



ROSE HILL
CENTER

Lifelong WELL-BEING NEWSLETTER

Summer 2024

Previously "Update Newsletter"

Cultivate Lifelong Well-Being • www.RoseHillCenter.org

A Tool for After Treatment Care DBT - Dialectical Behavior Therapy

When someone you care about completes residential mental health treatment at Rose Hill Center, they leave with a strong foundation of skills and confidence built through a combination of DBT (Dialectical Behavior Therapy) and other therapeutic approaches. The transition back home can be challenging, but as a family member or support person, you play a crucial role in providing ongoing support and stability. By embracing DBT principles, you can help ensure a seamless continuation of the support they experienced at Rose Hill Center.

Embrace Mindfulness:

Mindfulness, a core component of DBT, emphasizes being present in the moment. Practice mindfulness together by engaging in activities that promote awareness and acceptance. Simple practices such as mindful breathing, meditation, or mindful eating can help create a calm and supportive environment. Encourage your loved one to stay connected to their mindfulness exercises to help them manage stress and stay grounded, leveraging the confidence they built in treatment.

Build Distress Tolerance:

DBT teaches skills to handle crises without making them worse. Support your loved one by learning and practicing these skills together. Techniques such as distraction, self-soothing, and improving the moment can be useful during times of high stress. By understanding and reinforcing these

techniques, you can help your loved one navigate difficult situations without resorting to harmful behaviors, reinforcing their confidence in their ability to handle distressing situations independently.

Foster Emotion Regulation:

Understanding and managing emotions is another DBT skill. Create an environment where emotions are acknowledged and discussed openly. Encourage the use of emotion regulation strategies such as identifying emotions, checking the facts, and opposite action. By validating their feelings and working together on healthy coping mechanisms, you can help your loved one maintain emotional stability and continue to build on the confidence they gained during treatment.

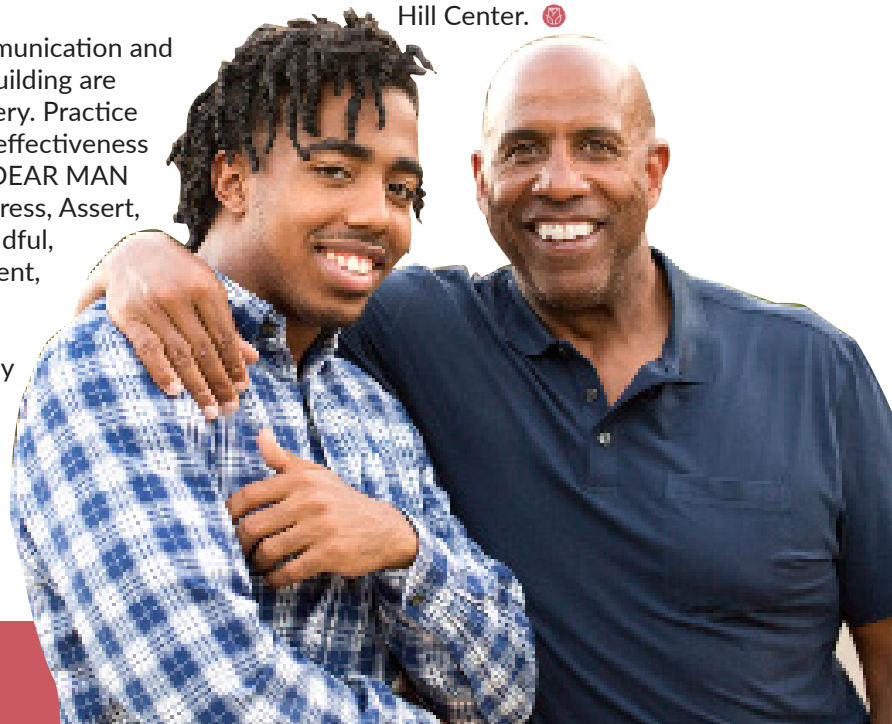
Enhance Interpersonal Effectiveness:

Effective communication and relationship-building are vital for recovery. Practice interpersonal effectiveness skills such as DEAR MAN (Describe, Express, Assert, Reinforce, Mindful, Appear confident, Negotiate) to improve interactions. By modeling and encouraging respectful and assertive communication, you

can help your loved one build stronger, healthier relationships. This supports their confidence in their ability to interact effectively and assertively in their new independent life.

