

LIFESAVING LESSONS IN HEALING AND HOPE

Learning to recognize and respond to the challenges of addiction

Medical and Professional Education Programs



Hazelden Betty Ford
Foundation

A PROFOUND IMPACT AND REACH



Dear Friends,

In 2017, more than 1,500 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.

Our educational approach is all about immersion—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—recognizing *always* the human being behind the disease.

When you consider that every participant takes all they have learned back to their schools, clinics, hospitals, social service agencies and communities, you begin to understand the profound impact and reach of our Medical and Professional Education programs. Our participants go on to start Caduceus meetings with colleagues, develop outreach programs for those in need, and advance policy changes that bring about greater understanding of addiction and access to care. Put simply, they are “on fire” for what we call “recovery.”

On behalf of all who come to us to learn about addiction—and all who benefit from their knowledge, insight and commitment—thank you for your partnership and support. Your generosity saves lives, today and tomorrow.

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 2017

BY THE NUMBERS

ON-SITE

365 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

575 medical students worldwide enrolled in CARE: Course on Addiction 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

582 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.

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

BEFORE & AFTER

The Difference Our Educational Programs Make

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.	20	90
2	Addiction is NOT due to a lack of willpower or choice.	88	98
3	As a professional, I am comfortable talking to addicts about their addiction/behavior.	28	92
4	I am comfortable talking to family members about problems they have due to a loved one's addiction.	35	91
5	I understand that addiction is a brain disease.	63	99
6	I know the Twelve Steps and how they are used in treatment and for long-term recovery.	16	90
7	I understand the roles of a sponsor in a patient recovery program.	12	88
8	Patients who are mandated to go to treatment do as well as those who choose to enter a program.	55	75
9	I recognize what medications are most likely to "trigger" a relapse for recovering individuals.	20	84
10	I know what community resources are available for patient referral, regarding treatment and Twelve Step programs.	22	92

EAGER TO SHARE THE WISDOM

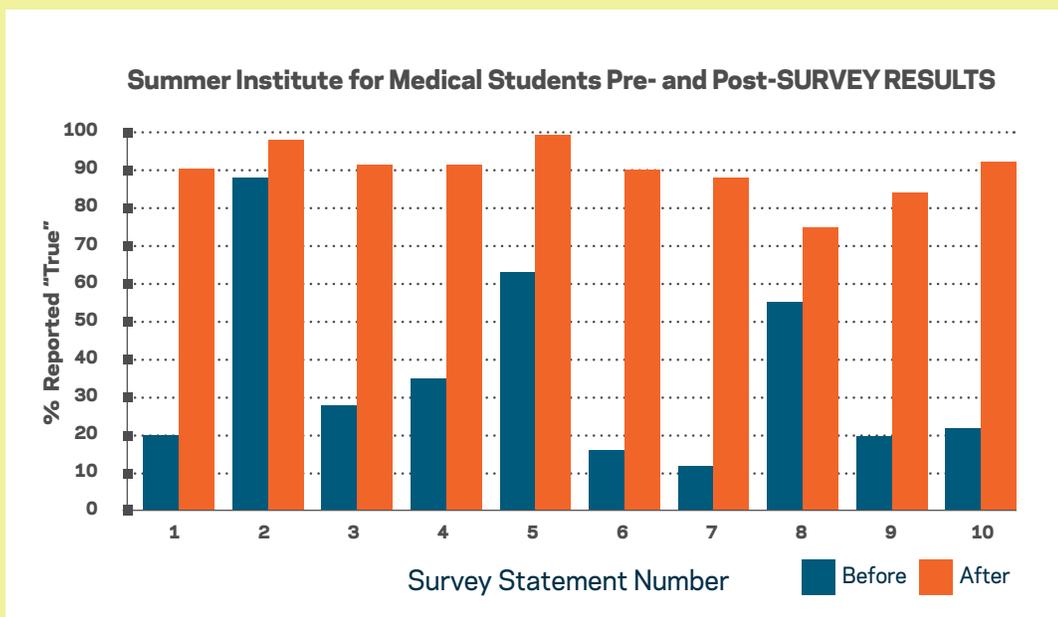
"Every medical student should do this program—and because I was blessed to participate, I feel empowered to educate others on what I've learned."

