



# Harbor Hall Foundation

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2020 SERIES | ISSUE ONE

SUMMER 2020

## President's Message

In the early treatment of substance abuse disorders, the client is encouraged to construct a positive list of things they are grateful for (the Gratitude List). While this sounds like a simple task for many of us with stable life-styles, to a person in early recovery this can be a daunting task.

"Hitting Bottom", a term describing the low point a person reaches in their "using" lives, is an ugly place. With it comes despair, isolation, low-self esteem, depression, confusion, humiliation, guilt, and shame, just to name a few symptoms. Recovery is a two-headed monster: First, learning to live without the dependence of mind-altering substances and second, redirecting how a person thinks about themselves and others. The archaic notion that "drying someone out" will fix the problem simply doesn't work. To be successful, it takes time and expertise to be of service to these sick people.

Harbor Hall Treatment Center's mission is to stop the client's use of mind-altering substances and begin the process of healthy thinking. Each client comes into our facility with unique issues so every case has its own dynamics. The staff is highly trained and our affiliation with Hazelden Betty Ford Centers keeps us in the forefront.

The ultimate goal is guiding people to a life of happiness, productivity, and well being. Gratitude grows and grows and all of us live in a better place.

During these unprecedented and worrisome times, try making a gratitude list. As it grows, the confusion subsides. Confidence will be restored and the challenges will lessen.

Tim Kepford, President  
Harbor Hall Foundation Board of Trustees

*We are pleased to welcome two new members to our Board of Trustees: **Chip Everest** and **Amy Buhl**. Both of them share our vision: a community where treatment for addiction is available to all. We are thankful they have chosen to help us in this mission.*

## BOARD MEMBERS

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# My Story: Julie Desimpel

*Harbor Hall Foundation Board of Trustees*

## *A Family Disease*

In the U.S., growing up in a household with an alcoholic parent or adult is not a rarity. In fact, the American Academy of Child and Adolescent Psychiatry states that for one in five adults, this was the case during their childhood. The effects of growing up around alcoholism are sometimes so profound, they can last a lifetime. Yes, alcoholism is a family disease. Children from an alcoholic home don't experience traditional or harmonious family relationships and can only guess what normal really is. Growing up with an alcoholic parent can damage a child's self-esteem, inhibit their ability to form healthy relationships as they get older and despite the irony, lead them to drug and alcohol abuse. I've experienced all three.

On the outside, our family was perfect. On the inside, we were reeling with the effects of a dysfunctional family dynamic. By my high school years, there seemed to be no normal. Each day was unpredictable... would there be yelling or complete silence. Would it be a happy day or utter chaos? As my father's drinking progressed, I was thrilled to finally leave for college. Freedom and peace (or so I thought) but instead, I struggled with anxiety, worry, and felt lost. What was happening at home?

I received "the call" when I was a sophomore in college from my mother. She simply and flatly said, "Your father is an alcoholic and we are leaving today to take him to The Meadows in Arizona. You, your brother and sister need to fly out in 3 weeks for family week." The year was 1981. I was dumbfounded. Alcoholism? Dad's not a bum on the street. I didn't understand. I had never tied the two together...our family dynamic was tied to a disease. It seemed as though I could finally exhale a little bit.

I learned a lot that week. About my father, about the disease and about myself. I learned my father was a proud man, a good man and a very sick man. I realized all those hurtful words while growing up were the disease and not him. I felt like I could breathe and for once, it would be okay if I wasn't perfect. I didn't have to worry every day or wonder if life was going to implode on me. Our family learned about co-dependency and how each of us had learned to play a specific role in the dynamic. It was the most difficult week of my life but the first step in many years of healing.

My father was 50 years old when he quit drinking...never too late! It took a lot of hard work for him to stay sober...and a lot of hard work for our family to "realign" itself. My father joined AA, attended meetings at Harbor Hall and took hold of this program like he owned it and it saved his life. Unfortunately, he lost a sister directly to alcoholism while he was travelling to treatment and could not attend her funeral. I'm sure he was heart-broken as he was closest to her of all his 5 siblings. A year into his sobriety, he lost another sister to the disease.

As for myself, I made the same call my father did. With all the education I had with this disease and first-hand experience, I too found myself in the same trajectory as my father and sought help at age 50, spending 6 weeks at the Cleveland Clinic's Outpatient Program.

The social stigma associated with having a drinking or drug problem acts as a barrier to treatment for many. The Betty Ford Center reports only one in ten Americans receive professional help because of this. It saddens me. It's no different than having diabetes or any other disease.

Right here in our small community we have world class services available. If you are struggling with this yourself, or, are a child, spouse, or friend of someone in the midst of this disease, please get help. The professional and compassionate staff at Harbor Hall are available for you! There is hope! Just call.

