

OPENING THE WAY TO HEALING AND HOPE

Learning to recognize and respond to the challenges of addiction

Medical and Professional Education Programs



Hazelden Betty Ford
Foundation

MAKING INROADS AGAINST ADDICTION



Dear Friends,

With every medical student, physician, nurse, pharmacist, mental health clinician, social worker, criminal justice professional and school counselor we educate about addiction, we are forging stronger inroads against the disease.

In 2018, more than 1,700 individuals participated in our Medical and Professional Education programs on-site, online and on the road—a figure that translates into an incalculable amount of help and healing when you consider the life-changing impact participants go on to make in their schools, hospitals and communities. You will meet two such “alums” in this report, medical student Claire Healy and family practice resident Jeremiah Fairbanks, who share their newfound insights into how to best help patients and families find healing from addiction.

Our educational approach is immersive and transformative, providing participants with the opportunity to learn about the dynamics of addiction and recovery alongside clinicians, patients and families. Smashing the stigma associated with substance use disorders is a huge part of our mission as well, opening minds and hearts to recognize the human being behind the disease.

On behalf of Claire, Jeremiah and the thousands of students and professionals who came to us to learn about addiction—as well as all who will benefit from their knowledge, insight and commitment going forward—thank you for your partnership and support.

Together, we will overcome addiction.

Joseph Skrajewski, MA, MFTI
Executive Director of Medical and Professional Education
Hazelden Betty Ford Foundation

The Power of Your Giving in 2018

We welcomed participants from the United States, Canada, Mexico, Europe, Asia and the Caribbean.

BY THE NUMBERS

ON-SITE

374 professionals and medical students participated in our Professionals in Residence and Summer Institute for Medical Student programs, intensive, weeklong on-campus educational opportunities where participants shadow clinicians and patients alike to learn about addiction, treatment and recovery.

ONLINE

650 medical, nurse practitioner and physician assistant students worldwide enrolled in CARE: Course on Addiction Recovery Education/Aquifer Addiction, completing 1,800 sessions. This online addiction education program for students was developed by the Hazelden Betty Ford Foundation in collaboration with MedU, the American Society of Addiction Medicine (ASAM) and the Treatment Research Institute (TRI).

ON THE ROAD

680 attendees learned about addiction, treatment and recovery at our educational symposia and events at universities and other venues in California, Connecticut, Kansas, Maryland, Massachusetts, Minnesota, Missouri, Texas, Virginia and Washington, DC.

Please visit HazeldenBettyFord.org/MedEd to learn more about all of our educational opportunities.

BEFORE & AFTER

A Powerful Measure of Impact and New Insight

Students and professionals are evaluated for their understanding of addiction when they apply to participate in our Medical and Professional Education programs, and then again at the end of their weeklong sessions. The goal of our programs is to raise the awareness of participants so that they are able to respond positively to all survey statements.

SURVEY STATEMENTS		% "TRUE" BEFORE	% "TRUE" AFTER
1	I feel comfortable assessing a patient for addiction.	24	88
2	Addiction is NOT due to a lack of willpower or choice.	87	97
3	As a professional, I am comfortable talking to addicts about their addiction/behavior.	33	90
4	I am comfortable talking to family members about problems they have due to a loved one's addiction.	38	90
5	I understand that addiction is a brain disease.	60	99
6	I know the Twelve Steps and how they are used in treatment and for long-term recovery.	18	92
7	I understand the roles of a sponsor in a patient recovery program.	15	89
8	Patients who are mandated to go to treatment do as well as those who choose to enter a program.	52	76
9	I recognize what medications are most likely to "trigger" a relapse for recovering individuals.	25	85
10	I know what community resources are available for patient referral, regarding treatment and Twelve Step programs.	24	94

THERE'S ALWAYS HOPE

"One major insight I've gained is the courage and strength it takes to surrender and admit that it is time for help. There is always hope for every single individual with an addiction. There is always an opportunity for recovery, no matter the circumstance."

