



# EMPOWERING AGENTS OF CHANGE

Recognizing the signs of addiction  
and sharing the hope of recovery

Medical and Professional Education Programs



Hazelden Betty Ford  
Foundation

# OUR CALL TO ACTION



Dear Friends,

The devastating impact and consequences of addiction are evident throughout our medical and health care organizations, legal system, social service agencies, and schools. Yet, students and professionals across these fields receive very little training or education about addiction.

This is why we are here. This is our calling.

Through the generous support of you, our donors, Medical and Professional Education programs at the Hazelden Betty Ford Foundation equip participants with the knowledge, insight, and tools to recognize and respond to the challenges of addiction.

In 2016, more than 1,350 medical students, physicians, nurses, pharmacists, mental health clinicians, social workers, criminal justice professionals, school counselors, and other caring professionals took part in our Medical and Professional Education programs—joining us on-site, online, and on the road. We welcomed participants from the United States, Canada, Europe, Asia, and the Caribbean.

With this annual report, we honor you—our donors, participants, and staff who serve as agents of change, hope, and healing.

With gratitude for your generosity and commitment,

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

## THE POWER OF YOUR GIVING IN 2016

### BY THE NUMBERS

#### ON-SITE

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

#### ONLINE

**364** medical students worldwide enrolled in CARE: Course on Addiction and Recovery Education. This first-ever online addiction education program for medical 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

**672** attendees learned about addiction, treatment, and recovery at our educational symposia and events at universities and other venues in California, Illinois, Maryland, Minnesota, New Jersey, Pennsylvania, Texas, and Washington, DC.

## COME AND LEARN WITH US

The Hazelden Betty Ford Foundation offers three on-site educational programs for medical students and other professionals to learn about the dynamics of addiction and recovery: the Summer Institute for Medical Students, Professionals in Residence, and Medical Education Partnerships. During their weeklong sessions, participants interact with treatment patients and/or family members. Supplementing this up-close and in-depth experience with the education provided by Hazelden Betty Ford Foundation physicians and treatment experts gives participants a comprehensive perspective on addiction treatment and recovery. Visit [HazeldenBettyFord.org/MedEd](http://HazeldenBettyFord.org/MedEd) to learn more about these and other educational opportunities.

# BEFORE-AND-AFTER SURVEY

## The Difference Our Educational Programs Make

Medical students and professionals are evaluated for their understanding of addiction when they first apply to participate in our medical and professional education programs and again at the end of their weeklong sessions. The goal of our programs is to raise the awareness of each participant, so that they may respond positively to every survey statement.

SURVEY STATEMENTS		% "TRUE" BEFORE	% "TRUE" AFTER
1	I feel comfortable assessing a patient for addiction.	12	87
2	Addiction is NOT due to a lack of willpower or choice.	90	97
3	As a professional, I am comfortable talking to addicts about their addiction/behavior.	31	94
4	I am comfortable talking to family members about problems they have due to a loved one's addiction.	36	92
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.	12	90
7	I understand the roles of a sponsor in a patient recovery program.	18	90
8	Patients who are mandated to go to treatment do as well as those who choose to enter a program.	54	76
9	I recognize what medications are most likely to "trigger" a relapse for recovering adults.	16	80
10	I know what community resources are available for patient referral, regarding treatment and Twelve Step programs.	18	94