# Update from Harbor Hall

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

Commission on Accreditation of Rehabilitation Facilities: CARF

Harbor Hall is pleased to announce that we received our 3 year CARF accreditation which will expire March, 2023. We have achieved this high level of accreditation for over 20 years now. CARF is an independent accreditation body for health and human services. Examples of the types of services are rehabilitation for a disability, treatment for addiction and substance abuse, home and community services, and retirement living. CARF-accredited service providers have applied CARF's comprehensive set of standards for quality to their business and service delivery practices. This means that we have demonstrated conformance to proven standards for business practices and are committed to continuous quality improvement. Harbor Hall's commitment to excellence is periodically evaluated on site and reconfirmed annually.

Accreditation in general is very important for people when making a decision in the selection of a service for ourselves or our loved ones. For me, I know that I want the best service by an organization that has been proven and inspected. When you see CARF logo's you can be assured that you are receiving quality. CARF accreditation aids you in finding services that achieve the results they desire.

Our accreditation with CARF demonstrates Harbor Hall's commitment to continuously improve our service quality and to focus on the satisfaction of the people we serve. Harbor Hall continuously works with CARF to improve the quality of life for those whom we serve. Enhancing the lives of the persons receiving services is at the heart of CARF's mission.

Pat McGinn

## Did You Know?

**H**arbor 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



# Lighting the Way 2020

## When you visit our website:

Our online program will..

- inspire you
- humble you
- inform you

and leave you wanting to  
know more...

Donations can be made  
online at  
[harborhallfoundation.org](http://harborhallfoundation.org)  
or mail a check to:

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



## Harbor Hall Foundation

Appreciation Breakfast 2020

### Lighting the Way

*If all had gone as planned, this would have been  
an invitation to join us for breakfast. Instead, we  
invite you to join us from the safety and  
comfort of your own home.*

*We are providing information online via  
our website and hope you will take a few minutes  
to view it. The need is great and  
your continued support is truly appreciated.*

*Your support  
transforms lives  
Please watch the video  
free*

Visit our website at [harborhallfoundation.org](http://harborhallfoundation.org)  
and click on "Lighting the Way"

#### THE MISSION OF THE HARBOR HALL FOUNDATION:

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

## Thank you to our 2020 Lighting the Way Sponsors

Andy Driver, Advance Electric  
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Our generous sponsors have underwritten the cost of our event, allowing 100% of your donations to go directly toward our mission of creating, guiding and supporting quality alcohol and drug abuse rehabilitation opportunities in our region through philanthropy.



# 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
- 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.*







# Message from Pat McGinn

July 13, 2020

Have you heard enough about COVID-19 yet? Let me add just one more thing to the list of issues related to this pandemic.

We are all aware of the shut downs, the stay at home orders, the mandatory masks, the effects on the economy, business, employment and a host of other issues. One that we have not heard much about is the effect on those who are attempting to recover from addiction.

March 20, 2020 began the COVID-19 shutdowns in Michigan. Harbor Hall was at maximum capacity with 40 people in residential beds and 12 in our transitional living residences. We were blessed that we did not have any sickness enter this facility. We shut it down, not allowing visitors and not providing passes for residents to leave the facility. Admissions were halted in an attempt to create space for social distancing for those who were here. Through attrition the residential census dropped to its lowest in April (about 30% capacity). This situation was not unique to Harbor Hall as it was happening throughout the State in an effort to mitigate the spread of COVID-19.

However, the phone did not stop ringing for those who were seeking residential treatment. Our waiting list grew. It would be an interesting study to find out the aftermath of the addiction crisis as it relates to the pandemic crisis, but that is a thought for future research. Right now our concern is for those who are in desperate need of addiction treatment.

During the first week of May, we began to slowly reopen admissions. The lack of COVID-19 testing availability caused some delays and we had to create a strategy to isolate those who came in. We partitioned one section of the residence and this gave us some flexibility to take in new people. We deal with a very vulnerable population, most with compromised immune systems. Meal preparation, lectures, travel restrictions, room access all had to be modified to keep everyone safe.

As you may know, most 12 step meetings in person were shut down and continued as a virtual program. Those new to recovery are less likely to attend a virtual meeting. During the initial state of the pandemic, alcohol sales were surging. I have a friend who is not in recovery tell me he was bored and started to binge drink at home by himself. For alcoholics and addicts, isolation and boredom are a sure fire way to relapse back into the drug of choice.