-Shadee G., University of Iowa Carver College of Medicine

PUTTING NEW KNOWLEDGE INTO PRACTICE

"The opportunity to learn from both the patients and health professionals was a very valuable and rewarding experience. It will make me a better physician in the long run and is very applicable to the practice of Family Medicine."

-Matt R., Family Medicine Resident



LIFESAVING LESSONS IN HEALING

Medical students gain knowledge, insight and tools to recognize and

Meet Nicole Pantle, a second-year student at the Philadelphia College of Osteopathic Medicine. A 2017 participant in the Summer Institute for Medical Students program at the Hazelden Betty Ford Foundation, Nicole shares how her week shadowing clinicians and patients at Hazelden in Center City, Minnesota, 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?

I decided to apply after receiving an email regarding possible summer opportunities to take part in after my first year of school. I have always held a heightened interest in learning about addiction which probably stems from some of my own family members' misfortunes. In medical school, we unfortunately have limited exposure to addiction medicine. Addiction is something that, as a future physician, I will experience regardless of the field I choose, though. I wanted to broaden my perspective of the disease and learn how to provide not only my patients, but anyone I encounter, the resources to help ensure a safe road to recovery.

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

I discovered how crucial it is to provide a safe environment for my patients. Unfortunately, there is often a stigma associated with addiction, and most individuals don't seek help due to the shame or embarrassment that gets

attached to it. These people are human though; they have families, they are parents, they have careers. They are extremely vulnerable, and I learned that it is absolutely necessary to build a trusting relationship in order to facilitate this healing process.

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

I now feel more confident in identifying addictive behaviors and implementing the necessary steps to help my future patients. I feel more comfortable having these difficult conversations and will hopefully be able to help in any way possible, even if it is minor. I will practice active listening and provide the needed space in order for my patients to overcome this disease.

Was there anything about your experience that was unexpected?

I wasn't expecting to learn as much as I did about myself. I learned that I'm no exception to this disease. Addiction, unfortunately, affects anyone it can get its hands on. It

The education of a lifetime

Students from 114 medical schools attended the Summer Institute for Medical Students in 2017

Alabama College of Osteopathic Medicine
Albany Medical College
A.T. Still University Kirksville College of Osteopathic Medicine
A.T. Still University School of Osteopathic Medicine in Arizona
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 College of Physicians and Surgeons
Creighton University School of Medicine

David Geffen School of Medicine at UCLA
Des Moines University College of Osteopathic Medicine
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell
Drexel University College of Medicine
Duke University School of Nursing
Eastern Virginia Medical School
Edward Via College of Osteopathic Medicine
Emory University School of Medicine
Florida State University College of Medicine
Frank H. Netter M.D. School of Medicine at Quinnipiac University
Geisel School of Medicine at Dartmouth
George Washington University School of Medicine and Health Sciences
Georgetown University School of Medicine
Howard University College of Medicine
Indiana University School of Medicine
Johns Hopkins University School of Medicine

Kansas City University of Medicine and Biosciences College of Osteopathic Medicine
Lake Erie College of Osteopathic Medicine
Loma Linda University School of Medicine
Marshall University Joan C. Edwards School of Medicine
Mayo Clinic College of Medicine and Science
McGill University Faculty of Medicine
McMaster University Michael G. DeGroot School of Medicine
Medical College of Wisconsin
Memorial University of Newfoundland and Labrador
Medical University of South Carolina
Michigan State University College of Osteopathic Medicine
Morehouse School of Medicine
National Taiwan University College of Medicine