Valerie J., University of Maryland School of Medicine

THE FACES OF ADDICTION

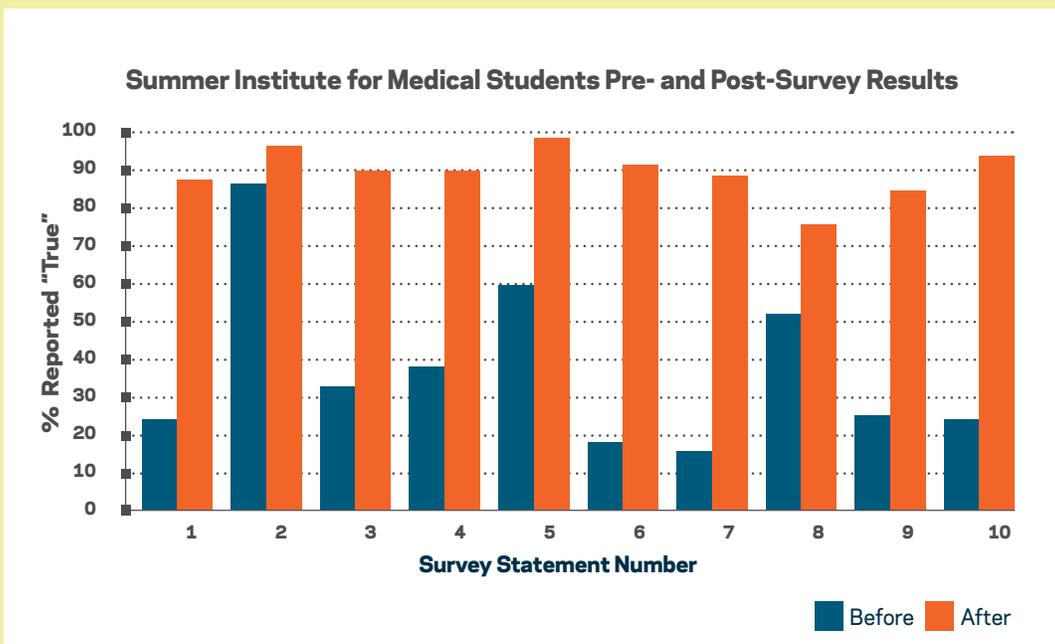
"This experience has taught me more about addiction, recovery, resilience and vulnerability than any book or years of education could ever do. I will take this experience with me to help shape the way I see and respond to the faces of addiction."

Chris C., Family Medicine Resident

A NEW OPTIMISM

"As an aspiring emergency medicine physician, this week provided me hope and optimism for the future of treating addiction."

Amar D., Johns Hopkins University School of Medicine



HUMANIZING THE DISEASE OF

Medical students gain knowledge, insight and tools to recognize and respond

Meet Claire Healy, a second-year student at the College of Osteopathic Medicine of the Pacific, Western University of Health Sciences, in Pomona, California. A 2018 participant in the Summer Institute for Medical Students program at the Hazelden Betty Ford Foundation, Claire shares how her week participating with patients and clinicians at the Betty Ford Center in Rancho Mirage, California, has forever changed her perceptions about addiction and her understanding of how to help future patients and their families.

Why did you apply to the Summer Institute for Medical Students program?

Substance use disorder is a disease that runs in my family, so I had a strong personal interest in learning more about addiction treatment and recovery. As a medical student, I also thought it would be valuable to understand the disease from the perspectives of patients and treatment providers. Addiction is such a complex and prevalent disease. No matter the area of medicine I eventually practice, I will be working with patients who are challenged by addiction—whether their own struggle or a loved one's.

As a future physician, what was your biggest takeaway from the experience?

One experience that stands out was hearing patients say how much they wish their primary care physician had talked with them about issues related to alcohol or drug use. Most patients never had that conversation with their doctor. I now see it as my role, as a future physician, to get those conversations started with patients so we can identify health risks and other problematic issues that could be related to substance use.

I will also be much more comfortable when I talk about addiction with my patients, thanks to the SIMS experience. Sometimes patients don't realize they have a problem until it's brought to their attention. Sometimes patients aren't comfortable talking about their personal lives or their substance use. I learned how to facilitate those discussions by asking open-ended questions. For example, instead of asking, "Do you drink heavily?" I might say something like, "Tell me about your alcohol use ..." Cultivating a nonjudgmental atmosphere and getting those conversations started can open the way to healing.

