomplished in my time here,” said Mr. Dougherty. “We’ve established an unmatched stability in staffing, with low turnover in all of our departments. Our employees recognize they are accomplishing something important here.”

Mr. Dougherty built his own career at Geisinger Marworth, and has high hopes for its future. *“I hope that Geisinger Marworth will continue to be seen as a premier destination for people and families overcoming the disease of addiction,” he said. “I look forward to Geisinger Marworth and Geisinger Health System finding innovative ways to care for more people affected by addiction.”*

Early career

Mr. Dougherty earned a bachelor’s degree in psychology in 1968 and a master’s degree in rehabilitation counseling in 1970, both from The University of Scranton. He began his professional career in drug and alcohol treatment at a residential treatment center in Philadelphia. From there, he worked at a few other treatment centers before joining Geisinger Marworth in 1990 as its administrative leader.



Jim Dougherty cuts the cake at his retirement celebration in June.

In his retirement, Mr. Dougherty plans to spend the summer at his lakeside cottage with his family, including his wife Sherry, his daughter Keirnan and his son Liam. He also looks forward to traveling to many more of Keirnan’s cross-country meets and Liam’s baseball games when they return to college in the fall.

“I aim to live a life of relaxation on a full-time basis,” he said.

Mr. Dougherty will continue to stay involved in his community, specifically with the Countryside Conversancy, of which he is a board member.

Director of Counseling Dominic Vangarelli, CADC, was recently named the next vice president of Geisinger Marworth. Watch for the next issue of the *Messenger* for a profile on Mr. Vangarelli.

Honoring James Dougherty and Gift of Hope

The recently retired vice president of Geisinger Marworth, James Dougherty, has always been moved by the generosity of alumni. He was especially proud of the contributions made to the Gift of Hope Scholarship Endowment and how it has grown over the years.

This fund provides financial support for those struggling with addiction who would otherwise not be able to afford to enter inpatient treatment. As many as 25 people are helped with Gift of Hope scholarships annually. That means 25 people have a chance to get on the road to recovery every year.

Now, many alumni are making contributions in honor of Mr. Dougherty and his service to Geisinger Marworth — and you can too. So far, more than \$70,000 has been pledged to Gift of Hope in his name.

If you are interested in giving to the Gift of Hope Scholarship Endowment in Mr. Dougherty's honor, please return the enclosed form or contact Cheryl Connolly, senior regional director of advancement, Northeast, Geisinger Health System Foundation, at 570-808-7868 or caconnolly@marworth.org. More information is also available at GeisingerFoundation.org.



Studies highlight dangers of opioids

There is no shortage of talk about prescription drug and heroin abuse. At Geisinger Marworth, we see its effects every day. Recently, Geisinger Health System researchers published two studies that highlight the dangers of prescription medications and opioids.

Profiling opioid overdoses

One Geisinger study profiled patients who overdosed on opioids, allowing researchers to predict who is most likely to experience other serious complications, including death, from their drug abuse.

Geisinger investigators analyzed the electronic health records of more than 2,000 patients admitted to the hospital for overdoses between April 2005 and March 2015. Among them, 9.4 percent died within a year.

Patients had an average age of 52, were more often female (54 percent), not married (64 percent) and unemployed (78 percent). Their other chronic diseases included cardiovascular disease (22 percent), diabetes (14 percent), cancer (13 percent) and mental health disorders (35 percent).

“Our study suggests opportunities for identifying patients at risk for overdosing,” said study leader Joseph Boscarino, PhD, Geisinger addiction researcher and senior epidemiologist. “We’ve found that patients who are taking higher doses of prescription opioids combined with psychotropic medicines may need closer monitoring to avoid death and other serious complications.”

Dangers of unused medications

Another Geisinger study shows that it's not uncommon for people to have unused bottles of prescription medicine in the home, such as antibiotics or painkillers that the person stopped taking because they felt better. Access to these unused medications offers a dangerous opportunity for illegal use and abuse, especially by children and teens.

"Abuse of medicine among teenagers is a growing problem, especially since many of these kids don't believe that prescription drugs are harmful. Easy access to parents' and grandparents' leftover medicines is just throwing gasoline on the fire," said Eric Wright, PharmD, senior investigator and co-director of the Center for Pharmacy Innovations and Outcomes at Geisinger.

Results of the study indicate that the most common unused medications were those for pain

(15 percent), hypertension (14 percent), antibiotics (11 percent) and psychiatric disorders (9 percent). Approximately 15 percent were controlled substances that carry risk of misuse and addiction.

The majority of these unused medications were kept in a cabinet (55 percent), thrown in the trash (14 percent) or flushed down the toilet (9 percent). Only about 11 percent were disposed of via drug take-back programs.

Geisinger is committed to curbing these statistics by offering a medication take-back program. The program is designed to improve prescription efficiency and patient awareness of appropriate disposal methods, especially for controlled substances. Check to see if your local pharmacy offers a drug take-back program, and if so, use it to dispose of your medications properly.