New York Medical College
New York University School of Medicine
Northeast Ohio Medical University
Northwestern University Feinberg School of Medicine
Oakland University William Beaumont School of Medicine
Pacific Northwest University of Health Sciences College of Osteopathic Medicine
Penn State College of Medicine
Philadelphia College of Osteopathic Medicine
Queen's School of Medicine
Rocky Vista University College of Osteopathic Medicine
Rosalind Franklin University of Medicine and Science
Rowan University School of Osteopathic Medicine
Rutgers New Jersey Medical School

AND HOPE

respond to addiction

"I am beyond thankful to the Hazelden Betty Ford Foundation donors for this opportunity. Words cannot describe the impact this program had on me both personally and professionally."

-Nicole Pantle

consumes a person's entire life and immerses one into a world of darkness. This realization struck me as I listened to a discussion among health care professionals who were patients at the Hazelden Betty Ford Foundation. I assume none of them entered medical school thinking they would end up as an anesthesiologist, for example, addicted to opioids. This initially frightened me, but it ultimately opened my eyes and provided me with a greater acceptance of everyone affected by this disease.

When I returned to school, I wanted to share my newly gained knowledge so I started an interdisciplinary Addiction Medicine Club. Our goal is to educate ourselves and other medical professionals about the disease of addiction and to raise awareness about how addiction affects individuals, their families and friends.

Nicole Pantle



Saint Louis University School of Medicine
Southern Illinois University School of Medicine
Sidney Kimmel Medical College at Thomas Jefferson University
SUNY Downstate Medical Center
SUNY University at Buffalo
Texas Tech University Health Sciences Center
Touro College of Osteopathic Medicine in New York
Touro University College of Osteopathic Medicine in California
Tulane University School of Medicine
UC Berkeley-UCSF Joint Medical Program
Universidad Autónoma de Guadalajara School of Medicine
University College Dublin School of Medicine and Medical Science
University of Alberta Faculty of Medicine and Dentistry
University of Arizona School of Medicine
University of British Columbia Faculty 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 Riverside School of Medicine
University of California San Diego School of Medicine
University of Colorado Anschutz Medical Campus College of Nursing
University of Connecticut 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 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 Nottingham School of Medicine
University of Oklahoma College of Medicine
University of Pennsylvania Perelman School of Medicine
University of Perpetual Help Rizal Jonelta Foundation School of Medicine
University of South Carolina School of Medicine
University of South Dakota Sanford School of Medicine
University of Texas at Austin College of Pharmacy
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 Utah School 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 School of Osteopathic Medicine
William Carey University College of Osteopathic Medicine
Yale University School of Medicine

WITH GRATITUDE TO OUR GENEROUS DONORS

Charles Rechlin establishes an endowment fund to educate medical students about addiction

Retired attorney Charles Rechlin believes in the transformational power of education, addiction recovery and giving back to his local community. It's no wonder, then, that the idea of establishing the first-ever endowment fund to benefit Hazelden Betty Ford Foundation's Summer Institute for Medical Students struck the Coachella Valley resident as a win-win-win opportunity.

"The more I learned about the Summer Institute for Medical Students program, the more I understood the tremendous impact of educating our future medical professionals about alcoholism and drug addiction," Rechlin explains.

While primary care physicians often find themselves on the frontlines of assessing and addressing addiction, many lack an in-depth understanding of the disease. On average, medical students receive only two to 10 hours of education about addiction—a disease that strikes one in 10 Americans over the age of 12. Great strides against addiction can be made by educating medical students about the disease.



Charles Rechlin (right), shown here with Joseph Skrajewski, recently established the first endowment fund to benefit the Summer Institute for Medical Students program.

"It seems to me that too many physicians today don't have sufficient background to diagnose addiction or advise patients on how to seek recovery," Rechlin observes.

