

RAYS OF HOPE

SPRING 2024



Harbor Hall
Foundation
Supporting the mission of Harbor Hall

Secrets Keep Us Sick

Harbor Hall graduate James Daniel can share the painful details of his story with stunning bluntness. That's because he knows honesty is the only thing that helped him succeed in recovery.

"My mom sent me to live with a father I didn't know at age 15. I already had a kid and I was drinking heavily. My dad had been sober for eight years, but two months after I moved in with him, he started drinking again and died. That was the end of my dad. And that was the end of school for me."

James dropped out and went to work, but a lot of his money went towards alcohol. "I was married, with a kid, supporting my family. I was so sick of everyone telling me I needed to stop drinking," he confesses. "So I abandoned my family. I lived in a tent in Grand Rapids. It was rough, but at least no one was telling me what to do. I could just wallow in my own pity party."

His story almost had a tragic ending. Members of the Homeless Outreach Team in Grand Rapids found James unresponsive and frostbitten one night. "Angels do exist, and I owe my life to them."

After spending time at Pine Rest and relearning to walk, James headed for rehab. "I tried a different recovery program twice, but it didn't take. I had heard Harbor Hall was strict and that didn't sound great. But their tough love was exactly what I needed."

James learned to name and face his demons. "Everything is about honesty here," he says frankly. "They showed me that secrets keep us sick. When you

talk about your problems, you can deal with them. If you can't get honest with yourself, you can't get help. It's life-changing if you want it to be."

James spent 55 days in residential recovery, and then moved to transitional living. "They give you a stepping stone," he says. "It's like you're coming out of recovery with one leg. They don't just put you back out there to hop along and fall."

After three months in transition, James reunited with his family. He's been sober for three and a half years.

"Yes, I have daily triggers," he admits. "I had a three-day relapse once and went back to Harbor Hall. But I have learned to ask for help when I need it. I can reach out to the counselors. There are unlimited people to call in the alumni group. My pride and shame don't get in the way anymore."

"Ken and Jill [counselors] saved my life with their tough love," James concludes. "You can't pull the wool over their eyes. I know now that I'm more than just an addict. Harbor Hall is the only place I would ever recommend."



Harbor Hall saves lives because people like you provide financial support. Thank you for partnering with us in this vital work!

Filling the Physical Care Gap

The first question someone asks when you are not feeling well is, "Have you called your doctor?" For most of us, that's an easy call. We have a primary care provider.

Accessing primary care is a bit more complicated for people struggling with substance abuse disorders. There's stigma associated with drug or alcohol abuse. And some providers are not ready to deal with the complexities of someone who is fighting addiction.

That's why Harbor Hall now offers primary healthcare services right on our campus. Our provider serves those living onsite, but the office is also open to anyone in the

community. That includes people who are seeking medication-assisted therapy to help them wean off opioid addiction.

Substance abuse is hard on the body. It can cause liver disease, cardiac issues, joint pain, cognitive challenges and more. "It's even more frustrating when people start doing the right thing and their bodies rebel," says Peter Bucci, Harbor Hall Chief Executive Director. "Your body can go into a kind of shock when you create a new normal without drugs or alcohol. It takes a few years for your body to adjust. Now we can help our clients access the physical care they need to support the addiction recovery process."



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Drugs and alcohol cover up emotional pain, but they can also mask physical pain. It can be shocking for our clients to discover physical pain once drugs and alcohol are gone. They need a non-judgmental resource to help them address these issues.

Peter Bucci
Harbor Hall Chief Executive Director

Introducing Petoskey Comprehensive Healthcare



Harbor Hall has also opened a new family practice co-located with outpatient counseling in Petoskey. It serves a similar goal of making healthcare accessible to all. Petoskey Comprehensive Healthcare opened in October of 2023, and the need quickly became apparent.

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"Anyone can establish care here. We accept all insurances. The idea is to bring back quality healthcare, old-school style. You have a provider you know who takes care of you. It's convenient and affordable. We're taking calls for new patients almost every day."

