



Harbor Hall Foundation

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FALL 2021

From the Board of Trustees

What does someone with addiction look like? Close your eyes and think of the people you know. One in seven people will develop a substance abuse disorder at some point in their lifetime. Addiction affects rich and poor, male and female, young and old, and people of all ethnicities. It does not discriminate.

Harbor Hall exists because someone acknowledged the disease of addiction. The compassionate and determined staff provide the process, the place, the tools, and the skills that allow the miracle of recovery to happen.

Men and women come here from all walks of life. Quite often the only thing they have in common is their addiction. They have all been hiding their substance misuse, perhaps for years. They are usually isolated, lonely, and in denial.

Harbor Hall succeeds when a person with an addiction learns to make different choices. They succeed when a person calls for help. They succeed when men and women in recovery hold themselves accountable and do "the next right thing". Success is about holding the light high, illuminating the path, and then walking alongside people as they journey to a better place.

Until this year, our residential treatment center could only treat men. Harbor Hall Foundation recently completed a new building for the treatment of women. There is already a waiting list. We are so thankful for the donors who support this project.

Construction has also begun on a new 32 bed sober living apartment building to be completed in the fall of 2022.

Saving lives and families is so rewarding. Thank you for all you do and thank you for caring.

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"The best way out is always through"
– Robert Frost



Construction Update



*Construction is underway,
sober living apartments*



Clinic & Administration Building. We have completed construction on the first building which houses the medical clinic, women's residential treatment, lecture hall and administration offices. Demand is high. One-third of the people with addiction challenges in the U.S. are women, but only 10% of the beds are available for their treatment. There is already a waiting list for women requesting treatment.

Sober Living Apartments. Construction began this fall. We hope to have the 32 bed apartment building complete by the Fall of 2022.

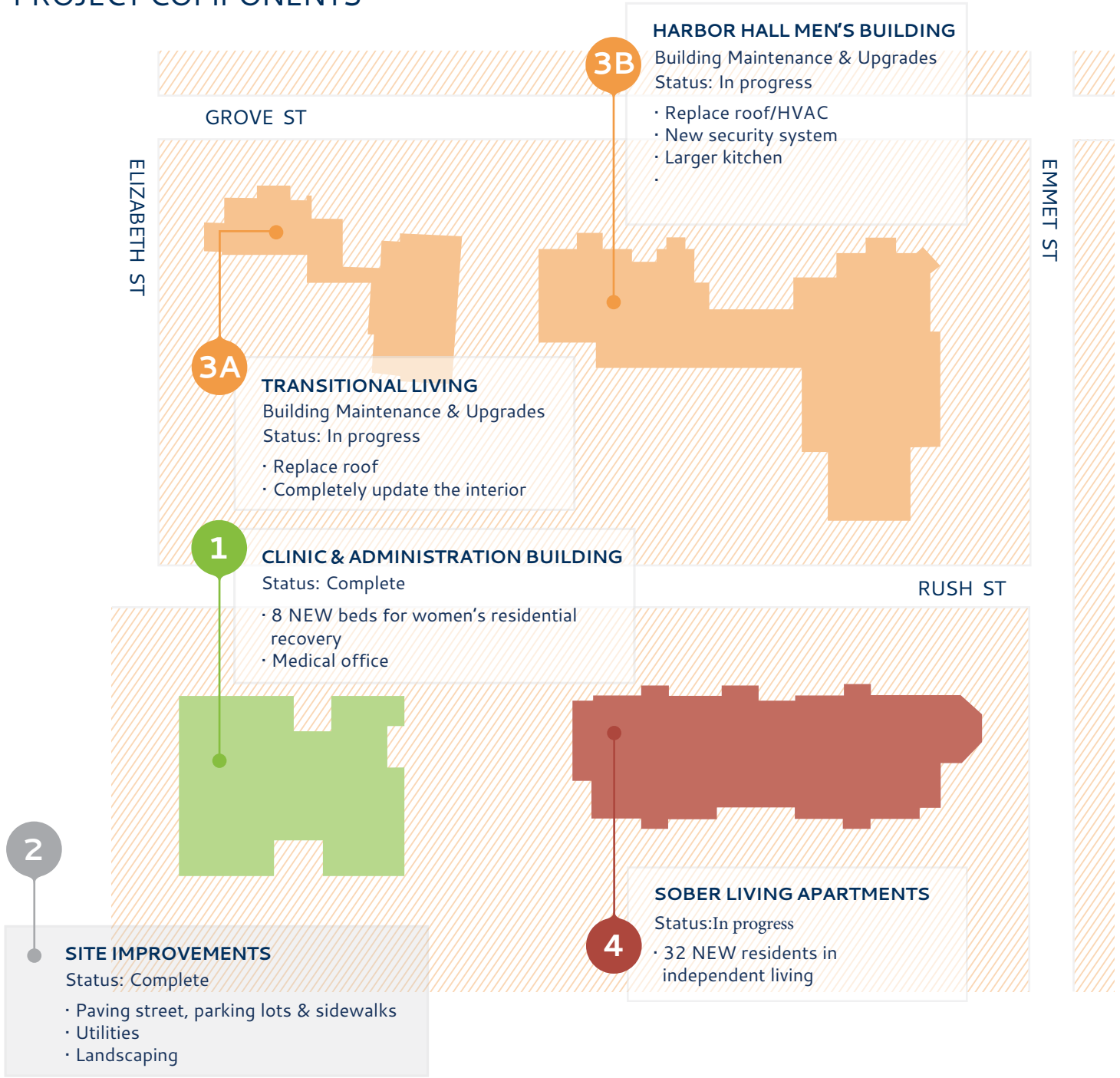
Maintenance is in progress. Part of our project also includes necessary updates to our existing buildings and campus.

