



Real Alumni Story

*“Not wanting to go to jail, I didn’t show up for court. That’s what we do.”
- Peter P.*

In His Own Words:

“I was a daily drinker, thinking if I didn’t blackout then I wasn’t really drunk. Xanax, cocaine, and Ambien were usually involved, but alcohol was the main event. Roanoke College suspended me academically and then I was arrested on July 5, 2008 for a second DUI offense. My thinking was not wanting to go to jail, so I didn’t show up for court. That’s what we do.

On August 12, 2008, I sideswiped a car and was arrested for yet another DUI and was in jail without bond. My lawyer was the first person to tell my family that I was sick and needed help. He suggested Mt Regis Center. After a stint I was allowed to enter treatment by the courts.

I completed the inpatient and IOP programs, then stayed in the free Aftercare until I was two years sober. Gradually things improved. I got a stable job, finished Roanoke College, got married, started and finished my Masters degree, fostered and adopted twins, became a licensed professional counselor, bought a new house – the benefits of implementing simple, but not easy, skills I learned at Mt Regis day after day for the past 12 years.

Every day I thank Mt Regis for not just giving me my life back, but for turning my greatest challenge into my greatest achievement. I’m proud to be a recovering alcoholic, and proud to call myself a Mt Regis alum. ”



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MOUNT REGIS CENTER
Hope Treatment Recovery

Informing People Improving Lives

Top Stories for December 2020

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Study shows Virtual IOP effective in treatment

The findings are in. Virtual IOP works as well as in-person IOP treatment. This from Butler Center for Research (Hazelton Betty Ford Foundation). When the COVID-19 pandemic struck last spring many facilities began providing more of their intensive outpatient treatment virtually. The question arose, is virtual effective? “Overall, our preliminary findings indicate that virtual IOP services have been as effective as in-person IOP treatment has been”, says Butler.



Virtual-only patients attended therapy sessions more regularly than their in-person-only counterparts.

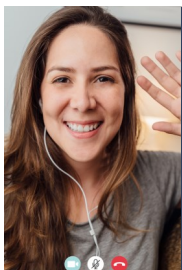
“Individuals in the virtual group attended more IOP sessions than those in the in-person group. Moreover, virtual IOP patients and those who transitioned from in-person to virtual care discharged at a significantly lower rate against medical advice (AMA) than did the in-person IOP patients.” (Butler Center for Research)

As the virus moves more of our lives online, Mount Regis expects to deliver more of its IOP over the internet. Remote IOP has advantages.

Accessibility. Remote IOP removes barriers for those with disabilities, those who live far from treatment centers, and those who cannot arrange child care, transportation or time off work.

Convenience. Access treatment from the comfort of your own home with a simple click or tap.

High Quality Experience. Virtual treatment is now showing evidence of being the equal of in-person treatment.



Looking to “See” You in Remote IOP

Call Mount Regis Now
844.591.2820
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New Leadership

Jenna Kinder
CEO

The roles of CEO and CFO have shifted in recent years with more emphasis on value creation.

Jenna Kinder and James Porter have taken on those challenges for Mount Regis. Jenna oversees strategic direction and operations at Mount Regis.

With 12 years of experience in healthcare leadership as Market Manager for HCA Physicians Group and previously as Business and Admissions Director for Mount Regis Center, Jenna embodies the “Hope, Treatment, Recovery” mission of Mount Regis. Jenna dedicates herself seriously to the treatment of SUD. She makes the business of treatment and recovery a caring calling to “motive and empower people to improve their lives.”



James Porter
Group CFO
Mount Regis Center
Southstone Behavioral Health



Jim is a veteran of sixteen years of financial control in the health care industry in Ohio, West Virginia, Tennessee and Virginia. Jim is also a Gulf War veteran with ten years of service with the US Air Force. Jim hails from Beckley, WV. He’s a graduate of Mountain State University and earned his Masters Degree in Accounting and Financial Management from the Keller Graduate School of Management.



Forget New Year’s resolutions. Set SMART Goals with your family.

Do you and your family make New Year’s resolutions? Now that you are in recovery and your old ways are behind you, it’s time to set some new goals. It’s not just your life that has changed. The lives of those around you have also changed.

A successful technique for setting and achieving goals is the SMART method. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Consider these two resolutions, “I will maintain my recovery in 2021” versus “I will talk to my Peer Recovery Specialist every Wednesday morning in January.” The first is a hoped for outcome. The second is a plan with a deadline.

Talk to your family about your recovery and its impact on them. Make SMART goals together. What do you need from them? What do they need from you? Start now by planning how to protect your recovery during the holidays. It’s not substances that make the season bright. It’s family, friends and you, celebrating the fullness of your recovery.

