



Geisinger
Marworth
Treatment Center

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Marworth Messenger

Charting the course for alcohol & chemical dependency treatment

A bright future for Geisinger Marworth



Dominic Vangarelli
Vice President
Geisinger Marworth Treatment Center

After 22 years at Geisinger Marworth Alcohol & Chemical Dependency Treatment Center, it is a great honor to be named vice president. Since day one, Marworth has recognized chemical dependency as a primary and progressive illness that can be held in continuous remission with compassion, caring and the right treatment. Since my tenure began in 1994 as a primary counselor, I have witnessed firsthand our organization's commitment to fulfilling this promise.

Geisinger Marworth is renowned for providing highly personalized residential and outpatient care for adults, but it is our experienced team that truly makes the difference in the success of our patients. Over the

years, I've seen major advancements in offering the latest and most proven treatments. Recently, we introduced acupuncture, music therapy and expression art therapy, as well as medication-assisted therapy to aid in relapse prevention. However, we continue to promote a warm, homelike environment and teach the importance of including family in each client's recovery. This is evident with the new Outpatient Family Education Program and our continued residential family program. Weekly or biweekly, these sessions help families work on communication skills, stress management and other important aspects in a loved one's recovery.

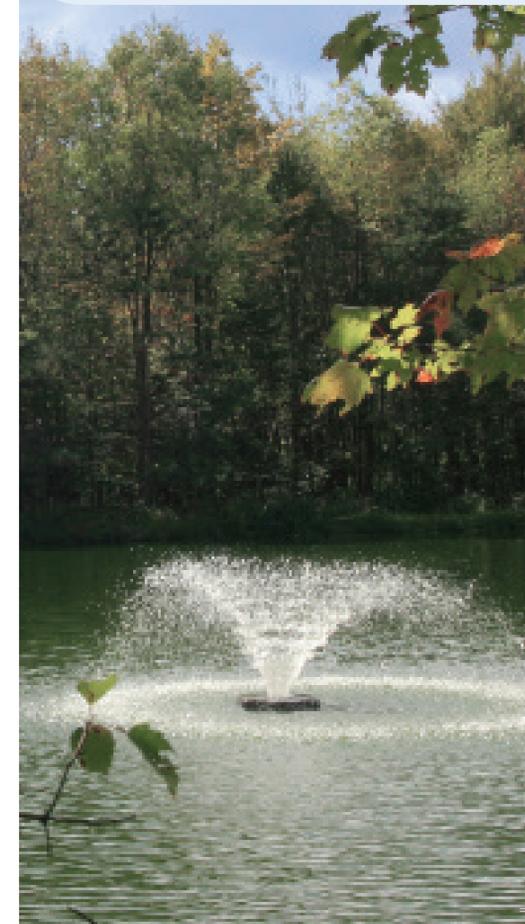
Though Marworth has always been a part of Geisinger Health System, our enhanced partnership will lead to even greater development for addiction treatment in the future. With the support of Geisinger, we can continue to advocate for our patients and their families while offering them the best and most advanced care possible.

Please know that our clients' dignity and respect remain our top priorities, and it is each client's continued success that keeps our team striving to be the best in our field. It's an honor to work with you all as we lead Marworth alumni, clients and staff into the future.

Spring 2017

What's inside:

- Medication-assisted therapy
- Acupuncture therapy
- Opioid Center of Excellence
- New family education programs
- Annual Abigail Geisinger Circle luncheon
- Dr. Jarvis now VP of American Society of Addiction Medicine
- New daytime Intensive Outpatient Program
- New treadmills in facility gym



Medication-assisted therapy

Geisinger Marworth now offers medication-assisted treatment as another tool to help patients maintain their sobriety. Especially helpful for those recovering from heroin or opioid prescription medications, it is considered to be the standard of care, in combination with psychosocial treatment.

At Marworth, prescriptions are administered for extended-release naltrexone (brand name Vivitrol®), an FDA-approved drug that is not behaviorally reinforcing and does not carry the risk of abuse or diversion. While working to reduce cravings, Vivitrol also protects against future overdoses by preventing respiratory arrest and blocking the euphoric effect of opioid use.