In creating the endowment fund, Rechlin is able to support such educational efforts both today and tomorrow. While a portion of the endowment fund can be put to use each year, the principal continues

to grow. The endowment has been initially funded with a \$50,000 cash donation by Rechlin, whose future gifting and estate plans currently contemplate a total of \$500,000 in gifts to the endowment and another \$500,000 to support patient assistance at the Betty Ford Center in Rancho Mirage.

Rechlin encourages other donors to join him in building the endowment.

"There is great satisfaction in knowing you have a role in preparing future physicians to not only recognize the signs and symptoms of addiction, but to also provide patients with the answers and help they need," Rechlin attests.

For students selected to participate in the weeklong Summer Institute for Medical Students, philanthropic gifts cover all expenses, including program materials, flights, hotel, meals and, of course, a once-in-a-lifetime insider's view into the world of addiction treatment and recovery.

In 2017, 180 medical students from 114 medical schools took part, with sessions held at the Betty Ford Center in Rancho Mirage, California, and at Hazelden in Center City, Minnesota.

And with each medical student who participates comes the potential to bring healing and hope to thousands more patients.



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.

What a difference you make

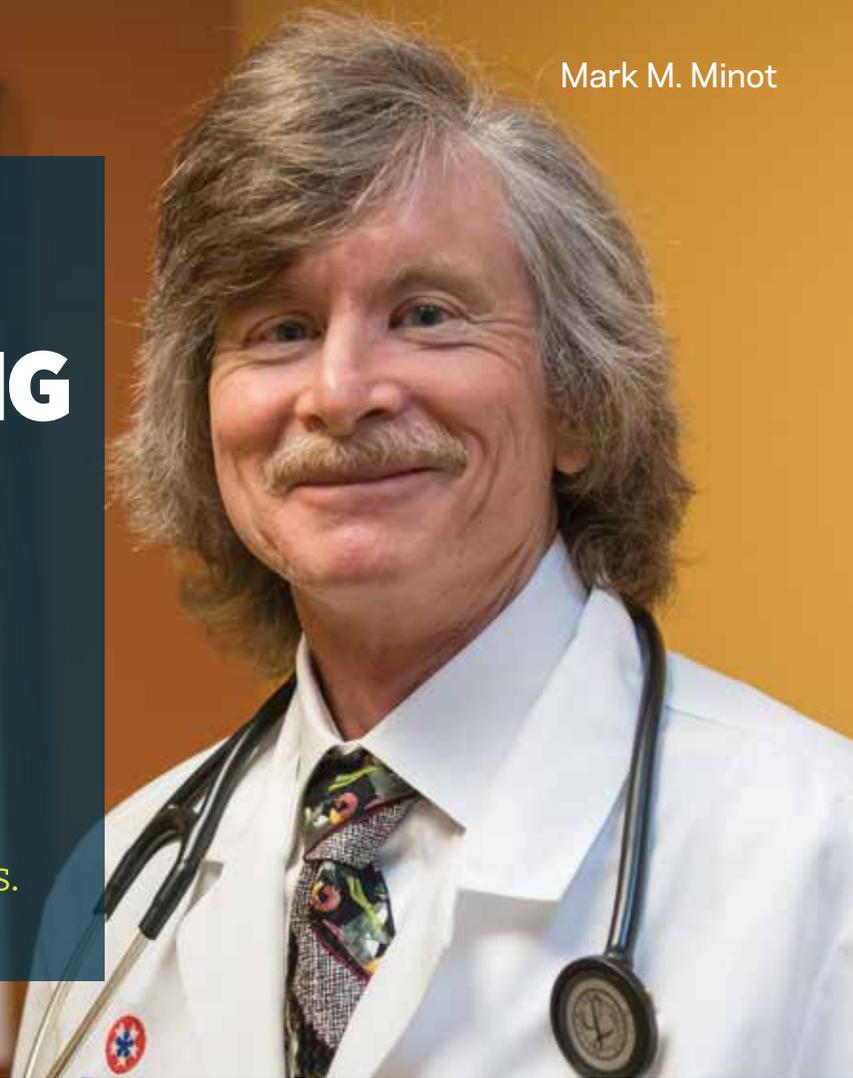
The life-changing educational efforts of the Hazelden Betty Ford Foundation would not be possible without you, our donors. On behalf of the 1,522 medical students and professionals who participated in our programs on-site, online or on the road in 2017—and the countless individuals, families and communities they will help—we thank you for your generosity and commitment.