Supporting a loved one after residential mental health treatment at Rose Hill Center requires patience, understanding, and commitment. By integrating DBT principles of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness into daily life, you can provide the essential support they need to thrive.

Creating a structured and empathetic environment at home will facilitate their continued recovery and help them build a fulfilling and independent life post-treatment, leveraging the confidence and skills they developed during their stay at Rose Hill Center. 🌸





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Rose Hill Center is a comprehensive and effective residential treatment and rehabilitation program for adults with serious mental illnesses. Rose Hill provides medication support, education, and training to help people from all over the country achieve their highest level of independence.

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Editorial

- Editor..... Kim Hutchison
 Address... Rose Hill Center
 5130 Rose Hill Blvd, Holly, MI 48442
 Phone..... 248-531-0355 ext 305
 Website...www.rosehillcenter.org
 Email..... development@rosehillcenter.org

RHC's Innovative Sanitation: The Recirculating Sand Filter System



Rose Hill Sanitation Field - Located behind the basketball court, close to the Gundle Center.


In 1992, Rose Hill Center revolutionized wastewater treatment by implementing a pioneering recirculating sand filter system. This innovative approach was designed and developed by Dr. Ted Landeau from Michigan State University. Initially a pilot project, the system has proven its durability and efficiency, continuing to function effectively to this day.

When Rose Hill Center first broke ground, the site presented significant challenges for traditional waste management methods. The soil conditions were such that ground absorption was nearly impossible, ruling out the option of a conventional septic system. In response, the recirculating sand filter system was conceived to address these unique conditions and has proven to be a groundbreaking solution.

The system processes an impressive 60,000 gallons of wastewater per day, effectively managing the center's sanitation needs. It is constructed with three cells, each with a capacity of 20,000 gallons. The process begins with wastewater from toilets entering the septic system, where initial treatment occurs.

The liquid then flows to a pump station that doses the sand filters within the cells. As the wastewater percolates through the sand, it undergoes natural filtration, removing impurities before reaching the disposal field or aquifer, thus returning clean water to the groundwater system.

This method ensures efficient wastewater treatment and highlights the importance of innovative solutions in overcoming environmental challenges. The system was the first of its kind in the United States, setting a precedent for sustainable wastewater management.

Over three decades later, Rose Hill Center's recirculating sand filter system continues to exemplify effective and sustainable wastewater treatment. It reflects the forward-thinking approach and environmental stewardship at the heart of Rose Hill Center's mission. The success of this system underscores the value of pioneering technologies in environmental engineering and their role in promoting sustainability and protecting natural resources. 

Story Contributions by: Mark Perry, Facilities Manager, Rose Hill Center

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Or visit: www.RoseHillCenter.org/Donate





Message from the President

Jim Kubicek
President & CEO of
Rose Hill Center

As we move further into the vibrant summer months, I am filled with optimism about the future of Rose Hill Center. Our dedicated teams are working tirelessly to strategically build and enhance our programming. By collaborating closely with our clinical and operational teams, we are developing innovative programs that align with our mission and meet the evolving needs of our community.

In addition to refining our programming, we are also investing in the physical campus. Our ongoing renovations aim to modernize our facilities while preserving the rich history and core values that have defined Rose Hill Center for decades. We are reimagining our campus footprint, creating spaces that foster healing, growth, and community.

Throughout these changes, we remain deeply committed to honoring the legacy of Rose Hill Center. Every decision we make is guided by our mission to provide exceptional care and support to those we serve. As we look ahead, I am confident that our efforts will lead to a bright and promising future for our community.

Thank you for your continued dedication and support. Together, we are making a meaningful difference and building a stronger, more resilient Rose Hill Center.

