

Health, Hope & Opportunity



2018 SUMMER
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Cherry Health therapists use individual and group counseling to support patients in addiction recovery.

Healing Generations

Muskegon Recovery Center treats opioid addiction with layers of support

By Emily Dame Gibbs, LMSW, contributing editor Laura Gilley, LMSW, CTS, CAADC

Victims of Substance Use Disorder are never one dimensional. In fact, many of the patients supported by Cherry Health's Muskegon Recovery Center (MRC) are often victims of several oppressive factors. Their success begins the story of how the next generation's lives will unfold. This is a story of healing, ending addiction, and protecting the next generation.

"Rachel" is a mother of three children. She is also a survivor of domestic violence.

In 2005, at age 22, Rachel was deeply ingrained in an abusive marriage. She was given prescription opioids by her then husband "to relax." Rachel states that she would take 2-3 a day for a few years, always attributing any withdrawal symptoms to fatigue or

stress "from being a mom and wife."

By 2008, Rachel was taking illicit opiates daily, at high amounts. And she was having severe withdrawal symptoms when not using. Then, she became pregnant with her 2nd child. Quickly, she sought help from her doctor who recommended Medication Assisted Treatment. This form of treatment supports patients in their recovery with outpatient therapy and medically supervised doses of Methadone or Suboxone. Through such treatment, after nearly four years, she successfully discontinued her illegal use of pain medication.

Rachel remained in recovery throughout her pregnancy, with consistent therapy and Methadone. And, despite her challenges, she also

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found the strength to leave her abusive husband and continued her sobriety through the arrival of her 3rd child.

Rachel remarried a supportive man who loves her and her children, and is encouraging her recovery. Through Medication Assisted Treatment at Cherry Health's MRC, she successfully tapered off Methadone.

Recently, Rachel noticed that she was not thriving in the way she was before. She was listless, irritable, depressed, and not sleeping well. She returned to her care team at MRC for solutions.

Rachel started a low dose of Suboxone to address these new withdrawal symptoms. Shortly after, she became pregnant with her and

her new husband's first child! She is managing a healthy pregnancy and her addiction with the help of her MRC team.

Rachel's family life is the best it has been in 10 years. She is working, providing for her family, volunteering at her children's school, and looking forward to a new "family adventure" with the baby.

Rachel's husband is in the process of adopting the children from her previous marriage, something that may not have been an option if she was still trapped in her addiction.

Rachel admits that recovery is hard, especially while pregnant.

Staff at Cherry Health's Muskegon Recovery Center offers a warm welcome.



Now, though, she says that Cherry Health's MRC team saved her life and her family! Through access to treatment, surrounded by holistic health care, the next generations will tell a story of healing and hope.

DONOR SUPPORT GRANTS ACCESS TO OPIOID ADDICTION TREATMENT

The opioid crisis has hit epic proportions in our nation. In Michigan alone, 1,762 people died of accidental overdose in 2016 — more than traffic deaths. One of the counties hardest hit in the state is Muskegon, with a rate of 30 people per 100,000 residents dying from opioid overdose. Besides the emergency use of naloxone rescue kits, Medication Assisted Treatment (MAT) is the only form of treatment proven to be effective in reducing accidental deaths and treating Substance Use Disorder. MAT provides medication that stabilizes brain activity, which allows those receiving care to begin recovery. Cherry Health's medication treatment is reinforced with individual and group therapy, as well as case management services to address the patient's entire lifestyle.

Following success with MAT in Grand Rapids at Cherry Health's Southside Health Center, leadership responded to the Muskegon region's opioid epidemic with the opening of Muskegon Recovery Center (MRC) in February 2017.

The MAT need in Muskegon, as well as Oceana and Newaygo counties, far exceeds original estimates, and the crisis continues. Initial estimates anticipated 300 patients in the first year of operations. In only 16 months, that rapidly increased to 554 patients. **Because of donor support to Cherry Health Foundation, MRC was able to increase access, addressing this critical need and saving more lives.**

**“In Michigan alone,
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THANK YOU!

Cherry Health

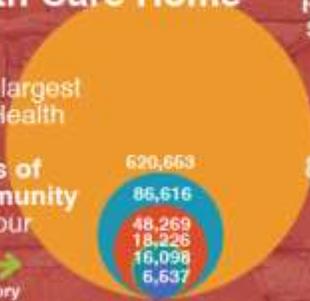
2017 BY THE NUMBERS



A Health Care Home

78,056 patients served

Established in 1988, Cherry Health is the largest Federally Qualified Health Center in Michigan. Celebrating **30 years of caring for the community** this year, check out our vital signs.



with 801,776 visits

of Patient Visits by Category



Vital Signs



Individuals participated in **18** clinical studies with our nationally recognized research team.



donated by **562** households supporting access to Cherry Health



decrease in opioids dispensed through our integrated pharmacist-led tapering program



patient satisfaction rate



women educated about breast health



assisted in health insurance enrollment



students served through our dental & vision programs visiting **80** schools in **8** districts



increase in access to Sheldon House membership, our internationally accredited mental health recovery center

Join Us For a Tour



Cherry Health Foundation hosts lunch and learn tours throughout the

year at Heart of the City Health Center, 100 Cherry Street SE, Grand Rapids. Join us for a behind-the-scenes look at how your gift to the Foundation helps patients on a daily basis. We look forward to sharing stories, like those shared in this newsletter, of patients who did not have access to health care before coming to Cherry Health. All tours are held from 12 - 1 p.m. with lunch provided. R.S.V.P. is requested.

616.965.8254

bit.ly/cherrytour

foundation@cherryhealth.com

Cherry Health Mission

Cherry Health improves the health and wellness of individuals by providing comprehensive primary and behavioral health care while encouraging access by

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Cherry Health Celebration

Save the Date!



Celebrating 30 years of caring for the community, Cherry Health Foundation invites the community to gather on **Thursday, November 8**, from 6 to 8:30 p.m. at Frederik Meijer Gardens & Sculpture Park, 100 East Beltline Ave NE, Grand Rapids. Proceeds from this key fundraising event support Cherry Health's mission to improve the health and wellness of the communities we serve, regardless of income or insurance. The evening begins with a sparkling reception, followed by a delicious meal with entertainment and a poignant program. Presenters will reflect on Cherry Health's history, while providing insights into the future of innovative, integrated health care.

For more information and to register, visit cherryhealth.org/donate or contact foundation@cherryhealth.com or 616.965.8254. Tickets are \$100 each and sponsorship opportunities are available.

Giving is Contagious

At Cherry Health, we believe all of our patients deserve the best care and the utmost respect. Through Cherry Health Foundation, our community rallies behind that belief, providing essential financial support for solutions that work.



Sean Welsh,
Regional President, PNC

The work accomplished by the doctors, nurses, and counselors at Cherry Health benefits our entire community. PNC supports Cherry Health Foundation because we believe access

to comprehensive health care is essential for a community to thrive. We are fortunate in West Michigan to have a world-class organization such as Cherry Health providing essential care.



Senita Leneer,
Partner, Genesis Consulting Group &
Grand Rapids 3rd Ward
City Commissioner

I had a limited perspective on how *much* Cherry Health was doing across our community, until I came on a tour!

I was amazed by the depth and breadth of care patients receive. The team at Cherry Health does what it takes to walk alongside patients to improve healthcare outcomes. Our city is a better place with Cherry Health leading the way. I give because organizations like Cherry Health ensure a healthier community for us all!



“Thank God for workers that make me feel comfortable. I feel they really respect me at Cherry Health.”

— Patient, 2017 Satisfaction Survey