### CHANGING THE WAY WE PRACTICE MEDICINE

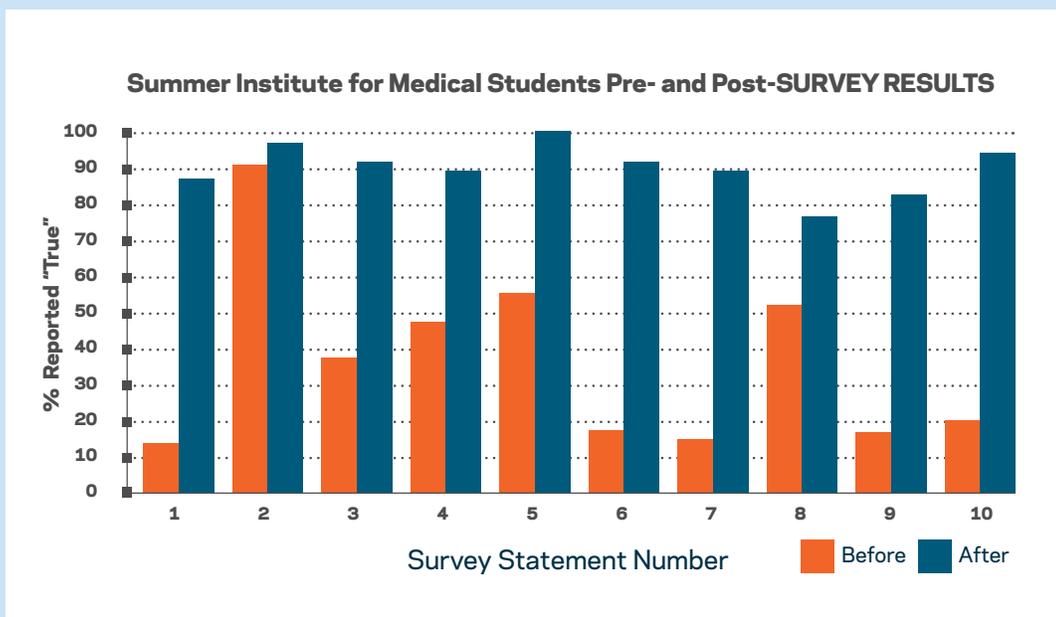
*"The Summer Institute for Medical Students is an amazing, once-in-a-lifetime, and priceless experience. I truly think it is going to change the way we practice medicine related to addiction. I am so thankful to the Hazelden Betty Ford Foundation for providing this incredible experience."*

-Nataly S., Yale University School of Medicine

### PREPARED TO TREAT FUTURE PATIENTS

*"Addiction now has many faces; faces that I will never forget for as long as I live. I look forward to using the tools I have gained and sharpened this week at the Summer Institute for Medical Students as I begin to see, meet, and treat patients in the future."*

-Conner C., Kansas City University of Medicine and Biosciences College of Osteopathic Medicine



Kaitlyn Dykes



# BECOMING AN

By learning to ask deeper questions—  
suggestions—future physicians help

Meet Kaitlyn Dykes, a second-year student at Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia. A 2016 participant in the Summer Institute for Medical Students program at the Hazelden Betty Ford Foundation, Kaitlyn shares how her week on campus 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?

In my first year of medical school, I'd been introduced to a basic understanding of addiction as a chronic disease, and I saw some of the challenges and complexities of treating addiction through volunteer work at a methadone treatment center. I also knew about the disease from a personal standpoint because my family had been impacted. All of these experiences left me with more questions than answers, along with a strong desire to learn about the disease nature of addiction, the treatment and recovery processes, and the effects of addiction on the entire family system.

## STUDENTS FROM 100 SCHOOLS ATTENDED THE SUMMER INSTITUTE FOR MEDICAL STUDENTS IN 2016



- Alabama College of Osteopathic Medicine
- Albany Medical College
- A.T. Still University Kirksville College of Osteopathic Medicine
- Ateneo School of Medicine and Public Health
- Bastyr University School of Naturopathic Medicine
- Baylor College of Medicine
- Boonshoft School of Medicine at Wright State University
- Boucher Institute of Naturopathic Medicine
- Brody School of Medicine at East Carolina University
- Case Western Reserve University School of Medicine
- Chicago College of Osteopathic Medicine
- Columbia University
- David Geffen School of Medicine at UCLA
- DeGroote School of Medicine, McMaster University
- Des Moines University College of Osteopathic Medicine
- Drexel University College of Medicine
- East Carolina University
- East Tennessee State University
- Eastern Virginia Medical School
- Emory University
- Geisel School of Medicine at Dartmouth
- George Washington University School of Medicine and Health Sciences
- Georgetown University
- Howard University College of Medicine
- Indiana University School of Medicine
- Johns Hopkins Medical Institute
- Kansas City University of Medicine and Biosciences College of Osteopathic Medicine
- Keck School of Medicine of USC
- Lake Erie College of Osteopathic Medicine
- Loma Linda University School of Medicine
- Mayo Medical School
- Medical College of Wisconsin
- Michigan State University College of Osteopathic Medicine
- Midwestern University
- New York University School of Medicine
- Northeast Ohio Medical University