Was there anything about your experience that was unexpected?

I wasn't surprised so much as I was deeply moved and inspired. The program humanizes the disease of addiction and the process of treatment and recovery in a way that no lecture or textbook ever could. I felt a sense of connection and mutual respect with everyone I met: the patients, the addiction counselors, and the other medical students in the program. I left with new insight and wisdom about myself and about the role I want to play in my patients' lives in terms of providing compassionate support, guidance and advocacy.

ADVANCING AWARENESS AND CARE

Students from 200 medical schools worldwide have participated in the Summer Institute for Medical Students

A.T. Still University Kirksville College of Osteopathic Medicine	Columbia University Vagelos College of Physicians and Surgeons	Imperial College of London	Mercer University School of Medicine	Philadelphia College of Osteopathic Medicine, Pennsylvania
Alabama College of Osteopathic Medicine	Creighton University School of Medicine	Indiana University School of Medicine	Michigan State University College of Human Medicine	Philadelphia College of Osteopathic Medicine, Georgia
Albany Medical School	CUNY School of Medicine	Izmir Katip Celebi University, Turkey	Midwestern University Arizona College of Osteopathic Medicine	Ponce Health Sciences University, Puerto Rico
Albert Einstein College of Medicine	Des Moines University College of Osteopathic Medicine	Jagiellonian University, Poland	Midwestern University Chicago College of Osteopathic Medicine	Queen's University School of Medicine
American University of Antigua	Drexel University School of Medicine	Joan C. Edwards School of Medicine at Marshall University	Morehouse School of Medicine	Quinnipiac University Frank H. Netter MD School of Medicine
Barts and The London School of Medicine	Duke University School of Medicine	Johns Hopkins University School of Medicine	National Taiwan University College of Medicine	Rocky Vista University College of Osteopathic Medicine
Bastyr University School of Naturopathic Medicine	East Carolina University Brody School of Medicine	Kansas City University of Medicine and Biosciences	New York Institute of Technology Coll. of Osteopathic Medicine	Rosalind Franklin University of Medicine and Science
Baylor College of Medicine	East Tennessee State University Quillen College of Medicine	Liberty University College of Osteopathic Medicine	New York Medical College	Ross University School of Medicine
Belize School of Medicine	Eastern Virginia Medical School	Loma Linda University School of Medicine	New York University School of Medicine	Rowan University School of Osteopathic Medicine
Boston University School of Medicine	Edward Via College of Osteopathic Medicine	Louisiana State University Health Sciences Center	Northeast Ohio Medical University	Royal University of Surgeons in Ireland
Boucher Institute of Naturopathic Medicine	Emory University School of Medicine	Loyola University Chicago Stritch School of Medicine	Northwestern University Feinberg School of Medicine	Rush Medical College
Bukhara State Medical Institute	Florida International Univ. Herbert Wertheim College of Medicine	Marmara University School of Medicine, Turkey	Oakland University William Beaumont School of Medicine	Rutgers New Jersey Medical School
Burrell College of Osteopathic Medicine	Florida State University College of Medicine	Mayo Clinic School of Medicine	Oceania University of Medicine, Samoa	Rutgers Robert Wood Johnson Medical School
California Northstate University College of Medicine	George Washington Univ. School of Medicine and Health Sciences	McGill University School of Medicine	Ohio State University College of Medicine	Saba University School of Medicine, Netherlands
Campbell University School of Osteopathic Medicine	Georgetown University School of Medicine	McMaster University Michael G. DeGroote School of Medicine	Oklahoma State University Center for Health Sciences	Saint George's University School of Medicine, Grenada
Case Western Reserve University School of Medicine	Geisel School of Medicine at Dartmouth	Medical College of Georgia	Oregon Health & Sciences University	Saint Louis University School of Medicine
Central Michigan University College of Medicine	Geisinger Commonwealth School of Medicine	Medical College of Wisconsin	Pacific Northwest University Health Sciences College of Osteopathic Medicine	San Juan Bautista School of Medicine, Puerto Rico
Chicago Medical School	Harvard Medical School	Medical University of the Americas	Penn State College of Medicine	Sidney Kimmel Medical College at Thomas Jefferson University
Cleveland Clinic Lerner College of Medicine	Howard University College of Medicine	Medical University of South Carolina		
Colorado State University	Icahn School of Medicine at Mount Sinai	Meharry Medical College		
Columbia Medical Center School for International Health		Memorial University of Newfoundland School of Medicine		

ADDICTION

to substance use disorders

“I am deeply thankful to the donors who gave me such a tremendous opportunity. I will carry the experience forever in my heart and in my work.”