Peter Bucci
Harbor Hall Chief Executive Director

Serving the Whole Person

"We've always had a philosophy of whole person care," Peter concludes. "What we didn't have was the resources onsite to help care for the physical side of things. Every time we sent someone out the door looking for medical care, we knew we were making it harder. Having all the care in one place makes it easier for everyone."

If you need primary care or medication-assisted treatment, please contact us:

 **Harbor Hall campus**
(231) 347-5511

 **Petoskey Comprehensive Health Care**
302 Orchard Ridge Drive
(231) 939-0050

Volunteering is Good For Your Self Esteem

Actress Audrey Hepburn once commented, "As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others." The recovery experts at Harbor Hall agree. That's why all of the clients in the residential treatment program are expected to volunteer in the community.

"Volunteering teaches people to give back," says Harbor Hall counselor Ken Van Every. "Almost everyone who comes here talks about being focused on themselves. They all know shame, regret, and the loss of self-esteem. Volunteering helps them regain a sense of personal worth that is essential for recovery."

Harbor Hall has been collaborating with the Petoskey community for decades. They have longstanding relationships with The Salvation Army, Camp Daggett, Women's Resource Center, and many more. "We provide about 24 hours of volunteer time each week," Ken notes. "We shovel snow, ring bells for the Christmas Kettle drive, move furniture, do outdoor cleanup, set up for events, and a host of other things."

Volunteering helps build self-esteem in clients, but it also builds connections. "There's stigma associated with recovery," Ken says frankly. "The volunteer program helps lift some of that stigma by shining a light on people as humans. It illuminates the value of a second chance."

Volunteering is also something that people can take back with them as they live a life of recovery. "We recommend that people find a place to volunteer when they go back home," Ken says. "It's a great way to get involved in your community. And the more people you know, the more options become available to you."



Harbor Hall volunteers help with fall cleanup at Camp Daggett.

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We are truly blessed to receive support from Harbor Hall. Without it we could never serve the many struggling families we do. Their clients regularly volunteer at our thrift store, bell ring through the Christmas season, and are always available to lend a helping hand when it is needed, whether it be moving to a new community center or moving toys for Toy Shop every year.

Amy Evans

Director of Community Resource Development, Salvation Army of Petoskey

Thank You, Donors!



We sincerely thank each donor who gave to the *New Horizons* campaign, as well as the elected officials who helped us secure public funding. Harbor Hall is saving lives as a result.

Since opening in 2021, the Women's Residential program has served 275 women.

Our 32-person sober living apartment building opened in the fall of 2022 and has been at virtually 100% occupancy ever since.

The renovations to our transitional living spaces and the men's residential building have provided increased safety and flexibility.

The success of this \$12 million campaign reflects the love and support of our donors. We wanted to remind each person who walks through the doors that there are many people encouraging and supporting them through giving. We installed a beautiful reminder plaque at the entrance to the Clinic & Administration Building to acknowledge donor generosity.



Scan this code or visit HarborHallFoundation.org to make a secure gift anytime.



Thank you for saving lives through your gift!



Harbor Hall Foundation

Supporting the mission of Harbor Hall

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HarborHallFoundation.org

Peeling the Onion

If you talk to people who are struggling with addiction, you will hear a common theme of isolation. They feel disconnected from the world, detached from society, and deeply alone. Ultimately, this leads to self-centered thought processes and behaviors.

Understanding and learning to respond differently to these feelings is a major part of rehab. The counselors help each person who enters Harbor Hall confront and name their feelings. Then they go through a painful process of "peeling back the onion" to understand where the feelings come from and to accept them. Once that work is done, the recovering person can learn new strategies to control their feelings. They need to replace drugs and alcohol with new habits, responses and people. It's tough work, but this is essential to healing.

The beautiful outcome is that sobriety offers each person a fresh start. Rather than remaining focused on themselves, people in recovery learn to refocus on others. They learn healthy ways to cope with daily issues. They become happy, useful, and free from bondage to self. What a transformation! It's miraculous to see, and to experience.

I know we say it often, but you are truly saving lives through your gift. Together, we are making remarkable changes in every life we touch. Thank you for your support and understanding.



Tim Kepford
President . Harbor Hall Foundation Board