

## Time of transition

By James Dougherty, Vice President



We find ourselves in a time of transition here at Marworth.

Most notably, we're witnessing one of our leaders, Dr. David Withers, step down, and seeing his successor, Dr. Robert Friedman, step up. We are fortunate that

this change will be fairly seamless as Dr. Withers will still work closely with us and we are all familiar with Dr. Friedman from his days as our addiction medicine fellow.

Marworth is also being affected by the appointment of new Geisinger president and chief executive officer, Dr. David Feinberg. This transition also holds a positive outlook.

As we anticipate these transitions in leadership, my colleagues and I are reminded of the changes our patients undergo.

Change is simultaneously difficult and rewarding. No one knows that better than someone in recovery.

The act of reaching out for help is, on its own, a major behavior shift for a person living in addiction. Coming into treatment and admitting to being an alcoholic or addict after years of denying any problems is a 180° turn of character.

These are often the most difficult steps a person struggling with addiction will ever take. But they are the start of a rewarding path to recovery.

On behalf of the Marworth team, I want to thank both Seth A. and Jenna S. for sharing their stories. By talking about their transitions from addiction to recovery, they may inspire others to begin that change as well.

Every day, people come to Marworth to change their lives. It is an honor for our staff to help facilitate transitions of such magnitude.

Enjoy your summer, and we hope to see you at the reunion in August.



## New Geisinger CEO

A new president and chief executive officer recently took over the reins at Marworth's parent company, Geisinger Health System. David Feinberg, MD, MBA, succeeds Glenn Steele, Jr., MD, PhD, to become only the sixth chief executive officer in Geisinger's 100-year history.

As a trained and practicing psychiatrist who is board certified in child, adolescent and addiction psychiatry,

Dr. Feinberg understands the gravity of the work being done at Marworth. At a recent visit to the treatment center campus, he met with its leaders and patients and was impressed with what he saw.

"We're thrilled to have a new ally in the battle against addiction," said James Dougherty, Marworth vice president. "The Marworth family welcomes Dr. Feinberg to the team."

Emphasizing his focus on patient satisfaction, Dr. Feinberg reminds all Geisinger and Marworth employees why we're here: "When you are sick and need to be taken care of, it doesn't matter who you are or where you come from. We're here to serve you. We're here to make you better."

Dr. Feinberg previously served as president of the University of California at Los Angeles (UCLA) Health System; chief executive officer, UCLA Hospital System; and Associate Vice Chancellor, UCLA Health Sciences in California. The author of numerous articles and chapters, he is a leading speaker on attention deficit and hyperactivity disorder, autism, pediatric bipolar disorder, pediatric depression, adolescent substance abuse and the industrialization of medicine.

## In the news

Local TV news reporter Mindi Ramsey recently visited Marworth and spoke with Dominic Vangarelli, MA, CAC, director of counseling, and Joseph Valdez, MD, addiction medicine fellow, about the disease of addiction. She also talked with Marworth alum and recent counseling intern, Jenna S., about her struggle with heroin addiction and her story of recovery and hope. The special feature, called *Jenna's Journey Through Addiction*, aired on WNEP-TV in May. View it online by going to [wnep.com](http://wnep.com) and searching for "Jenna's Journey."

In January, Marworth addiction experts David Withers, MD, and Bill Poray, LCSW, CAC, outpatient counseling coordinator, each served as panelists on *Call The Doctor*, a weekly program on local PBS station, WVIA-TV. Watch the episodes, *Addiction: Sick of Being Sick* and *Addiction: Reclaiming Life*, at [wvia.org/ctd](http://wvia.org/ctd).

Marworth's donation to supply naloxone kits to police departments in Lackawanna County was covered by multiple local media outlets, including *The Scranton Times-Tribune*, WBRE-TV and WNEP-TV.

