

BETTY FORD CENTER FOUNDATION

SUMMER
INSTITUTE
FOR MEDICAL
STUDENTS



ANNUAL REPORT
2010

IN 2010, STUDENTS FROM THE FOLLOWING SCHOOLS PARTICIPATED IN THE SIMS PROGRAM:

A.T. Still Univ. Kirksville College of Osteopathic Medicine
Albany Medical College
Bastyr University of Naturopathic Medicine
Boston University School of Medicine
Brown University Warren Alpert Medical School
Bukhara State Medical Institute
Case Western Reserve University School of Medicine
Chicago College of Osteopathic Medicine
Cleveland Clinic Lerner College of Medicine
Creighton University School of Medicine
Dartmouth Medical School
Eastern Virginia Medical School
Edward Via Virginia College of Osteopathic Medicine
George Washington University School of Medicine
Georgetown University School of Medicine
Jagiellonian University Medical College-Poland
Kansas City University of Medicine and Bioscience
Keck School of Medicine at the Univ. of Southern California
Loyola University Stritch School of Medicine
Mayo Medical School
McGill University School of Medicine
Medical College of Wisconsin
Meharry Medical College
Memorial University of Newfoundland
Midwestern University Arizona College of Osteopathic Medicine
New Jersey School of Osteopathic Medicine
New York Medical College
New York University School of Medicine
Queen's University School of Medicine
Robert Wood Johnson Medical School
San Juan Bautista School of Medicine
Sanford School of Medicine University of South Dakota
Sophie Davis School of Biomedical Education
St. George's University School of Medicine
State University of New York at Buffalo School of Medicine
Texas Tech Health Sciences Center Paul L. Foster SOM
Touro University-Nevada
Tufts University School of Medicine
UC Berkeley-UC San Francisco Joint Medical Program
UC San Diego School of Medicine
University at Buffalo School of Medicine
University College Dublin
University of Alberta
University of Florida College of Medicine
University of Illinois College of Medicine
University of Illinois College of Medicine at Chicago
University of Iowa Carver College of Medicine
University of Kentucky College of Medicine
University of Maryland Medical School
University of Maryland School of Medicine
University of Minnesota Medical School-Twin Cities
University of Mississippi School of Medicine
University of Nevada School of Medicine
University of New England College of Osteopathic Medicine
University of New Mexico
University of North Carolina at Chapel Hill
University of Oklahoma College of Medicine
University of Ottawa Medical School
University of Pennsylvania School of Medicine
University of South Carolina School of Medicine
University of Texas Health Science Center at San Antonio
University of Texas Medical School at Houston
University of Texas Southwestern Medical School
University of Utah School of Medicine
Vanderbilt University School of Medicine
Wake Forest University School of Medicine
Washington University St. Louis
West Virginia School of Osteopathic Medicine
Yale University School of Medicine

SIMS PROGRAM IS 25 YEARS STRONG

The 2010 summer marked the 25th year for the unique Summer Institute for Medical Students (SIMS) program. Between March and August of 2010, we had 149 medical students from 67 medical schools learning about addiction and recovery through this experiential learning opportunity. This is the largest group ever served by the program.

Three special sessions, totaling 38 students, were from particular medical schools (University of Calgary, University of Alberta, University of North Texas Health Science Center and Texas Tech University Health Sciences Center) and were accompanied by professors from each school. The hope is that these and other medical schools will use the experience of their students to improve and expand addiction education in their current curricula. The 111 remaining medical students represent individual medical schools located across North America, some of the students residing as far away as Poland and Uzbekistan.

At the end of each session, participants reported that they are better positioned to recognize and treat the disease of addiction from the experience and teaching they received at the Summer Institute for Medical Students.

PROGRAM OVERVIEW

As an education program of the Betty Ford Institute, the Summer Institute for Medical Students (SIMS) program gives medical students an in-depth experience with the dynamics of the disease of addiction. During their week-long session, students learn about this disease by spending time as participant observers with the patients or family members on campus. Supplementing this experience with the education provided by Betty Ford Center physicians and treatment experts gives participants a comprehensive perspective on addiction treatment and recovery, as implemented through the 12-Step model.

The SIMS program is integral to achieving one of the aims of the Betty Ford Institute, which is to prevent harm being done to addicted patients by physicians who have not been trained adequately to recognize addictive disease.

