

# RAYS OF HOPE

FALL 2024



Harbor Hall  
Foundation  
Supporting the mission of Harbor Hall

## Thank You, Car Wash Patrons!

When someone is going through the process of recovery, it's important to reconnect with people and community. The Harbor Hall staff loves to find creative, engaging opportunities to get clients engaged in social and recreational activities off campus.

That, however, is not easy to do. "Moving 40 or more people around is no easy feat!" notes Dan Thompson, Program Director. "It takes funding to organize an activity and transport them to it."

That's why the annual summer car washes at United Methodist Church are so important. For almost 20 years, Harbor Hall residents have wielded hoses and towels to clean the 50 or so cars that show up every week. But this event does more than clean up the cars.



"Our clients love working at the car wash," Dan says. "They feel like they are part of something...like they are paying it forward to the next group of residents who come to Harbor Hall for assistance. They also love interacting with the community members who show up. They feel received and appreciated, not judged."

It's really special to see former Harbor Hall clients come for a wash. "Many of our past residents and clients now live and work in the community," Dan continues. "It's cool to see people whose lives have changed radically giving back in the way they can."

We offer our sincere thanks to United Methodist Church for sharing their parking lot and water each weekend. And we thank all of you who patronize the car wash. Your generosity of spirit, as well as your financial gifts, means the world to our clients.



**Thank you for saving lives through your gift!**



Harbor Hall Foundation put a different light on our *Spotlight on Hope* breakfast this year. In fact, we invited people to "not attend." That's right. We didn't hold an actual event!

We gratefully acknowledge all the resources that our volunteers and donors have poured into our recently completed campus expansion campaign. So instead of asking them to attend the breakfast, we simply invited people to send their gift.

**Our sponsors and donors came through with shining colors, giving generously to support our mission.**

**Thank you!**



Scan this code or visit  
[HarborHallFoundation.org](https://HarborHallFoundation.org)  
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# “He Came Into Our Lives for a Reason”

Harbor Hall helps people who are weary, isolated, lonely and lost find a new path. Part of that work involves engaging with the community. By serving others, clients learn to replace self-centered behaviors with a sense of service, humility, and positive thinking.

Ty Humpert can tell you about the light and love of one special client at Harbor Hall named Tom McGee.

Ty, along with with three other general partners, purchased the former Birchwood Inn in Harbor Springs with a vision to completely renovate and reimagine its mid-century vibe. That dream involved a staggering amount of work, and Ty was looking for people who wanted to assist. So he reached out to Harbor Hall to recruit reliable help.

“The folks at Harbor Hall identified some guys who would be able and willing to work on this project,” Ty recalls. “Every Tuesday and Thursday for the better part of a year, I would go to the Hall and pick up 2–6 guys, and bring them over to the hotel. They helped us empty the basement, rip out old carpet, clean, and landscape the property.”

Ty says that one of those people in particular made a deep and lasting impression on him.

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It’s said that people come into your life for a reason, a season, or a lifetime. As I got to know Tom McGee, I thought he would be one of those ‘for a lifetime’ people.

Ty Humpert

“Tom was a recovering drug addict and alcoholic. He and I connected while we worked, and he shared some pretty personal stuff. He told me about his demons as well as his dreams. He cried as he shared how Harbor Hall was helping him change his life.”

Tom was so beloved by Ty and the team that he earned a full-time job as the maintenance person. Ty recalls, “No matter what we needed, we could go to Tom and his response was always the same: ‘Consider it done.’ And the next day, it was!”



Tom McGee

Tom lived in team housing on the hill behind the hotel. Ty fights back tears remembering how Tom came into the hotel one evening.

“The place was packed,” Ty reminisces. “Tom came over and gave me a huge hug. ‘Look at what this is!’ he said. ‘I love this place!’ He was overjoyed to see how the hotel had been transformed. He got busy helping out, even though he wasn’t on duty, because he was just so happy to be part of it.”

Three days later, Tom suffered a heart attack and died. He was 63 years old.

The next day, Tom’s brother and sister-in-law showed up at the hotel, Otis Harbor Springs. They were coming to see Tom for the first time in many years, knowing he had achieved his dream of sobriety. They missed that reunion by one day.

