



Harbor Hall Foundation

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2019 SERIES | ISSUE THREE

AUGUST 2019

My Story: Paul Matthews

Harbor Hall Foundation Board of Trustees

My name is Paul Matthews and I am a trustee for Harbor Hall Foundation. I was asked to write a testimonial of what Harbor Hall and recovery means to me. In 1983 I found myself in trouble legally, financially and in a failed marriage with no place to turn resulting from addiction to drugs and alcohol. Thankfully with help, I found my way to treatment at Marquette General Hospital and completed a thirty day program introducing me to Alcoholics Anonymous and its support systems.

I returned home and became involved with Harbor Hall's outpatient programs and the local support system. Today I am living proof that recovery works if you let it. I am 35 years sober and my life has turned into a success story. I am father to three beautiful children, married to a wonderful person, have retired from a very rewarding career and have a peaceful home. I don't believe it would have been possible without recovery programs and Harbor Hall. It wasn't easy to climb out of the darkness but people were there to help that needed to be and for that I am forever grateful. Today recovery means life to me.

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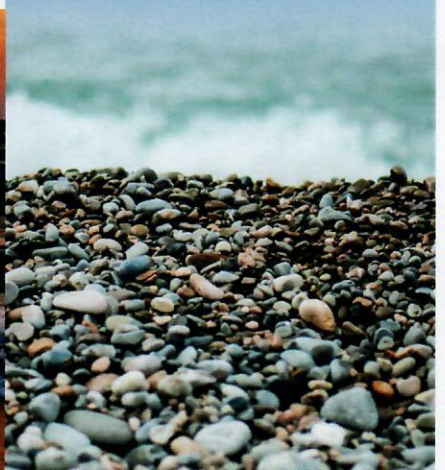
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Did You Know?

Harbor Hall is an active member of the Hazelden Betty Ford Patient Care Network, a clinical collaboration of quality health care organizations that share a philosophy about the best evidence-based treatment for substance abuse, as well as a commitment to improving patient outcomes.

Hazelden Betty Ford

Patient Care Network
Member

Harbor Hall by the Numbers

JANUARY 2019
TO MARCH 2019

- Admitted 79 men into the residential facility and 3 into detoxification.

- Drug of choice for those admitted:

<i>Alcohol</i>	37	<i>Opioids</i>	5	<i>Heroin</i>	16
<i>Meth</i>	16	<i>Cocaine</i>	6	<i>Benzo</i>	1

- 60.0% successful residential completion rate

- 83.3% successful detoxification completion rate

- With 38 beds available in residential treatment, Harbor Hall operated at 91.69% year-to-date occupancy through March.

- The Cheboygan outpatient center admitted 51 clients

(35 male and 16 female) during this time period and the Petoskey outpatient center admitted 49 clients (38 male and 11 female).

From the Desk of the CEO

Patrick McGinn, MS, MA, LLP, CAADC, CCS-M
Chief Executive Officer, Harbor Hall, Inc.

Volunteering

“We make a living by what we get. We make a life by what we give.”

– Sir Winston Churchill

Recovery is about new opportunities to discover our true potential. Residents have questions concerning how to connect, fit it and contribute to self and others. Harbor Hall offers several opportunities to get involved through house chores, volunteering and paid work. Through this program, the residents gain a sense of pride and ownership that may have been lost in active addiction. Participants learn that they do have something to contribute and that this is all part of effectively managing one's life in recovery.

Harbor Hall residents have been actively involved in the local community for as long as I have been at Harbor Hall, over 18 years. The guys are taught that service and servanthood are key ingredients in the obtaining and maintenance of recovery in our lives.

Here is a list of how the Harbor Hall residents are taught to give back. This list is in no particular order of importance. These are all volunteer efforts in the community.

- a. Women's Resource Center Gold Mine
- b. Salvation Army working in the resale shop and bell ringing
- c. Manna Project
- d. Project Connect set up and tear down
- e. Camp Daggett spring and fall clean-up and maple syrup cooking
- f. Speaking events at schools in Petoskey and Charlevoix
- g. Petoskey Chamber of Commerce helpers for a variety of events like decorating downtown Petoskey for the Fall Harvest Fest.
- h. Set up for several local AA/NA meetings in Petoskey
- i. Provide a great car wash weekly during the warm months
- j. Maintain the Harbor Hall campus in pristine condition

Many people in active addiction are takers. They are self-centered and ego driven. The actions above are all selfless that build recovery capital. People in early recovery need to learn that it is very important to be servants to the community. The benefit to the person is great as service brings about a new humbleness and he learns that giving back helps to bring about positive thinking and feeling. I believe that the benefit to the community is apparent to each of the above actions. Thank you to all who have participated in these events.

“For it is in giving that we receive”

– St. Francis of Assisi

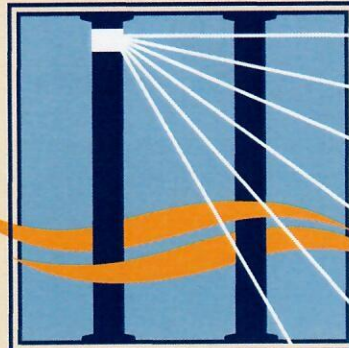
SAVE THE DATE!

