



Unconditional Love Lowers Defenses

Most of us have been in situations where we don't know what to say. We fidget. We tap our feet. We're looking for something – anything – to distract us while we search for the words.

That's why Harbor Hall is so excited to introduce Colt, the new therapy dog at Harbor Hall.



"When I worked in Brighton, we had therapy dogs," says Barbara Weston, Executive Director of Harbor Hall. "I have to admit that I was a little iffy about the whole idea at first. What difference would a dog make?"

As it turns out, a dog can make all the difference in the world.

"A dog offers unconditional love to people who are filled with shame," Barbara shares. "These dogs are superbly trained and highly instinctive. Invariably, they go right to the person who is struggling. As that person reaches down to pet it, they start reminiscing about their own pets. Before you know it, we're having conversations about their past and where they've been. Suddenly, the words are flowing and we're making inroads into what's really going on in their head. All because a dog broke down the barriers."

Colt is cute, no doubt about that. And when he's home at night and on weekends with his host family, he gets to run around and be a dog. But at Harbor Hall, he's all business. He wears a vest, which tells him he's in work mode.

He's groomed every month to help keep him clean. He's always on a leash, so he won't scare anyone. And he isn't randomly strolling the halls! Every counselor must be trained as a handler before they can bring him into sessions.

"We were able to make this big investment thanks to a grant and donor support," Barbara notes. "We sincerely thank Hall Veterinary Clinic for offering free preventative care and discounted medications. We also thank Wags and Purrs for grooming Colt each month at no charge. With their support, we know Colt will impact many lives."

The clients are already in love with this furry friend. "He's everything," exclaimed one resident as he reached down to shower affection on a willing Colt. "Colt will help keep things calm when we have some of our group meetings," another resident observed.

"Research shows that having different ways to help people express themselves increases the effectiveness of treatment. Our art therapy, and now our pet therapy, can break down barriers and help people move along the path of recovery."

— Barbara Weston, Executive Director of Harbor Hall



More Mouths to Feed!

Harbor Hall used to provide three meals per day for 20–30 men in residential care. Then they added women's residential care, followed by transitional living and medical withdrawal. Now there are 70 or more people on campus at any given time, and they all need to eat!

This created a big challenge for the chef, who was working in a tiny, outdated kitchen. It also put a strain on the more-than-tired dining room, with its old, worn-out furniture.

Thanks to federal funding and generous donor support, the Foundation was able to raise funds to rethink the entire dining experience.

First, we built a brand-new kitchen in the lower level of the sober living apartment building. It offers better safety features, reliable new appliances, ample prep space, and much more. Happy chef...happy residents!



Dining is an important part of recovery. Clients learn to eat balanced, nutritious meals and socialize with something other than alcohol as the foundation. So we also created a beautiful new dining room that can seat more people in comfort. With its smaller tables and generous spacing, this room invites conversation. Men and women have separate meal schedules and use their badges to enter the space at the appointed time.

Once the new kitchen and dining room were finished, we turned our attention to repurposing those spaces in the men's building. The kitchen provided much-needed space for a medication room and offices. We transformed the former dining room into a beautiful common area for meetings, group therapy, and much more.

The new dining room offers more than just a place to eat. Having a separate entrance to this space transforms it into a potential meeting or venue space for speakers, community events and more.

We sincerely thank everyone who continues to give so that Harbor Hall can change lives through recovery.

Harbor Hall Foundation is proud to announce the launch of its Outreach Initiative – an effort focused on strengthening community connection, awareness, and support for recovery resources throughout our region.

As part of this special kickoff event, guests will experience artwork created through Harbor Hall's **heART Therapy Program**, highlighting the healing impact of creativity and personal expression in recovery.

The kickoff event will be held at:

Otis Hotel | Harbor Springs
Wednesday, June 17 | 5–7 PM



Reservations are required due to limited capacity. Guests may request reservations through the Events & Initiatives page on the Harbor Hall Foundation website.

We look forward to sharing an evening supporting recovery, creativity, and community connection.



Scan this code or visit
HarborHallFoundation.org
to register online.

A Focused New Program for Emerging Adults

The addiction landscape is changing. It used to be that the majority of Harbor Hall's residential patients came with an alcohol addiction. Now, approximately one-third of them identify heroin or opioids as their drug of choice.

Opioid abuse has been in the news for quite some time. It tends to impact younger adults, and to reach problematic levels more quickly than alcohol abuse. So when the Substance Abuse and Mental Health Services Administration (SAMHSA) approached us with a grant to provide specific opioid addiction treatment for patients age 18–24, Harbor Hall was thrilled to say "Yes!"



What's involved in this focused new treatment option?

Space

We can house up to eight clients (men and women) in this program.

Staff

Harbor Hall has hired a counselor who will work specifically with this age group and substance abuse disorder.

Programming

In addition to our regular programs for residential clients, we will focus on issues that are specific to this age group, such as cell phone use, social media, money management, and more. The art therapy and pet therapy programs will also play a prominent role.

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Being approached by SAMHSA was a huge honor. Only two other organizations in the state were offered funding to provide these services. While we always served people of this age range, they were mixed in with our older residential clients. I am excited about becoming more intentional in meeting the needs of younger adults.

— Barbara Weston, Executive Director of Harbor Hall

The Harbor Hall Service Continuum

Thanks to tremendous donor support, Harbor Hall is living into the vision of a full-service campus.

The continuum of services includes:



Community Services

- Drug screening
- Alcoholics Anonymous meetings



Outpatient Services

- Outpatient counseling
- Intensive outpatient treatment
- Day treatment



Residential Services

- Detox
- Medical withdrawal management
- Residential treatment
- Sober living apartments



Harbor Hall Foundation

Supporting the mission of Harbor Hall

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Denial Doesn't Cut It

Someone once said, "Truth hurts, so we lie to ourselves." That sums up the life of a person who is in the throes of active addiction. Denial becomes a skill.

"I'm not hurting anyone else."

"I could stop if I wanted to stop."

"It's not that bad."

"I drive better when I've had a few drinks."

"It's my life — no one else should be worried about my drinking."

Unfortunately, denial doesn't change reality. Not only is it not true, but it also causes tremendous pain to those who are watching a beloved life fall apart.

Denial doesn't cut it at Harbor Hall. We have a reputation for tough love. Our counselors help open people's eyes to the lies they've been living and the pain they are causing.

When clients finally admit that life has become unmanageable, they can start to change.

Recovery can be a humbling experience, especially when people have to face the realities of the hurt and pain they have caused. Fortunately, there is always hope. You can become a productive and contributing member of society. You can make amends to those you have hurt. The 12 Steps are a wonderful blueprint for this process.



“When denial stops,
healing begins.”

Chip Everest

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