# AGENT OF CHANGE

—and listening for subtle signals and open the door to recovery for patients

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

The whole experience was incredible, and **I'm extremely grateful to Hazelden Betty Ford Foundation donors for the opportunity.** It was an honor to meet patients, hear their stories, and learn about the disease of addiction from their perspectives. I was really struck by the respectful, open atmosphere at the Hazelden Betty Ford Foundation. Patients felt safe to open up about their situation, and I could see how that openness and vulnerability were essential to their healing process. In the medical setting and in society at large, there's so much stigma and misunderstanding about substance use disorders. It prevents people from getting the help they need. So one of my biggest takeaways was the importance of fostering that level of openness and trust with the patients I will be working with in order to help them overcome the silence and shame that block the healing process.

## How has the experience changed the way you will practice medicine in the future?

The program gave me insight into how to approach conversations with patients about substance use. Medical students are taught to take a patient's history within a limited amount of time and by following checklist types of questions. This may or may not include asking one or two questions about substance use, almost as an afterthought. The haste and format of these questions encourage patients to give nondescript, checklist responses. By asking more

in-depth questions and allowing patients time to reflect and answer, I can gain a much better understanding of their situation and guide them to the most helpful next steps. For example, I can learn a lot more by asking a patient why she drinks or whether anyone has expressed concern about her drinking than by simply asking how many alcoholic beverages she consumes in a week.

## Was there anything about your experience that was unexpected?

I found myself identifying personally with a few of the stories patients shared, which brought up some difficult issues and emotions for me. Even though those moments were uncomfortable, and I'm still reflecting on some of the issues that came up, the overall effect has been empowering because it normalized my experiences and helped me appreciate the profound impact of addiction. I knew the statistics about how pervasive this disease is, but hearing patients and families speak openly about their struggles really brought everything home for me.

I'm forever thankful for the experience, and as a result of it will be much better able to aid patients struggling with substance use disorder. This experience has motivated me to continue learning about the disease of addiction, increase public awareness on the topic, and take action toward breaking down stigma currently surrounding the disease.

Oakland University William Beaumont School of Medicine  
Pacific Northwest University of Health Sciences—College of Osteopathic Medicine  
Pennsylvania State University College of Medicine  
Philadelphia College of Osteopathic Medicine  
Queens University  
Quinnipiac University  
Rosalind Franklin University of Medicine and Science  
Rowan University School of Osteopathic Medicine  
Rutgers New Jersey Medical School  
South Carolina Medical University  
Sidney Kimmel Medical College at Thomas Jefferson University  
St. George's University of London  
SUNY Downstate Medical University  
SUNY Upstate Medical University  
Tel Aviv University Sackler School of Medicine  
Temple University  
Texas Tech University Health Sciences Center

Touro College of Osteopathic Medicine  
UC Berkeley—UCSF Joint Medical Program  
University of Alberta Faculty of Medicine and Dentistry  
University of Arizona School of Medicine  
University at Buffalo School of Medicine and Biosciences  
University of Calgary Faculty of Medicine  
University of California Irvine School of Medicine  
University of California Los Angeles School of Medicine  
University of California Riverside School of Medicine  
University of California San Diego School of Medicine  
University of Florida College 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 Manitoba College of Medicine

University of Maryland School of Medicine  
University of Massachusetts Medical School  
University of Minnesota Medical School  
University of Nevada School of Medicine  
University of New England College of Osteopathic Medicine  
University of North Carolina School of Medicine  
University of North Texas Health Science Center Texas College of Osteopathic Medicine  
University of Oklahoma College of Medicine  
University of Pennsylvania Perelman School of Medicine  
University of Puerto Rico  
University of South Carolina School of Medicine  
University of South Florida College of Medicine  
University of Texas at Austin College of Pharmacy  
University of Texas at Austin Dell Medical School  
University of Texas Health Science Center School of Medicine in San Antonio