Claire Healy



Southern Illinois University School of Medicine
Stanford University School of Medicine
State University of New York Downstate College of Medicine
State University of New York Stony Brook School of Medicine
State University of New York at Syracuse
State University of New York Upstate Medical University
Tel Aviv University Sackler School of Medicine
Temple University Lewis Katz School of Medicine
Texas A&M Health Science Center College of Medicine
Texas Tech University Health Sciences Center
Topiwala National Medical College, India
Touro College of Osteopathic Medicine, New York
Touro University California College of Osteopathic Medicine
Touro University Nevada College of Osteopathic Medicine
Tufts University School of Medicine
Tulane University Medical School
Universidad Autonoma de Guadalajara School of Medicine
UC Berkeley-UC San Francisco Joint Medical Program
UCR/UCLA Thomas Haider Program in Biomedical Sciences

University College Dublin School of Medicine & Medical Science
University of Alabama at Birmingham School of Medicine
University of Alberta School of Medicine and Dentistry
University of Arizona College of Medicine
University of Arkansas for Medical Sciences College of Medicine
University of British Columbia School of Medicine
University at Buffalo Jacobs School of Med. & Biomedical Sciences
University of Calgary Cumming School of Medicine
University of California Berkeley Medical School
University of California Davis School of Medicine
University of California Irvine School of Medicine
University of California Riverside School of Medicine
University of California San Diego School of Medicine
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University of Florida College of Medicine
University of Hawaii John A. Burns School of Medicine
University of Illinois College of Medicine
University of Iowa Carver College of Medicine

University of Kansas School of Medicine
University of Kentucky College of Medicine
University of Louisville School of Medicine
University of Malta School of Medicine and Surgery
University of Manitoba School of Medicine
University of Maryland School of Medicine
University of Massachusetts Medical School
University of Miami Miller School of Medicine
University of Michigan Medical School
University of Minnesota Medical School
University of Mississippi School of Medicine
University of Missouri Columbia School of Medicine
University of Nebraska College of Medicine
University of Nevada, Reno School of Medicine
University of New England College of Osteopathic Medicine
University of New Mexico School of Medicine
University of North Carolina School of Medicine
University of North Dakota School of Medicine & Health Sciences
University of North Texas Health Science Center
Texas College of Osteopathic Medicine
University of Nottingham Medical School
University of Oklahoma College of Medicine
University of Ottawa School of Medicine
University of Pennsylvania Perelman School of Medicine

University of Perpetual Help Rizal School of Medicine, Philippines
University of Pittsburgh School of Medicine
University of Puerto Rico School of Medicine
University of Rochester School of Medicine and Dentistry
University of Saskatchewan College of Medicine
University of South Carolina School of Medicine
University of South Dakota Sanford School of Medicine
University of Southern California Keck School of Medicine
University of St. Andrews School of Medicine
University of Tennessee Health Science Center Coll. of Medicine
University of Texas at Austin Dell Medical School
University of Texas at Austin College of Pharmacy
University of Texas School of Medicine at San Antonio
University of Texas Medical School at Galveston
University of Texas Medical School at Houston
University of Texas Rio Grande Valley School of Medicine
University of Texas Southwestern Medical Center
University of Toledo College of Medicine and Life Sciences
University of Toronto School of Medicine
University of Utah School of Medicine

