

**It is the mission**

of Sigma House  
Recovery Center  
to provide quality  
substance abuse  
or addiction  
rehabilitation services  
to individuals who are  
in need of assistance  
and who desire  
recovery.



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SIGMA HOUSE OF SPRINGFIELD, INC.  
**SPEAKERS BUREAU**

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# MEET OUR PROFESSIONAL TEAM

## Medication Assisted Treatment:

Almost 19 million adults in the United States abuse alcohol or are alcohol dependent. Many people feel that not being able to quit is a personal weakness. It isn't. A main feature of alcohol dependence is "lack of control" over alcohol use or drinking more than is intended. Lack of control is due in part to a biological urge to drink. Learn about treatment that targets both the psychosocial and biological aspects of the disease.



### Roy Pischer is

Associate Director of Sigma House Recovery Center in Springfield, Missouri. Roy Pischer is a Nationally Certified

Counselor and a Licensed Professional Counselor in the State of Missouri. Roy has 25 years of experience in the Mental Health and Substance Abuse field. Roy and his wife Trudy reside in Willard, Missouri.

**The best kept secret...** Sigma House of Springfield has offered addiction recovery services since 1977, and unfortunately most people think it's a fraternity house! This dynamic professional agency employs 80 highly trained and educated people at four locations in southwest Missouri. The counseling staff has a collective 400 years of experience in addiction treatment. They treat an astonishing 4,000 people with drug and alcohol addiction during a year. *How – and why - has this important organization stayed under the radar?* You'll hear a few other interesting secrets, too.



### Dawn Erickson, Sigma

House's marketing manager and grant writer, has a long history in professional journalism and public relations in Southwest Missouri. Much of her career has emphasized regional tourism and economic development. In recent years, her attention has turned to the non-profit sector and the human struggle behind the region's economic success.

## What do treatment and recovery in the greater Springfield area have to do with you?

There is factual evidence indicating that accessible and effective community-based alcohol and drug treatment is essential to reducing a society's financial burden from problems associated with drug use. Let Merna explain why quality treatment options in the greater Springfield area are vital to the growth of your business and the economic development of the community. Let the success stories of recovering people inspire you and guide your understanding about this critical health issue that affects us all.



### Merna Leisure-Eppick

has worked in the treatment and recovery field for over 20 years. She worked in a variety of Social Model residential and outpatient settings in Southern California prior to her transition to Southwest Missouri in 2006. Merna became the Executive Director of Sigma House of Springfield, Inc. in the spring of 2010. She has over 25 years of experience of non-profit involvement and management.

## After School Treatment Program:

This is a treatment program designed for adolescent girls with substance abuse issues who are in the early stages of probation. It is designed to address the core issues of self-esteem, self-concept, healthy relationships, understanding healthy boundaries and self empowerment. The program will provide a safe space to explore these issues through: Individual therapy using positive, motivational interviewing, addiction education, relapse prevention, art therapy, process groups, family group and positive social activities. This program is provided by Sigma House in cooperation with the Greene County Juvenile Justice System.



**Cathy Kristek, MA,** is a registered substance abuse professional, registered art therapist and the Senior Residential Counselor at

Sigma House Recovery Center. She was educated at Truman State University. She has 17 years experience as a Clinical Art Therapist and 5 years experience as a substance abuse counselor. She also holds a lifetime teaching certificate in art K-12 from Truman State University.