2nd Annual Harbor Hall Alumni Reunion at Camp Daggett

Saturday, August 31, 2019 starting at 10:00 am

The first Harbor Hall Alumni Reunion was held on September 1, 2018 – a great kickoff to National Recovery Month. Many alumni and their families came out to re-connect and share recovery stories, hopes and dreams. All enjoyed great camaraderie and inspirational stories as well as great food and recreation on Walloon Lake. **All are welcome again this year.**

For more information or to sign up, please contact Ken Van Every, continuing care coordinator at Harbor Hall, at 231.347-5511 or kenv@harborhall.org.



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
- Residential center surveillance and security system
- Client Scholarships
- Harbor Hall Alumni Reunion
- Implementation of Electronic Health Records

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.





Join the Lighthouse Circle

Harbor Hall exists because someone must acknowledge the disease of addiction. Someone must illuminate the path to recovery. Our compassionate and determined staff provides the time, the place, the tools, and the skills that allow the miracle of recovery to happen.

We succeed when a person with an addiction learns to make different choices. We succeed when a person calls for help. We succeed when the addict or alcoholic does “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.

Individuals and families who make annual donations over \$1,000 to the Harbor Hall Foundation are members of our Lighthouse Circle. Join the Lighthouse Circle and your gift will help us shine that essential light in the following ways:

Awareness

Provides an assessment and treatment
\$1,000 plan for one client.

Acceptance

\$2,500
Funds six months of group therapy.

Compassion

\$5,000
Funds 30 days of residential rehab.

Serenity

\$10,000
Funds two months of residential rehab.

Freedom

\$15,000
Covers a complete 90-day program of residential
rehab for one person.

The Miracle

\$25,000
Helps one person complete the journey through
rehab and six months of transitional living.

Thank You

Lighting the Way Sponsors!

Our sincere thanks to our generous sponsors who underwrote the cost of our 8th Annual "Lighting the Way" breakfast at Holy Childhood Church on May 23. Their contributions allowed 100% of event donations to go directly toward our mission of creating, guiding and supporting quality alcohol and drug abuse rehabilitation opportunities in our region through philanthropy.

Mentors

Sponsorships of \$1,000 to \$2,499

McBride Construction

Squier Electric

W.W. Fairbairn & Sons

Fighters

Sponsorships of \$500 to \$1,000

Cottage Company

First Community Bank

Harbor Springs IGA

Kelbel Pharmacy

Kennari Consulting

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Friends

Circuit Controls

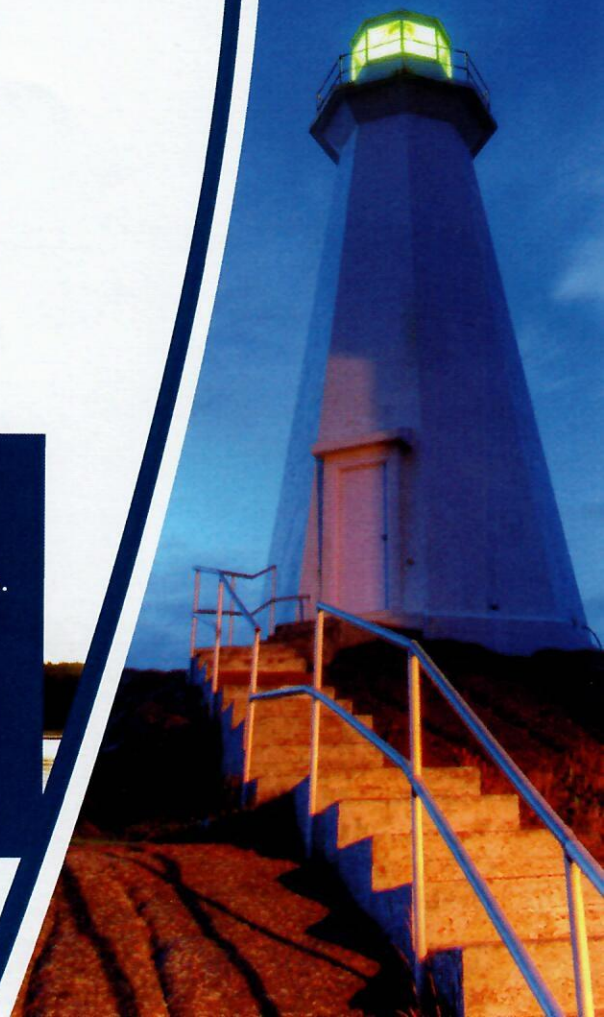
Wentworth Builders

Special Thanks

Christians' Renolda Greenhouse for donating our centerpieces.

Thank You Cynthia!

The Harbor Hall Foundation Board of Trustees extends its heartfelt thanks for service and dedication to the Foundation to Cynthia Shafer, who stepped off the Board in April 2019.

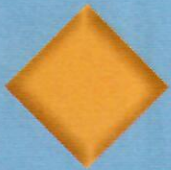




Harbor Hall Foundation

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Jordan Eighty Seven | flickr.com



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?

Your financial donations are always appreciated. Online giving is available on our website, harborhallfoundation.org, or checks may be mailed to us at P.O. Box 376, Harbor Springs, MI 49740.

Host a table at Lighting the Way –
gather a group of friends or colleagues and form a table.

Gently used clothing is gladly accepted at our Petoskey residential facility at 704 Emmet Street. For questions about material donations, please contact a member of the residential office staff at 231-347-5511.

Consider joining our Lighthouse Legacy Society and remember Harbor Hall Foundation in your estate plans.