University of Vermont Larner College of Medicine
University of Virginia School of Medicine
University of Washington School of Medicine
University of Western Ontario Schulich School of Med & Dentistry
University of Wisconsin-Madison School of Med. & Public Health
Vanderbilt University School of Medicine
Virginia Commonwealth University School of Medicine
Washington University School of Medicine in Saint Louis
Wayne State University School of Medicine
Weill Cornell Medical College
West Virginia School of Osteopathic Medicine
West Virginia University School of Medicine
Western University of Health Sciences College of Osteopathic Medicine of the Pacific
William Carey University College of Osteopathic Medicine
Windsor University School of Medicine, West Indies
Wright State University Boonshoft School of Medicine
Yale School of Medicine
Zucker School of Medicine at Hofstra/Northwell

WITH GRATITUDE TO OUR GENEROUS DONORS

Grant from Peter G. Dodge Foundation expands online course for health care providers to learn about alcohol use disorders

As a part of its mission to help people lead lives free of the effects of alcohol addiction, the Peter G. Dodge Foundation (PGDF) is funding a major expansion to the online Course in Addiction and Recovery Education (CARE)/Aquifer Addiction, which is offered through the Hazelden Betty Ford Foundation to medical, nurse practitioner and physician assistant schools worldwide.

Thanks to PGDF's grant, six new case studies on alcohol use disorders will be added to the innovative curriculum.

Bringing medical professionals up to date on current practice in addiction medicine is an important goal of PGDF, says Elizabeth Cairns, executive director.

"Very few medical schools require or even offer education on addiction," Cairns explains. "With the current opioid crisis, people are starting to realize the folly in that. Yet, amazingly, alcohol use disorder is far more prevalent than opioid addiction, with alcohol accounting for 70 percent of substance use disorders."

Primary care physicians have a tremendous opportunity and, Cairns suggests, a fundamental responsibility to screen people for alcohol use disorder and intervene before the problem worsens.

"It is essential for medical providers to have an understanding of what to do next and what treatment options are available when a patient screens positive for alcohol use disorder," she says. The expanded CARE curriculum will address these topics in greater depth.

Through PGDF's collaboration with the Hazelden Betty Ford Foundation and other like-minded organizations, Cairns sees exciting breakthroughs ahead. She points to the growing consensus among addiction experts that a multi-strategy, personalized approach that involves physical, behavioral, social and spiritual components offers the most effective approach to treating addiction.

"It's incredibly inspiring to collaborate with researchers, clinicians and educators who are working hard every day to solve a really complicated problem," Cairns reflects. "I am hopeful that, in the near future, our combined efforts will culminate in tangible improvements in how alcohol addiction is treated in the United States."



Philanthropist and entrepreneur Peter Dodge, who is in recovery from alcohol use disorder, started PGDF as a way to expand treatment options, elevate awareness and facilitate access to recovery for those who struggle with alcohol addiction. He is shown here with Elizabeth Cairns, executive director of PGDF.

What a difference you make

The life-changing educational efforts of the Hazelden Betty Ford Foundation would not be possible without you, our donors. On behalf of more than 1,700 medical students and professionals who participated in our programs on-site, online and on the road in 2018—and the countless individuals, families and communities they will help—we thank you for your generosity and commitment.

- Anonymous
- Kathy and Lindsey Alpeter
- Karin S. Bannerot
- William Boeschstein*
- Frank and Karen Boykin
- Mimi and Jay Bonds
- Maripat and Thomas Dalum
- Peter G. Dodge Foundation
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- Korum for Kids Foundation
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- University of North Texas Health Science Center - Texas College of Osteopathic Medicine
- University of Texas at Austin College of Pharmacy
- Judy A. Wells
- The Frederick & Margaret L. Weyerhaeuser Foundation
- E.L. Wiegand Foundation

* Deceased



We invite you to learn more about how **the power of your giving** supports addiction education and awareness. Please call **888-535-9485** or email us at **Giving@HazeldenBettyFord.org** or visit **HazeldenBettyFord.org/Donate** website. Our mailing address is PO Box 64348, St. Paul, MN 55164.



UNDERSTANDING WHAT IT TAKES

Professionals in Residence program offers life-changing insight into the pervasive, complex and treatable disease of addiction

Meet Jeremiah Fairbanks, DO, a second-year resident at the University of Minnesota Mankato Family Medicine Residency program. As a 2018 participant in the weeklong Professionals in Residence program at the Hazelden Betty Ford Foundation, Jeremiah joined other physicians for an immersive, insider's view into evidence-based addiction treatment and Twelve Step recovery—learning alongside Hazelden Betty Ford Foundation patients and clinicians.