MARWORTH

# MESSENGER

Charting the course for alcohol & chemical dependency treatment

Summer 2015

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## Marworth donation brings life-saving tools to local police

A recent \$15,000 donation by Marworth allowed the Lackawanna-Susquehanna County Office of Drug and Alcohol Programs to purchase a two-year supply of naloxone nasal spray for all 17 police departments within Lackawanna County. Naloxone, commonly known as Narcan®, is used as a reversal agent for heroin and other opioid overdoses. The nasal spray blocks the opioid receptors in the body to reverse the effects of the drug within minutes.

Police officers in Pennsylvania, along with firefighters and emergency responders, are eligible to carry naloxone nasal spray to save lives in the field whenever they encounter an individual going through a heroin overdose.

"At Marworth, we're happy to support our friends on local police forces and strengthen their ability to save lives," said James Dougherty, vice president, Marworth.

In addition to saving lives at the time of overdose, another goal of this initiative is to guide people struggling with drug addiction into treatment programs, such as those at Marworth.

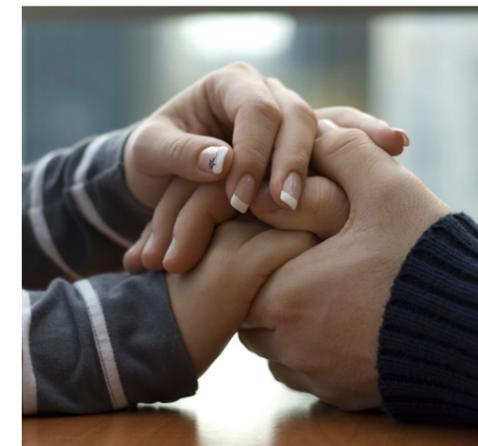
"By administering naloxone, we help a person survive what might otherwise be a fatal experience," said Margaret Jarvis, MD, medical director, Marworth. "Surviving an overdose experience can be a wake-up call that drives an individual to seek treatment for his or her addiction."

## Alumni Reunion slated for Aug. 22

Marworth's 33rd Annual Alumni Reunion is set for Saturday, August 22, with featured speaker Kelly Brown. Kelly is a Marworth alum from 2007, and she also served as a counselor's aid with the Marworth team from 2009 to 2010. You'll definitely want to attend to learn more about her insights on 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. Please contact Marworth at 800.442.7722 or 570.563.1112 to make your reservation for the 2015 Alumni Reunion.



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[marworth.org](http://marworth.org)

## Celebrating a retirement, of sorts



After 11 years, David Withers, MD, will retire in July from his posts as associate medical director and fellowship program director at Marworth. However, “retiring” is a misleading word, as Dr. Withers will continue working with Marworth on a part-time basis evaluating healthcare professionals and providing Wednesday morning lectures, as well as consulting

with treatment facilities in New York.

Dr. Withers earned his medical degree from the State University of New York and then spent 15 years as an emergency department physician. He shifted course in 1999 to focus on addiction medicine, working at Chautauqua County Drug and Alcohol Clinic and Jamestown Drug and Alcohol Inpatient Unit at WCA Hospital, both in New York, before joining Marworth in 2004.

“In addiction medicine, I see people get dramatically better in a way that is rarely seen in other medical specialties,” explained Dr. Withers of his change in direction. “I saw it as an opportunity to make a difference, to help interrupt a multi-generational disease cycle.”

During his time at Marworth, Dr. Withers helped drive the future of addiction medicine by championing the Addiction Medicine Fellowship Program. The program’s first recruit, Robert Friedman, MD, will now rejoin the Marworth team as Dr. Withers steps down.

“Dr. Friedman is an extraordinary physician, and I admire him professionally and personally,” said Dr. Withers of his incoming successor. “I’m grateful he’s taking my spot.”

“I’ve had many high points in my career here. Marworth is a great place to work,” remarked Dr. Withers. “To be a part of so many people’s recovery is such a profound gift.”