Before any patient begins medication-assisted treatment, he or she is required to attend a Vivitrol education group and meet one-on-one with a specialized nurse. Vivitrol is only effective while following a comprehensive addiction treatment program, and patients are encouraged to seek additional help if they are struggling with cravings and relapse prevention. As with most medications, Vivitrol is not right for everyone, and each patient is assessed individually to determine if medication-assisted treatment is appropriate.

“Marworth staff, you were all so genuinely helpful and caring. I thank God for people like you in this world. I honestly cannot show enough gratitude to you and your team for all that you do on a daily basis for us.”

– Grateful patient



New family education programs

Geisinger Marworth offers family education classes every Tuesday from 6 to 7:30 p.m. All individuals and families affected by addiction are invited to this completely free open forum to discuss topics important to them, including:

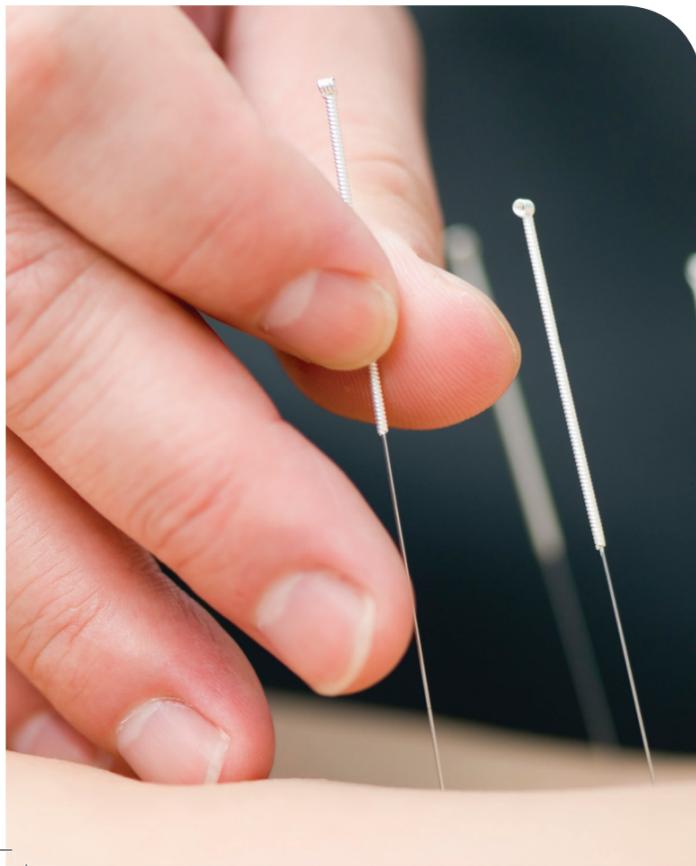
- Communication skills and problem-solving
- Family rules and roles
- Spirituality
- Stress management and healthy leisure
- Treating disease of chemical dependency
- What to expect in early recovery

For more information or to register, contact Susan Crane, 570-563-2929, ext. 403.

Geisinger named Opioid Center of Excellence

Congratulations to Geisinger Health System for being named one of 45 Opioid Center of Excellence sites across the state of Pennsylvania, with treatment facilities in Montour and Mifflin counties, including the internal medicine clinic at Danville’s main campus.

Opioid Centers of Excellence are existing treatment facilities that blend primary care and behavioral health with the use of medication-assisted therapy. These sites offer services directly or assist patients in enrolling in treatment at cooperating facilities.



Acupuncture now offered at Marworth

Acupuncture is now offered at Geisinger Marworth as an accompaniment during the detoxification phase of treatment. These optional sessions are performed by a naturopathic doctor and a licensed acupuncturist who follow the National Acupuncture Detoxification Association (NADA) ear protocol.