- We have updated the interiors and installed new roofs on the existing transitional housing. The men's residential building has also been re-roofed. We have also completed some much-needed maintenance.
- New telephone and data systems were installed and a campus wide security system has been put in place.

*Women's residential
treatment, lecture hall
and administration*



PROJECT COMPONENTS



For more information, contact:
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(231) 526-5568 . hhallfoundation@att.net . harborhallfoundation.org

Integrating Wellness & Spiritual Care

For more than 40 years, Harbor Hall has provided a quality professional addiction treatment program for clients. During these years, the Board of Directors has been mission-driven to address the stigma with education, certified services, licensed professional counselors, and medical care for this suffering clientele. By staying on the cutting edge, Harbor Hall has designed a model and philosophy of care that addresses the entire person – physically, intellectually, emotionally, and spiritually. As a result, success rates and treatment outcomes continue to show that people do recover with this wide range of treatment and return to their families and careers.

Harbor Hall's mission-driven program has not only sought to be on the cutting edge of clinical and therapeutic expertise, but to also maintain the soul of recovery (or as the staff refer, "the Baby"). Recovery has been critical to the mission, vision, and values of what we do – and WHY we do this. Today, as much as in 1974, we embrace the notion of having a "*spiritual experience as a result of these Steps (of recovery)*". Not surprisingly, as the industry grows with clinical models and medical assistance therapies, the data and research also advocate to provide spiritual assessment tools during clinical care. That Harbor Hall has been doing this from the beginning speaks to the heart of our Board of Directors and the mission-driven staff who clinically value the entire person, physically, intellectually, emotionally AND spiritually.

Since 2010, I have served as Harbor Hall's Spiritual Counselor. In this time, clinically appropriate tools and assessments have been designed to address the whole person in treatment. Additionally, clients meet individually with me to receive counsel on spiritual recovery, and I provide weekly lectures on spiritual-recovery topics. Perhaps the most critical provision of support has been to support clients that complete step 5.

The "Bigbook" of Alcoholics Anonymous states, "The Spiritual life is not a theory, we have to live it." For many years, professionals in the industry have tiptoed around the subject of spiritual care during health crisis, even though overwhelming data, scientific research, and peer reviewed studies advocate for it. In fact, in 2018, The Joint Commission on the Accreditation of Healthcare Services said: "*The assessment for patients receiving psychological services for treatment of alcoholism or other substance use disorders now includes the patient's religion, and spiritual beliefs, values and preferences*".

Today, addressing spiritual distress during health-crisis is no longer a suggestion, it is a justified inclusion to assess the whole person during clinical care – mind, body and spirit. The recent data only verifies that Harbor Hall's mission, vision and values are historically rooted with a clinical culture that embraces a spirit of care. In light of this culture, a critical component of the treatment philosophy was the creation and implementation of our own P.I.E.S (**P**hysical, **I**ntellectual, **E**motional, and **S**piritual) philosophy. As we assess our client's lives, we review each of these dimensions and connect the dots between them – finding even deeper questions, connections and solutions. From within any one of these areas we discover the deeply rooted woundedness or despair of hopelessness that has prevented sobriety and wellness. Thus, in our professional experience, addressing spirituality during treatment has resulted in very positive outcomes and very satisfied clients.