Together, the family and the staff shared their grief and loss at a memorial service. Tom’s brother said, “I have never seen my brother as healthy and happy as he was here, first at Harbor Hall and then finding a home and purpose at Otis Harbor Springs. Harbor Hall helped him find peace and life.”

We sincerely thank Ty and all of the people in our community who extend a hand of kindness to Harbor Hall clients. Those human connections help guide them into the light of transformation and hope.

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The best way to find yourself is to lose yourself in the service of others.

Gandhi



# What Should I Do?

It's so hard to know what to do when someone you care about struggles with addiction. You don't want to see them on this path, and it's hard to know what to do to help. The instinctive responses often include denial, removing drugs, and alcohol from the house, confrontation, and much more.

However, those responses do not help you, or the person struggling with addiction. Each person must make his or her own choices, and that includes making the choice to seek help. You cannot make that choice for someone else. That being said, there are things that you can do to be supportive while taking care of yourself.

**Peter Bucci, Executive Director of Harbor Hall,** offers the following suggestions about what you can do when you are confronted with the reality of addiction.



**Educate Yourself About Substance Use Disorders (SUD).** Understanding the nature of addiction, its effects on the brain, and the challenge of recovery is crucial. This knowledge will equip you to offer empathetic and informed support to the person as well as to family members.



**Set Boundaries and Manage Expectations.** Setting clear boundaries can help protect the well-being of friends and family members while encouraging the individual to take responsibility. Be realistic about what you can do, and recognize that the person must be willing to accept help.



**Approach with Compassion & Understanding.** Emphasize empathy and avoid judgment. Let the person know that addiction is a complex condition, not a moral failing. Reinforce that treatment is a path to health, not a punishment.



**Be Prepared for Resistance.** Understand that denial and resistance are common. Stay calm, patient and persistent, and avoid confrontations. Keep lines of communication open even if the first attempt doesn't lead to treatment.



**Offer to Help with Logistics.** Offer assistance making phone calls, scheduling appointments, and handling paperwork. This can make the process less intimidating, especially if the individual or family feels overwhelmed.



**Encourage Support for the Family Members.** Family and friends can seek support for themselves through groups like Al-Anon, Nar-Anon, or individual therapy. Taking care of your mental health can better equip you to support people you care about.



**Encourage Professional Guidance.** Suggest speaking with a professional, such as a substance use counselor or interventionist, who can guide you and/or the family through the process of motivating someone to seek help.



Al-Anon Meeting  
Locations



Nar-Anon Meeting  
Locations

Harbor Hall offers outpatient counseling for people struggling with addiction as well as those dealing with its ripple effects. Please visit [harborhall.com](http://harborhall.com) to learn more.

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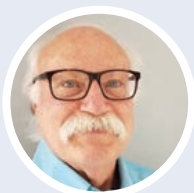
# A Miraculous Transformation

You've probably heard insanity defined as doing the same thing over and over, while expecting a different result.

Under that definition, addiction is a type of insanity. The addictive mind is constantly searching for euphoria. It's an irreversible, selfish pursuit. Unfortunately, the only way that many people with addictive personalities can find that euphoria is through drugs or alcohol. So even though they know the outcome is not healthy, they don't know any other way to reach the goal. They keep doing the same thing over and over, telling themselves they can get a different result. "I'll just have one drink." "I can stop any time." "I'm not hurting anyone." None of that is true. It's insane to expect a different outcome from the same behavior.

Harbor Hall helps each person get to the cause of their addictive behavior. It's a painful process that involves exploring deeply rooted feelings of insecurity, trauma, loss, betrayal, fear, loneliness, and more. Once someone understands and names the issues, they can learn new ways to respond to those feelings; healthier ways that don't involve the numbing effect of drugs or alcohol. By substituting healthy behaviors for the unhealthy ones, they learn to live a sober and productive life.

To me, this transformation is nothing short of miraculous. It takes courage. It involves tears. Addiction is a lethal disease but it doesn't have to be fatal.



**Tim Kepford**  
President . Harbor Hall Foundation Board