Anonymous
Kathy and Lindsey Alpeter
Karin S. Bannerot
Eliza Biederman
William Boeschstein*
Mimi and Jay Bonds
Robert and Wendy Cardell
Maripat and Thomas Dalum
Carlton Erickson
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Scaife Family Foundation
Aideen Shea
Joseph Skrajewski
Geri Q.L. Young and Robert Teichman
United States Coast Guard
University of Texas at Austin College of Pharmacy
Judy A. Wells
The Frederick & Margaret L. Weyerhaeuser Foundation
Valery Yandow

* Deceased

A DEEPER UNDERSTANDING OF HOW TO BEST HELP

Professionals in Residence program has participants learning about addiction recovery alongside clinicians, patients and their families.



Meet Mark M. Minot, MSEE, PhD, MBA, MD, an electrical engineer turned aerospace executive who, in retirement, enrolled in medical school. Dr. Minot now practices as a primary care physician specializing in geriatric medicine at Eisenhower Health Center in Rancho Mirage, California. As part of his family medicine residency at the Eisenhower Medical Center, Dr. Minot participated in Hazelden Betty Ford Foundation's Professionals in Residence Program.

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

Shadowing families and experiencing how the Betty Ford Center educates and integrates family members into the healing process was incredibly instructive. I could literally see the burden being lifted from the shoulders of family members as they learned that addiction is a disease, that it's nothing to be ashamed of, and that other families struggle with the same angst and challenges.

How has the experience changed the way you practice medicine?

The program gave me a better appreciation for the chronic nature of substance use disorders and the need to manage the condition over the long term. As a result of the program, I decided to learn more about recovery support resources available in my local community. I went to local AA meetings and discovered the different types of Twelve Step meetings available in order to be as helpful as possible when talking with patients and families about recovery resources that could be of benefit.

It seems to me that the success or failure of treatment programs is greatly dependent on the support patients surround themselves with after they leave the rehab setting. The Betty Ford Center did an excellent job of preparing both patients and their family members about what to expect after treatment and the types of resources and support available to strengthen the healing process.

Was there anything about your experience that was unexpected?

Not that it was unexpected, but I was especially impressed with the environment of care at the Betty Ford Center. Everyone from the counselors to the cooks do a great job of helping patients feel comfortable and valued. The beautiful architecture, the spectacular, healthy food, the whole vibe of the place is warm and welcoming. I think the treatment setting itself is an important factor in encouraging patients to engage fully in the process. The goal is to have patients stick with treatment long enough to be as healthy and strong as possible when they leave the care setting and go on to manage their own recovery.

COME AND LEARN WITH US



At the Hazelden Betty Ford Foundation, our earliest leaders believed there were too many people suffering with addiction for us to keep our knowledge, tools and experience to ourselves. That's why our doors have always been open to other care providers and helping professionals to come and learn with us.

With the medical field in particular, we recognized that a lack of formal training in substance use disorders leaves many practicing physicians inadequately prepared to assess, intervene, manage and treat addiction and co-occurring disorders

Our Medical and Professional Education programs 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.
- **Course in Addiction & Recovery Education (CARE)**—Offered at 40 medical schools worldwide, this innovative online course on addiction provides medical students with the latest thinking and best practices in addressing substance use disorders.
- **Fellowship in Addiction Medicine**—Accredited by the American Board of Addiction Medicine Foundation, this immersive, yearlong training prepares physicians to specialize 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** 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