

RAYS OF HOPE

FALL 2025



Harbor Hall
Foundation
Supporting the mission of Harbor Hall

“We Don’t Throw Away the Mistakes. We Redeem Them.”

“People in recovery are used to putting a lot of energy into an addictive lifestyle. What could happen if they channeled that energy into creating something new?”



This is the way Amabel (“Ama”) Liu views her work as an art therapist at Harbor Hall. She is an artist, a singer and song writer.

“I thought I wanted to become a professional artist, but found that I didn’t belong in the the limelight,” Ama shares. “Instead, I earned a degree in Expressive Arts Therapy and fell in love with the healing power of art.”

Ama moved from Hong Kong with her husband to Michigan, and sought a role where her compassion and gifts could make a difference. She has found that at Harbor Hall.

Ama leads a weekly art session for each counselor and the clients they serve. She throws open the doors of artistic exploration, offering clients the chance to explore music, drawing, paints, clay, photography, and more. Clients can choose whatever medium feels right to embark on a project.

Venturing into the art room is a daunting prospect for some. “I remember one new person who came in, obviously reluctant and dreading the session,” Ama recalls. “He kept saying he was not creative. But as he walked out, he said, ‘I had forgotten about this part of me. I feel like we ignited something.’ And he’s not alone. Addiction steals the joy of creative expression. My job is to help

people rediscover their gifts; to relight the torch so they remember what it feels like when their inner light shines.”

Recovery is an emotionally taxing process, and talk therapy is not a go-to for everyone. **Art expands clients’ emotional vocabulary, giving them new ways to express the complex emotions that surface during the hard work of recovery.**

“Art is redemptive,” Ama says. “Everyone in recovery has made mistakes. But we don’t have to throw them away. Rather than being ashamed, we can use our past as a platform to share what we have learned through art.”

In the last eighteen months, Ama has seen how this form of therapy supports positive outcomes at Harbor Hall. Each client works on a project for a month, then writes a reflection to present to their peers and counselor. “These reflections always tie back to the recovery journey and how they see themselves,” Ama says. “They can get pretty emotional sometimes, especially when related to memories. The very act of sharing builds a bridge between the counselor and the client.”

Ama confesses that she cried after her first session at Harbor Hall. “I felt so much love in that room,” she says. “Maybe that’s because I understand their suffering and where the darkness comes from. But through art, people can feel whole again.”



“Thank You” Is Not Enough

Tim Kepford has served as President of the Harbor Hall Foundation board for more than 20 years. Everyone who knows him recognizes that Tim does not seek the limelight. However, his work behind the scenes has touched thousands of lives. As he steps down, we want to make sure his incredible leadership and dedication receive the credit they so richly deserve.

Thank you to the following people for sharing their reflections on Tim’s impact and his legacy:

Annie Adams | Former Harbor Hall Foundation board member

Jack Carruthers | Newly-appointed President of Harbor Hall Foundation board

Pat McGinn | Former Executive Director of Harbor Hall

What did it mean to have Tim at the helm of the Foundation board for so many years?

A: “Tim always wanted to do more. He spearheaded the Harbor Hall campus expansion to serve women. He acknowledged the opioid epidemic as a growing addiction issue and acted to address it. Tim’s drive helped the Foundation adopt a growth mindset and a larger role in serving those with substance abuse disorders.”

J: “Tim doesn’t make a big deal about things...he just gets them done. From his incredible work coordinating all the contractors on our campus expansion project, to his wonderful rapport with our donors, Tim keeps people coming back.”

P: “Tim impressed me right away. He embraced the vision and moved it forward because he was personally invested. Tim brought the stability and passion that the Foundation board needed in order to thrive.”

What impressed you most about Tim’s leadership of the Foundation board?

A: “Tim possesses a courageous commitment to doing what is right. His integrity is pure and unwavering.”

J: “Tim has a great sense of humor, but he also knows where to go and how to lead the organization there. His heart is in it, because he believes that Harbor Hall saves lives.”