When not working during his retirement, Dr. Withers intends to spend time writing children’s books that include recovery themes such as fair play, kindness, loyalty and love. He also plans to attend future Marworth Alumni Reunions.

as they learn the intricacies of a relatively new, but growing, medical specialty.

“I’m humbled and filled with joy to come back to serve the patients at Marworth,” remarked Dr. Friedman. “The staff at Marworth utilizes only a short window of opportunity to affect life-saving changes. The level of care here is unmatched, and it’s a gift to be a part of it.”

For the first 23 years of his medical career, Dr. Friedman served as an internal medicine physician in New York City with a special focus on caring for patients with HIV/AIDS. After completing his addiction medicine fellowship at Marworth, he served as director of addiction medicine services at St. Vincent’s Medical Center in New York City, then as medical director for Seabrook House in New Jersey. Most recently, Dr. Friedman worked as a senior physician with Hazelden Betty Ford Foundation in Minnesota.

“The disease of alcohol and chemical dependency is the number one health scourge in the United States, particularly because of its impact on families. When we’re treating a patient, we’re really helping to treat an entire family,” explained Dr. Friedman of his transition to addiction medicine. “It’s also an exciting time to practice addiction medicine as the field develops new evidence-based approaches and medications.”

On taking Dr. Withers’ place, Dr. Friedman said: “I’ve got big shoes to fill. Dr. Withers is one of the smartest, most compassionate and humane doctors I know. He’s been an inspiration to me.”

## Sharing a story of recovery

Seth A. began drinking in his home as a pre-teen and started experimenting with drugs by age 14.

“Looking back, I now realize that from the start all the drinking and drugging I did was of an addictive nature,” explained Seth. “I’d be doing it all day long.”

Despite poor grades, Seth was a star basketball player and landed an athletic scholarship to college. He didn’t usually make it to class because he was too drunk or high, and eventually he was given an ultimatum to improve his grades or leave the school. Seth left.

After another attempt at college, Seth married and moved to Israel. He launched a technology company that made him a financial success as well as a local celebrity in Jerusalem. All the while, his substance abuse accelerated and he was drinking liquor and taking codeine and Tylenol tablets daily. Seth was a CEO with an 80-pill-a-day habit.

Finally, at age 38 in 1995, he reached out to his brothers who helped him get to a treatment facility in the United States. He then returned to Israel where he stayed clean for 11 years by working the program, going to meetings and connecting with a sponsor.

In 2007, Seth found himself in a pharmacy buying codeine tablets. That was the start of a five year run of using. “I hit new bottoms I’d never imagined,” shared Seth, whose fortune had vanished while supplying a growing habit “I didn’t know what to do and tried to kill myself.”

After multiple suicide attempts, Seth was in and out of psychiatric and addiction treatment facilities, both in Israel and the U.S. But he was using again at every opportunity.

In 2011, Seth went to Marworth for 28 days. Even though he had a positive experience in treatment, he was using again by the time he got on the plane back to Israel.

A major low point came when he stole his son’s watch and sold it for enough drugs and

alcohol to again try to kill himself.

“By the grace of God, I didn’t die,” he said.

Seth turned to his family yet again for help. One of his brothers reached out to Marworth and the staff encouraged Seth to return.

On October 11, 2012, Seth walked back into Marworth, and he has been clean ever since.

After Marworth, he transitioned to a recovery house and then a sober house, both located in York, Pennsylvania. Over the next year, Seth worked the 12 Steps, though he encountered new obstacles.

“My biggest block was that I thought I knew all the answers because I already knew the ‘Big Book’ from my earlier time in recovery,” admitted Seth. Then he found a sponsor who helped him see recovery with a new perspective.

“My sponsor told me ‘It does not matter what you know, what you read or what you say—all that matters is what you do; we come to understand by doing,’” said Seth. “It was exactly what I needed.”

Seth restarted his life in York, first finding a simple job and saving up to get his own apartment. He rebuilt relationships with each of his children, including the son from whom he stole just a few years ago. Recently, he joined a new company and is now its CEO.