WISDOM

STUDENTS ARE EVALUATED FOR THEIR UNDERSTANDING OF ADDICTION WHEN THEY APPLY TO PARTICIPATE IN SIMS, AND AGAIN AT THE END OF THE SIMS SESSION. THE GOAL OF THE PROGRAM IS TO RAISE THE AWARENESS OF EACH STUDENT, 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. | 20% | 75% |
| 2. | Addiction is NOT due to a lack of willpower or choice. | 59% | 82% |
| 3. | As a physician, I am comfortable talking to addicts about their addiction/behavior. | 28% | 82% |
| 4. | I am comfortable talking to family members about problems they have due to a loved one's addiction. | 34% | 78% |
| 5. | I understand that addiction is a brain disease. | 40% | 84% |
| 6. | I know the 12 Steps and how they are used in treatment and for long-term recovery. | 11% | 80% |
| 7. | I understand the roles of a Sponsor in a patient recovery program. | 26% | 83% |
| 8. | Patients who are mandated to go to treatment do as well as those who choose to enter a program. | 33% | 60% |
| 9. | I recognize what medications are most likely to "trigger" a relapse for recovering adults. | 9% | 58% |
| 10. | I know what community resources are available for patient referral, regarding treatment and 12 Step programs. | 13% | 78% |

2010 SIMS DONORS

Largely due to funding from our generous donors in 2010, we were able to expand the number of medical students to 149. Without the necessary funding, many of these additional men and women would have missed this unique opportunity to be able to attend.

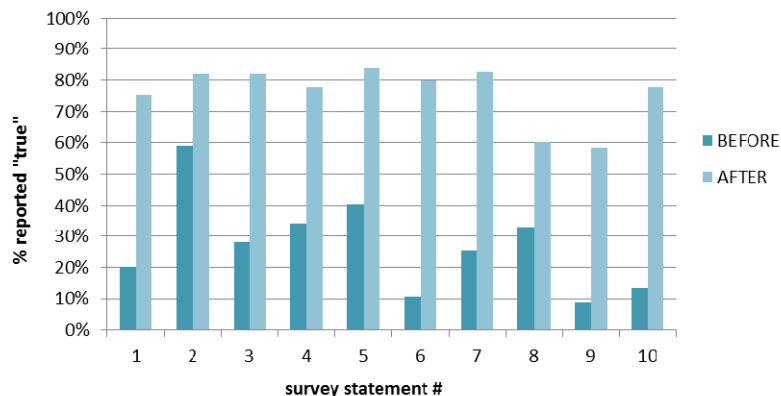
Students express their feelings about the program in letters to those who underwrite their scholarships. These heartfelt letters are testimonials to the effectiveness of the program:

"Thanks to the generous funding of your foundation, I was able to experience a life-changing week at Betty Ford Center learning about the devastating disease of drug and alcohol addiction."

WE THANK AND HONOR OUR DONORS WHO PROVIDED SCHOLARSHIPS FOR THE 2010 SIMS PROGRAM:

- BFC Society of Canada
- Molly and William Boeschstein
- Jay Bonds
- Robert Donachie
- Elizabeth R. Farver
- Mrs. Betty Ford
- William Randolph Hearst Foundation
- Diane and Bill Moss
- Norlien Foundation
- Scaife Family Foundation
- John T. Schwarzlose
- Starr Foundation
- Florence L. Thoke

SIMS Pre- and Post-Survey Results



SIMS HISTORY



DR. JAMES W. WEST

The idea for the SIMS program came from Dr. James West, the former Medical Director of the Betty Ford Center Inpatient program, Board Member Emeritus, and respected author. Dr. West is well aware of the dearth of information provided to medical students about the disease most likely to present in every general and specialty practice of medicine. He also knows how difficult it is to interest physicians currently in practice to take the time to learn about addiction. He offered the idea of providing training to students just beginning their medical education.

His theory, now proven, was that these students would be open to learning about addiction. We receive applications for the SIMS program from universities from all over the country, as well as from some international programs. Many students report this program is life-changing for them.

“This program has helped me see the human being behind the disease.”

STUDENT TESTIMONIALS ARE A TRIBUTE TO THE EFFECTIVENESS OF THE SIMS PROGRAM

“Meeting with patients and participating in their small group therapy sessions really allowed me to put a face on addiction and realize that it affects all ages, races, and levels of society. Going to specially-designed lectures about the treatment programs and ethos of Betty Ford Center allowed me to understand addiction not only as a physiological ailment, but also as a spiritual, psychological, and social disease. Lastly, talking to my fellow participants and sharing our experiences allowed me to solidify what I learned and think of ways I can apply this knowledge to my future practice in medicine, regardless of what specialty I choose to pursue.”

- Stuart Brian Carter, Jr., University of Pennsylvania School of Medicine

“When I was first assigned to the family program, I thought that I would learn about how the family member can support the addict. Instead, I learned that the disease of addiction actually afflicts the family member in similar but distinct ways. Prior to this program, I had never thought about how constant preoccupation and worry about the addict could affect not only the psychological, spiritual, and social health of the family member, but also their physical health.”

- Julie Sarsfield, University of Maryland School of Medicine

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INSTITUTE

Addiction Research, Prevention and Education

Betty Ford Institute

The mission of the Betty Ford Institute is to conduct and support collaborative programs of prevention, education and research that will lead to a reduction in the devastating effects of addictive disease on individuals – especially parents and children in family settings – as well as on organizations and communities.

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CENTER

Serving Patients, Saving Families®

Betty Ford Center Foundation

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