The benefits associated with acupuncture in addiction treatment include:

- Decreased cravings
- Decreased depression
- Decreased anxiety
- Decreased anger/irritability
- Decreased headaches
- Increased concentration
- Increased sleep quality

Save the date: Annual Abigail Geisinger Circle luncheon

The Abigail Geisinger Circle (AGC) honors all planned gift contributors for their support of our mission, systemwide. Membership in AGC includes donors who have provided for Geisinger in their will or trust; who have designated Geisinger as the beneficiary of a qualified retirement plan, savings bond, bank account or life insurance policy; or who have created a planned gift that returns fixed or flexible income to them or others. This past year, donor G. Morgan joined the Abigail Geisinger Circle by creating an estate plan to benefit the Gift of Hope Endowment, which provides scholarships to individuals who would not otherwise be able to access the care they need at Geisinger Marworth to begin their recovery.

On Thursday, May 18, Geisinger is honoring the generosity of our Abigail Geisinger Circle members at an annual luncheon hosted at the Foss Home on Geisinger Medical Center's campus in Danville. If you have supported Geisinger, including Marworth, in your estate plans, we would like to send you an invitation to this special luncheon. Just call Judy Spiegel at 570-214-7092. If you are considering supporting Geisinger and Marworth in this manner, contact Judy to discuss your plans. Then we can ensure that your gift provides a legacy of support to an area of Geisinger Marworth that you care deeply about.

For more information on planned giving, visit geisinger.MyPlannedGift.org.

Dr. Jarvis elected VP of American Society of Addiction Medicine



Margaret Jarvis, MD, medical director of Geisinger Marworth Treatment Center, has been elected vice president of the Board of the American Society of Addiction Medicine (ASAM).

ASAM, founded in 1954, is a professional society representing over 4,200 physicians, clinicians and associated professionals in the field of addiction medicine. ASAM is dedicated to increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention and promoting the appropriate role of physicians in the care of patients with addiction.

"I am honored to help lead an organization that advocates for the continued advancement of this important field — especially now, as addiction medicine emerges at the front lines of treating our nation's largest public health crisis," said Dr. Jarvis, who has served as medical director at Marworth since 1999.

Board certified in Psychiatry and certified with added qualifications in Addiction Psychiatry, Dr. Jarvis' experience in addiction medicine spans more than two decades. She has served as secretary of ASAM's board since 2012 and is a clinical assistant professor of psychiatry at The Pennsylvania State University College of Medicine in Hershey.

Dr. Jarvis finished her medical school, psychiatry residency and addiction medicine fellowship at the Medical College of Virginia in Richmond. She is certified by the American Board of Addiction Medicine (ABAM).

She has been a member of ASAM since the early 1990s and became a distinguished fellow in 2003. She is a member of the Finance Committee and the Constitution and Bylaws Committee. She has also worked on the Examination Committee for ABAM since 2000.

Dr. Jarvis is also a member of the Society for the Advancement of Sexual Health (SASH), a professional organization of therapists who treat sexual addiction, and served as president from 2004 to 2006. She received the Merit award from SASH in 2011.

Staffing updates

Please join us in congratulating our outstanding staff on their continued professional success.

- Michele Davis, MS, CACD, LPC, has been promoted to director of Counseling.
- Nicole Zmuda, LCSW, has been promoted to counseling coordinator.
- William Poray, LCSW, CAC, has been promoted to director of Outpatient Programs.
- Lori Pilosi, MS, CTRS, has been promoted to supervisor of Recreation Therapy.

Daytime Intensive Outpatient Program added

Marworth has added a new Intensive Outpatient Program for patients who need a more intensive treatment structure. Typically scheduled for two to four weeks, each patient's program is designed to accommodate their individual needs. Services include:

- Educational therapy
- Daily group therapy sessions
- Weekly individual therapy sessions
- Weekly family nights that include a lecture and post-group talk

“Marworth has been nothing short of amazing, from the VP all the way down to the kitchen staff. The staff was compassionate and understanding, and for the first time in my life I was completely honest about my addiction. I felt accepted and safe to open up.”

– Grateful patient

New treadmills in on-site gym

Made possible by generous donations to the Therapeutic Activity Fund (TAF), two new treadmills have been added to Geisinger Marworth's on-site gym. Physical activity is a client favorite, and plays an important role in recovery and relapse prevention by reducing cravings and alleviating symptoms of depression, anxiety and stress. We are very excited about our new additions and we can tell by how frequently they're used that our clients are, too! For more information on how you can support the TAF, contact Cheryl Connolly at 570-808-7868.