University of Texas at Houston McGovern Medical School  
University of Texas Southwestern Medical School  
University of Toledo College of Medicine and Life Sciences  
University of Toronto Faculty of Medicine  
University of Vermont College of Medicine  
University of Washington School of Medicine  
University of Western Ontario Schulich School of Medicine and Dentistry  
Virginia Commonwealth University  
Wake Forest School of Medicine  
Warren Alpert School of Medicine at Brown University  
Washington University in St. Louis School of Medicine  
Wayne State University School of Medicine  
Weill Cornell Medical College  
West Virginia University School of Medicine  
Yale University School of Medicine

# WITH GRATITUDE TO OUR GENEROUS DONORS

Special thanks to the Susan E. Riley Family Foundation

Doug Johnson, an investment advisor in Indian Wells, California, who serves as trustee emeritus of the Susan E. Riley Family Foundation, recalls the spirited and courageous woman who established the Foundation. Susan E. Riley had a special place in her heart for those who, like her, suffered from the disease of addiction. She was able to find long-term recovery, and she wanted others to know the same healing and hope she experienced.

When Susan was diagnosed with pancreatic cancer, she asked Doug to work with her to establish a foundation that would support the two causes most dear to her: Finding a cure for pancreatic cancer and providing addiction treatment and education.

Since 2005, the Susan E. Riley Family Foundation has been instrumental in supporting the Summer Institute for Medical Students program at the Hazelden Betty Ford Foundation. Over the years, the organization's philanthropic gifts have covered all expenses for scores of medical students selected to participate in the weeklong program, including materials, flights, hotel, meals and, of course, the once-in-a-lifetime insider's view into the world of addiction treatment and recovery.

Each year, Doug tries to attend the "graduation" event held at the close of one of the weeklong Summer Institute for Medical Students sessions, where participants share their gratitude for the life-changing learning opportunity and their commitment to addressing the pervasive disease of addiction. He knows Susan E. Riley would take great comfort in the fact that each participant, as a future physician, has the potential to bring healing and hope to thousands of individuals and families impacted by addiction.

In addition to funding addiction education programs, the Susan E. Riley Family Foundation has generously funded research, treatment, and recovery initiatives across the Hazelden Betty Ford Foundation.

Joining Doug Johnson as trustees of the Susan E. Riley Family Foundation are attorneys Harry Hathaway and Robert "Buck" Newell. Accountant Louis Hamel serves as the Foundation's financial administrator.



*Doug Johnson (right) is shown with Joseph Skrajewski at the entrance to the Susan E. Riley Auditorium, a state-of-the-art facility on the Betty Ford Center campus in Rancho Mirage, California, funded by the Susan E. Riley Family Foundation. The auditorium was dedicated in Susan E. Riley's honor in June of 2015.*

## 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 the more than 1,350 medical students and professionals who participated in our programs on-site, online, or on the road in 2016—and the countless individuals, families, and communities they will help—we thank you for your generosity and commitment.

Tom Baker and Marc Better  
Karin S. Bannerot  
Eliza Biederman  
William Boeschstein  
Mimi and Jay Bonds  
Maripat and Thomas E. Dalum  
The Donachie Foundation  
Carlton Erickson  
Kelly Chaka and Dennis Gehrisch  
Valerie and William Hall  
Hazelden Betty Ford Society of Canada  
Julia Kyle  
Bernard Mondeau  
Rebecca and Walter Mosher  
Alice M. O'Brien Foundation  
Gwendolyn O'Brien-Donaldson and Tom Donaldson  
Tom Reynolds  
Susan E. Riley Family Foundation  
Cini and Ira Robb  
Almine and Bernard Ruiz-Picasso  
Scaife Family Foundation  
David Schwartz  
Katerina and Joseph Skrajewski  
Geri Q. L. Young and Robert Teichman  
Bernadine and Anthony S. Tornay  
United States Coast Guard  
Alan Vallaurine  
Frederick & Margaret L. Weyerhaeuser Foundation  
Judy A. Wells  
Valery Yandow



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](mailto:Giving@HazeldenBettyFord.org).

# INSTILLING HOPE, MOTIVATING CHANGE

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

Meet David Peter, MD, a family practice resident at the University of Minnesota Physicians Smiley's Family Medicine Clinic in Minneapolis. As a 2016 participant in the Professionals in Residence program at the Hazelden Betty Ford Foundation, David joined colleagues from the fields of medicine and law for an immersive, insider's view into Twelve Step addiction treatment and recovery—learning alongside Hazelden Betty Ford Foundation clinicians and patients.