Warm regards,



Peer Support Recovery Innovation in Programming

by: Charles J. Evans
Chairman

I am excited to announce Rose Hill Center's initiative to add a peer support recovery coach in our residential treatment program. This will align with our vision and mission to provide exceptional mental health care and follows our long-standing tradition of innovation in the mental health field.

Personalized Support and Guidance: Recovery coaches offer individualized support, helping residents set and achieve personal goals, develop coping strategies, and maintain motivation. At Rose Hill, these coaches will be active members of the Clinical Team, meeting with residents individually and in group settings.

Peer-Based Connection: Many recovery coaches have personal experience with addiction, fostering a sense of understanding and trust. They will engage with

new residents from day one and support them throughout their treatment journey.

Enhanced Relapse Prevention: Coaches assist residents in identifying triggers and developing relapse prevention plans, providing ongoing support crucial for maintaining sobriety post-treatment.

Bridging Gaps in Care: Recovery coaches bridge different treatment phases and the transition from the facility to the community, ensuring continuity of care and preventing clients from falling through the cracks.

Holistic Approach to Recovery: Coaches address various life aspects, including housing, employment, and social relationships, essential for sustainable recovery.

Support for Family Members: Coaches provide education and support to family members, helping them understand addiction and effectively support their loved ones.



Honor & Memory Gifts February 1, 2024 – June 30, 2024

In Honor of:

Ms. Sonia Pone	Mr. Michael Brown & Nancy McLernon-Brown
Mr. Richard Caloia	Mr. Dan Kelly
Mr. Christopher Fonda	Ms. Kimberly Leight

In Memory of:

Mr. Timothy Brunell	• Mr. Sean Barkume
Mr. Walter Kubicek	• Mr. David Boerger
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Mr. John Kelly	• Mrs. Dianne Koblarz Singer
Mrs. Hilda Francis	• Mr. Peter Steffes
Mr. Robert Wachol	• Mrs. Alice Wachol



Reduction in Stigma: Incorporating recovery coaches into the treatment team helps reduce the stigma associated with addiction, fostering a compassionate and supportive environment.

This new vital programming, backed by research demonstrating its efficacy in improving treatment outcomes, reducing relapse rates, and enhancing overall well-being. Rose Hill Center is known for its innovative approach to mental health care, and this program is a testament to our commitment to advancing recovery and support for our residents.

Sincerely,



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Thank You, for Your Support!

We Need YOU! August 12, 2024 2024 John Kelly Memorial Golf Invitational

This event is sold out for golfers, but we are always in need of Sponsors & Donations!

Your sponsorship or donation directly supports the transformative programming at Rose Hill Center, helping individuals on their mental health journey. Join us in making a difference!

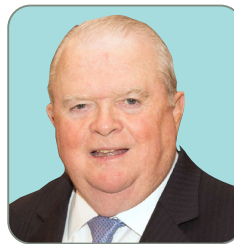
Become a Sponsor or Donate Today!



Scan Here!

Together, we can provide hope and healing. Thank you for your generosity!

For more information about Rose Hill Center,
Call: 248-634-5530
or visit our website www.RoseHillCenter.org.



Dear friends and supporters:

Wow, what a year it has been! I am thrilled to share that our Flower Sale set a new record, raising over an astounding \$45,000. This incredible support is vital for enhancing our programming and operations at Rose Hill Center, and it makes a real difference in the lives we touch every day.

Our campus is buzzing with new and exciting developments, driven by our innovative programming. Your involvement extends beyond benefiting our residents—it also supports their families and the entire community that stands by them.

Though the 2024 John Kelly Memorial Golf Invitational is sold out for golfers, we are still seeking sponsors and donors. Your support is crucial and deeply appreciated.

We are also excited to introduce a Silent Auction, opening for bids on July 31, 2024, and running until August 12, 2024. This is a fantastic opportunity to contribute to our mission and be part of something special.

From the bottom of my heart, thank you to all our donors and sponsors. Your unwavering support creates a community of hope and healing, and we look forward to making an even greater impact together.

With heartfelt gratitude,

Founder