So here we are today. What a ride it has been to this point and the statewide restrictions continue. We still do not allow any public gatherings on campus and our work continues to improve our capacity to serve. Dealing with this unprecedented problem has made us all think outside the box regarding processes and procedures. We have been very innovative in the use of our staff and facilities to make the best of the situation. I am very grateful that as of today, we have not had any outbreak of COVID-19. We all need to continue to do our part to keep us all safe.

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

# ***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](http://harborhallfoundation.org)**

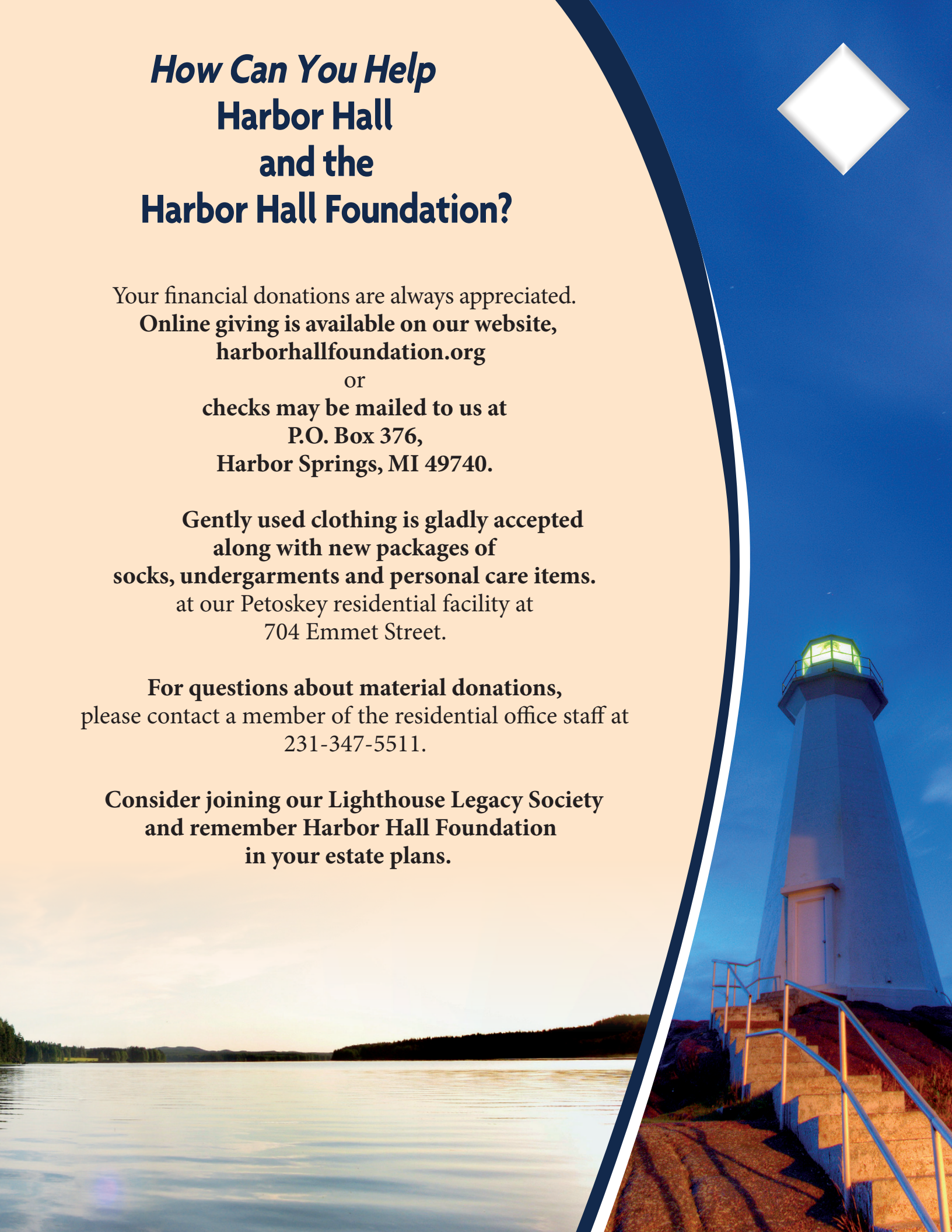
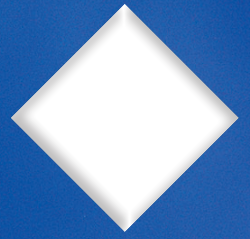
or

**checks may be mailed to us at  
P.O. Box 376,  
Harbor Springs, MI 49740.**

**Gently used clothing is gladly accepted  
along with new packages of  
socks, undergarments and personal care items.  
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.**







# Harbor Hall Foundation

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231-526-5568 | [hhallfoundation@att.net](mailto:hhallfoundation@att.net)

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## Construction in Progress



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.