Why did you apply to the Professionals in Residence program at Center City?

As a medical student and now a resident, the more I have learned about substance use disorder, the more I've become fascinated with the disease. Addiction is still widely misunderstood, even in the medical community, and it carries a lot of social stigma. I want to do what I can to change that. I'm passionate about utilizing all of the knowledge, skills and tools I have as a physician to partner with my patients who are faced with this disease.

A big part of my interest in addiction medicine stems from trying to understand what happened with one of my best friends growing up. We were raised in similar families, hung out in the same social circles, went to the same church and had many of the same interests. We basically had the same upbringing, but he ended up developing a substance use disorder. Today he is homeless, living in Seattle and in active addiction. Through the luck of biology or some other twist in life circumstances, that's not been my fate.

As a physician, what was your biggest takeaway from the experience?

I gained tremendous insight and respect for what it takes to overcome a substance use disorder. People need to be willing to change just about everything in their lives in order to protect their

sobriety. I met an anesthesiologist who planned to give up his profession because access to drugs would be too tempting, and I met so many other bright and accomplished people who had to re-evaluate their lives from top to bottom—relationships, career, lifestyle—everything.

So, when physicians recommend addiction treatment for our patients, we need to appreciate the scope of what we are proposing. Treatment isn't about going to a 30-day program and coming back cured. Treatment is about learning you have a chronic disease that requires you to change the way you live.

How has the experience changed the way you practice medicine?

I have a new and much more intimate understanding of what happens in addiction treatment. I feel equipped to partner with my patients at a much higher caliber in addressing substance use disorders. For patients contemplating treatment, I can remove some of the mystery and apprehension by describing what happens in treatment, what they can expect and what a typical day in a program might involve. For patients coming out of a treatment program, I can offer effective guidance and resources as they learn to manage their disease, grow stronger in their sobriety and regain their health.

ADVANCING EDUCATION ABOUT ADDICTION

Across the Hazelden Betty Ford Foundation, our doors have always been open to other care providers and helping professionals to come and learn about addiction prevention, assessment, treatment and recovery. Thanks to generous donor support, our Medical and Professional Education programs have grown to include:



Summer Institute for Medical Students—Through this intensive, weeklong educational experience, medical students are placed on treatment units where they learn about addiction, treatment and recovery alongside patients and clinicians.



Professionals in Residence—For more than 40 years, professionals from around the world have come to us to learn first-hand about addiction, treatment and recovery. This five-day program combines educational presentations with the opportunity to shadow staff and patients.



Medical Education Partnership—With content and program scope tailored to meet the needs of specific professional cohort groups, this immersive educational opportunity features classroom instruction, clinical observation and integration into patient life.



Online Course in Addiction and Recovery Education (CARE) / Aquifer Addiction—Offered at 40 medical, nurse practitioner and physician assistant schools worldwide, this innovative online course on addiction provides students with the latest thinking and best practices in addressing substance use disorders.



Fellowship in Addiction Medicine—This accredited, immersive, yearlong training prepares physicians to be specialists in all aspects of addiction medicine, including medical and psychiatric conditions related to the use of addictive substances.

Together, we will overcome addiction.

Medical and Professional Education programs—made possible through the generosity of donors—equip thousands of students and professionals every year with the tools, knowledge and insight to effectively address the disease of addiction. It's only because of your commitment and support that we can offer these lifesaving lessons in healing and hope.

We invite you to learn more about how the power of your giving helps to advance addiction education and awareness.

Please call **888-535-9485**, email us at Giving@HazeldenBettyFord.org or visit [HazeldenBettyFord.org/Donate](https://www.HazeldenBettyFord.org/Donate) to learn more.



The Hazelden Betty Ford Foundation is a force of healing and hope for individuals, families and communities affected by addiction to alcohol and other drugs.

California | Colorado | Florida | Illinois | Massachusetts | Minnesota | New York | Oregon | Washington

REACH OUT TODAY. WE'RE HERE FOR YOU.

800-257-7800

[HazeldenBettyFord.org](https://www.HazeldenBettyFord.org)