It's often been asked, "*Do clients change at Harbor Hall?!*" The best answer may be to witness the annual alumni gathering. There isn't a dry eye in the whole crowd of witnesses who testify to the "Change" that was formed from within Harbor Hall's culture of care. And this old saying from the literature of AA has truly become the vision of our mission driven program.

"To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic/addict outcast received back into his/her community in full citizenship, and above all to watch these people awaken to the presence of a loving God (as they understand) in their lives". Twelve Steps & Twelve Traditions

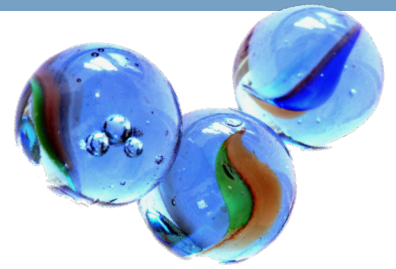
Though the journey with our clients is challenging and fraught with pain and distress, our evidences of seeing eyes open, lives restored and relationships amended with peace gives us daily motivation to continue this mission-driven program of clinical care. The comments we get, like the one below, testifies how special Harbor Hall is.

"I was hopeless for a very long time and I thought I would never change until I started to explore spirituality. Hope is a powerful spiritual principle that we can apply to any situation in our everyday life. Today I have a new hope and new values and beliefs."

Rev. Daniel Thompson Rev, MA, CADC



The Marble



Pat McGinn – CEO Harbor Hall

When I was a child in elementary school, marbles were a valuable asset. We would go to school with a big bag of marbles that was filled with a variety of sizes, shapes and colors. There were cats eyes, steely, glass, clay, aggie, boulders, red devil mixed color, opaque, black, swirly, tiger, shooter and the most coveted of all (in my school) the puree. As soon as the snow started to melt and spring was in the air, all of the kids would bring in marbles for games and we played for keeps. Playing for keeps was serious, so we chose wisely the type of marble to use. In those days purees were hard to come by, so in our own made-up value system, the puree had the highest desire attached.

As I grew older the excitement of the marble games diminished, and the bags were put away. Maybe it was just a kid's game but I find it funny how you don't see kids playing marbles anymore today.

About 25 years ago I met one of my most important mentors who was a great inspiration to me. As a tradition he would give marbles to people who were completing addiction treatment. He would say to me that the marble was an important symbol for a person new to recovery. He had a presentation that was very special and unique in the presentation of this symbolic gift. Over the years I adapted this presentation that continues today.

In the past 25 years I venture to guess that I have given away hundreds of marbles. These marbles are purees and crystal clear...the most coveted of all marbles (in my opinion). At each presentation I pass out a clear marble to each person. Then I talk about the symbolism of the marble as it relates to changing thinking. (To understand grab a clear marble and look at it as I describe the meaning).

First notice that it is round. The round is 360 degrees, reminding us that what goes around comes around. It is the beginning and the end, the circle of life. Notice that it is clear. This symbolizes that as we practice a routine of sobriety, our thinking clears up, we begin to learn how to live life in a rational manner and the choices we make become better.

Notice that it looks perfect, but if you look closely you will see nicks, chips, scars, bubbles. This reminds us that no one is perfect and we all have our scars, chips, nicks, bubbles. This is a reminder to be patient and tolerant of ourselves and of others.



Harbor Hall Foundation Mission Statement

The Harbor Hall Foundation – How We Help Harbor Hall

The mission of the Harbor Hall Foundation is to create, guide and support quality alcohol and drug abuse rehabilitation opportunities through philanthropy. This means that we provide financial assistance to Harbor Hall through grants to cover improvements, projects and necessities that exceed the capacity of the competitive rates the clients pay.

Over the years, your donations have helped us fund the following:

- Build-out of the Disimpel Outpatient Center lower level to expand treatment offerings for women and youth
- Client Scholarships
- Harbor Hall Alumni Reunion
- NEW - Phone system and campus-wide security system
- NEW - Women's treatment center, medical center and lecture hall

Your contributions allow the highly skilled caregivers at Harbor Hall to continue to touch lives and help families heal while keeping rates affordable. We are truly grateful for your contributions that have helped make Harbor Hall the leading addiction care center in northern Michigan.