Learn more about these and other Geisinger research projects at geisinger.org.



In the community

Geisinger Marworth sponsored a Families in Support of Treatment (FIST) event in April at the Crompond School in Yorktown Heights, N.Y. FIST organizes, supports, educates, guides and provides resources to families who are struggling with a loved one's addiction. Drug and alcohol prevention advocate and New York State Senator Terrence P. Murphy served as keynote speaker.

In May, Geisinger Marworth co-hosted a conference with McLean Hospital and Brattleboro Retreat in Holyoke, Mass. The conference, which focused on treating uniformed professionals, drew nearly 150 first responders — law enforcement, fire fighters, EMS and military — seeking new ways to help their colleagues in need of behavioral health treatment. Similar conferences are being planned for the fall in Connecticut and Boston. For more information, contact Liz Walker, Geisinger Marworth community relations representative, at liz@lizguerra.com or call 203-733-5798.

Robert Friedman, MD, Geisinger Marworth associate medical director and addiction fellowship program director, presented a conference, "Medication Assisted Treatment for Opioids: What's Working and What's Not?," in Norwalk, Conn. in June. Nearly 100 addiction professionals attended the conference, which focused on the latest research regarding medication-assisted treatment (MAT) outcomes, when MAT is appropriate and the risks vs. benefits.

Alumni reunion set for Aug. 27

Geisinger Marworth's 34th Annual Alumni Reunion is set for Sat., Aug. 27. Seth A., a Marworth alum from 2012 who has since restarted his life, will be the featured speaker. You may remember Seth from an alumni profile in the Summer 2015 edition of the Marworth Messenger. Attend the reunion to learn more about his insights on the road to recovery.

Always an event to remember, the reunion offers the opportunity to reconnect with counselors and staff, catch up with those you met in treatment, learn from alumni who've been in recovery for a while and share your experiences with those new to recovery.

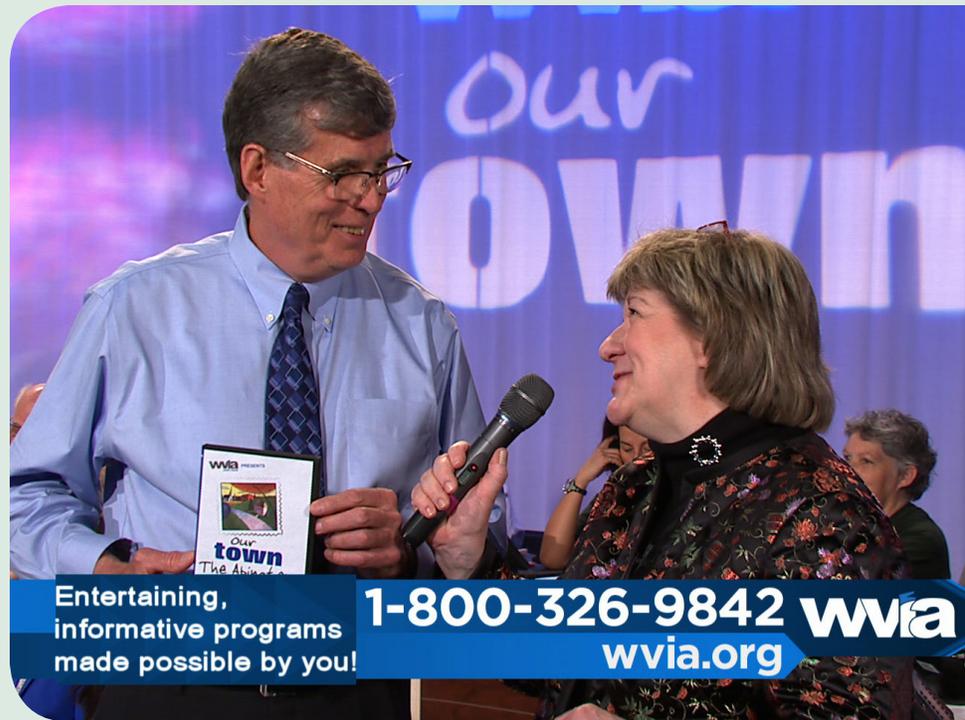
Registration begins at 11 a.m. and the program will start at 1 p.m. Contact Geisinger Marworth at 800-442-7722 or 570-563-1112 to make your reservation for the 2016 alumni reunion.



As seen on TV

Located in Waverly, Pa., Geisinger Marworth sits within a cluster of small towns that make up a community known locally as “The Abingtons.” Earlier this year, Geisinger Marworth was invited to participate in a documentary highlighting what makes The Abingtons a special place to live, work and visit.

Before his retirement, Jim Dougherty gave an on-camera interview about the history of the Marworth estate as well as how the addiction treatment services provided on the campus today benefit the community. The final show, “Our Town: The Abingtons,” aired in April on WVIA-TV.





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