Staying connected to the program, Seth attends meetings four to five times a week and is an active participant in the rooms.

Seth recently returned to Marworth for a third time, only this time it was for Marworth’s Gift of Hope speaker series where he shared his story with people currently in treatment.

“Through my recovery, I experienced a paradigm shift from being a ‘taker’ to a ‘giver,’” said Seth. “I went back to Marworth to give—to share that there is hope and that no matter how far down the ladder you have gone, you can make it.”

## Gift of Hope speakers

Marworth recently implemented a new program, called Gift of Hope, which invites alumni like Seth A. back to campus to share their stories of addiction recovery with current patients.

If you are interested in sharing your story of recovery, contact Marworth at 1-800-442-7722 or e-mail [marworth@marworth.org](mailto:marworth@marworth.org).

## Welcoming a familiar face

As Marworth bids farewell to the retiring Dr. David Withers, we welcome the return of a friend. On July 1, 2015, Robert Friedman, MD, joined the Marworth leadership team as the new associate medical director and fellowship program director.

Dr. Friedman has a long history with Marworth, first arriving on campus in 2003 to begin his own recovery.

“Marworth saved my life,” said Dr. Friedman, crediting the treatment programs and counseling for his successful recovery. “I had my moment of clarity while I was a patient there.”

In 2007, Dr. Friedman returned to Marworth for a year as the treatment center’s first addiction medicine fellow, under the guidance of Dr. Withers and Margaret Jarvis, MD, medical director. Additionally, Dr. Friedman is a regular attendee of the annual Alumni Reunion and served as the event’s keynote speaker in 2014.

In his role as Marworth’s new associate medical director, Dr. Friedman looks forward to advancing new approaches in addiction treatment, especially as prescription medication misuse reaches epidemic levels across the country. As director of the fellowship program, Dr. Friedman will mentor doctors



## Advancing addiction medicine

The need for addiction medicine physicians in the U.S. exceeds the amount of trained specialists, and that demand is only expected to grow. To further combat this growing problem in the addiction medicine field, Marworth requested and earned approval from the American Board of Addiction Medicine Foundation (ABAMF) to add a second fellow to the treatment center’s fellowship program.

To fund the addition of the second position on campus, Marworth created the Andrew F. Quinn, Esq., Addiction Medicine Fellowship Endowment. The endowment was established by Marworth Advisory Council member J. Anthony Quinn, DMD, and named in memory of his late brother, Andrew.

Marworth is seeking additional support for the endowment from our generous alumni. By giving to an endowment, your contribution creates a larger impact over a longer period of time by building upon the base donation through interest earned. The gift will exist in perpetuity, as the original principal is never spent while generating a steady stream of income to support the fellowship program.

Our previous fellows have gone on to work at esteemed addiction treatment programs around the country where they aid in the recovery of countless individuals struggling with addiction. In fact, our inaugural fellow, Robert Friedman, MD, returned to Marworth in July as associate medical director and will lead the fellowship program. By adding a second fellow at Marworth, we can significantly increase the number of physicians trained to battle this disease.

If you are interested in supporting the advancement of addiction medicine training by giving to the Andrew F. Quinn, Esq., Addiction Medicine Fellowship Endowment, please return the enclosed form or contact Cheryl Connolly, Senior Regional Director of Advancement, Northeast, Geisinger Health System Foundation, at 570-808-7868 or [cconnolly@marworth.org](mailto:cconnolly@marworth.org). More information is also available at [geisingerfoundation.org](http://geisingerfoundation.org).

### Additional giving opportunities

As always, Marworth has various other programs requiring philanthropic contributions, including the Gift of Hope Scholarship Endowment and the Therapeutic Activities Program Fund. In fact, with the funds generated thus far through the Therapeutic Activities Program Fund, we installed a climbing wall at Marworth.