Harbor Hall Foundation Lighthouse Legacy Society

PLANNED GIVING: When the values of an institution align with a donor's own values to the extent that it becomes the donor's belief that these values should be preserved for the future.

Planned gifts take various forms and may be made in a number of ways, including bequests, deferred gifts and tangible property.

If you are considering the Harbor Hall Foundation in your estate planning and would like information about our Lighthouse Legacy Society, please contact development coordinator Annette Fettig at 231.526.5568 or hhallfoundation@att.net.



Harbor Hall by the Numbers

FISCAL YEAR 2020

OCT 1, 2020-SEPT 30, 2021

- Admitted 302 men and 60 women into the Residential facility and 36 into Transitional Care.
- Drug of choice for those admitted:

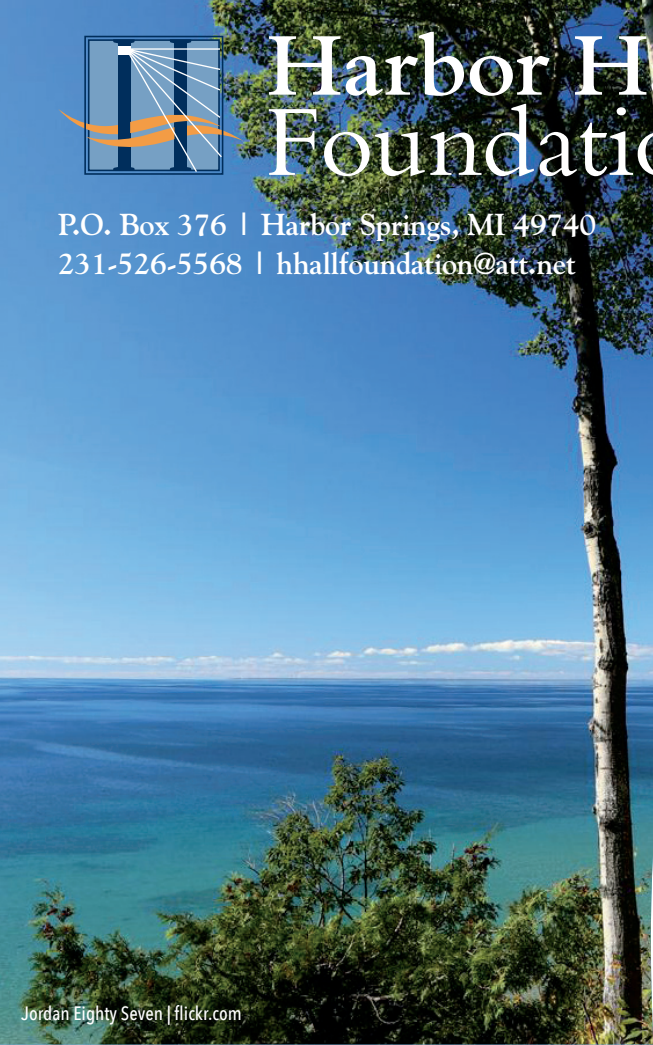
Alcohol	142	Opioids	9	Heroin	79
Meth	121	Cocaine	11		
- 60% successful residential completion rate
- With 48 beds available in residential treatment, Harbor Hall operated at 70% occupancy for the year ending September 2021.



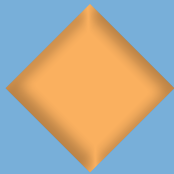
Harbor Hall Foundation

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Harbor Hall Foundation Mission Statement

We create, guide, and support
quality alcohol and drug
abuse rehabilitation
opportunities in our region through
philanthropy.

Do you know someone who needs help
in their struggle with addiction?
Call 231.347.5511 or visit
www.harborhall.com.

The Harbor Hall Foundation is a 501(c)(3) non-profit organization under
Internal Revenue Code sections 509(a)(1) and 170(b)(1)(A)(vi) for both
federal and state purposes.

How Can You Help Harbor Hall and the Harbor Hall Foundation?

Financial donations:

*Credit card donations can be made online at
HarborHallFoundation.org*

Checks may be mailed to:

P.O. Box 376 Harbor Springs, MI 49740.

Scan to Donate