David Peter

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

Since I have a background in mental health work, I came into the program with a basic understanding of the dynamics of substance use disorder. What I didn't fully appreciate—and came to learn through the program—was how effective addiction treatment is. There are, in fact, treatment options that work long term. Yes, addiction is a chronic, relapsing disease, and recovery requires an ongoing commitment on the patient's part. Yes, there's a lot of work and follow-up involved with treatment and recovery. But substance use disorder is treatable. Patients can get their lives back. As a physician, I can help patients see that their situation is not hopeless and help them navigate a way forward.

## How has the experience changed the way you practice medicine?

One of our lectures focused on the effectiveness of various types of interventions for individuals who may have a drug or alcohol problem. The research supports two techniques I'm able to use to help patients recognize the need to change, even if I have limited time to do so. One technique, brief intervention, is a five-minute structured conversation designed to help patients recognize how their substance use could be putting them at risk.

The other intervention, motivational interviewing, empowers patients to take action and begin making changes to improve their health. The program confirmed for me that these simple, brief techniques can be life changing for the patients I work with as a family practice resident.

Sometimes in the medical field, the Twelve Step approach is dismissed as old-fashioned. What I've discovered is that many evidence-based techniques and therapies in the mental health field, such as brief intervention and motivational interviewing, involve aspects of the Twelve Steps. The reason Twelve Step recovery has been around for so long is it works.

## Was there anything about your experience that was unexpected?

The honesty and courage of the Hazelden Betty Ford Foundation patients I met was very moving. Here they were, going through what had to be some of the toughest, lowest times in their lives, and they let me sit in and listen in as they shared their deeply personal and difficult stories. For me, personally and professionally, that experience demonstrated the power of honesty, vulnerability, and openness. It's the place where healing begins.

# HISTORIC SYMPOSIUM ADVANCES ADDICTION EDUCATION

## Medicine Responds to Addiction

Clinicians and leaders from the Hazelden Betty Ford Foundation were invited to join medical school deans, policy makers, and health care experts from the public and private sectors for a symposium on addiction education in October, hosted by the White House Office of National Drug Control Policy. The historic gathering was organized in recognition of the need to develop and advance addiction education and addiction medicine.

For a disease that strikes 1 in 10 Americans over the age of 12, addiction to alcohol or other drugs remains surprisingly misunderstood, underdiagnosed, and untreated. This lack of formal training in addiction medicine leaves many of today's practicing physicians inadequately prepared to assess, intervene, manage, and treat addiction and co-occurring disorders. Physicians properly trained to understand addiction will be positioned to better serve the needs of patients who suffer from addiction as well as improve the overall quality and cost-effectiveness of health care.

The Hazelden Betty Ford Foundation's on-site and online Medical and Professional Education programs are designed to achieve this very goal: Equipping medical students, physicians, and other health care professionals with the knowledge and tools to recognize and effectively respond to the challenges of addiction.



*Jeremiah Gardner, manager of the Hazelden Betty Ford Institute for Recovery Advocacy, and Joseph Skrajewski, executive director of the Foundation's Medical and Professional Education programs, played key roles in the historic symposium.*

## Together, we will overcome addiction.

Medical and Professional Education programs—made possible through the generosity of donors—equip hundreds 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 life-changing lessons in lifesaving care.

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](mailto:Giving@HazeldenBettyFord.org), or visit [HazeldenBettyFord.org/MedEd](http://HazeldenBettyFord.org/MedEd) 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.*



Hazelden Betty Ford  
Foundation

### OUR LOCATIONS

Aurora, Colorado  
Beaverton, Oregon  
Boston, Massachusetts  
Center City, Minnesota  
Chaska, Minnesota  
Chelsea, New York  
Chicago, Illinois  
Irving, Texas  
Maple Grove, Minnesota  
Naples, Florida  
Newberg, Oregon  
Plymouth, Minnesota  
Rancho Mirage, California  
San Diego, California  
St. Paul, Minnesota  
Tribeca, New York  
West Los Angeles, California