P: “I have never met anyone so down to earth and reliable. The mission drives him. It shows in every interaction and in every decision.”

What’s one thing you know about Tim’s leadership and commitment that others may not know?

A: “Tim is so clear in his thinking and words that sometimes he comes across as cold or distant. That could not be further from the truth. His love, especially for those struggling with addiction, is bottomless and endless.”

J: “Most people have no idea the sheer number of hours Tim put in on behalf of Harbor Hall. It was always top of mind. He can bring his passion for the organization into any conversation.”

P: “Tim’s dad was a World War II fighter ace. Tim was tremendously proud of his dad, and wanted his dad to be proud of him. I think he would be. Tim’s gift for putting others first, combined with his incredible work ethic, are a legacy that any parent would be proud to see lived out in their child.”

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Ira Kepford would be as proud of his son as Tim is of him. U.S. Navy Photo Courtesy of Naval History and Heritage Command.

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What words best describe Tim and his relationship to Harbor Hall?

A: "His depth of caring and integrity are so apparent. He makes an organization better by being involved."

J: "Tim is dedicated to saving lives. That's his passion. That's his love."

P: "Tim possesses candor, commitment, and a high work ethic. He is honorable, courageous and inspirational. He is leadership personified."

What thought would you like to share with Tim as he steps down from this role?

A: "Tim, you did not do a 'good' job for Harbor Hall Foundation. You did an extraordinary job. You have shouldered huge responsibility, and I hope that now you can relax. I also hope you will continue to share your knowledge and gifts with the organization in some way."

J: "I want to say 'thank you.' I have been elected as the next Foundation board president and Tim left big shoes to fill. I also want to say, 'Please don't change your phone number!' It will mean a lot to rely on his advice going forward."

P: "I feel like we were partners in building a legacy for Harbor Hall. You were a mentor, and I am proud to call you friend."

Adapting to Medicaid Changes

You may have heard about recent Medicaid legislation nicknamed "One Big Beautiful Bill" (or OBBB). Since the vast majority of Harbor Hall residential clients receive Medicaid funding, this bill presents challenges that Harbor Hall must address over the next several years.

According to the bill, patients must be working in order to receive Medicaid coverage. However, by the time clients reach Harbor Hall, they have often lost their jobs.

There is an exemption to the work requirement if someone has been diagnosed with a Substance Abuse Disorder (SUD). Thanks to donor support, we have medical staff onsite who can evaluate and diagnose. It's clear that the Harbor Hall medical team will become even more essential going forward.

Maintaining coverage is also going to become more challenging. Harbor Hall will need to provide significant case management support, including technology access for clients, so that they can understand what is expected and follow the steps to keep their coverage.

There is no doubt that this bill will make recovery more costly. Some grant support will be available, but the qualification process is not yet fully understood. Harbor Hall will also be seeking to diversify its client base to rely less on Medicaid funding.

The Foundation will continue to work closely with Harbor Hall to ensure that people who want to change their lives are not turned away. We deeply appreciate your gifts in support of our mission.



You can help us celebrate Tim's decades of dedication through a gift to Harbor Hall Foundation.

harborhallfoundation.org

✉ PO Box 376 | Harbor Springs, MI 49740





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PO Box 376
Harbor Springs, MI 49740



(231) 526-5568
HarborHallFoundation.org

"I Use What I Learned Every Single Day"

Cody Laramore had tried to get sober on his own without success. He came to Harbor Hall broken and scared, terrified he would never find forgiveness for the destruction he left in the wake of his addiction.

Cody and a few of his Harbor Hall alumni friends love to say, "We go there!" It means that no matter where they are in life, their mindset is still deeply rooted in the teachings and lessons learned at Harbor Hall. "I use what I learned every single day. I've internalized it. It is a part of who I am now, as well as the person I am still striving to be."

“After 54 rigorous days of brutal honesty and self discovery, I found the hope I didn't believe I was worthy of anymore. Armed with the essential tools I needed to seek forgiveness and repair burned bridges, I began building a foundation for the future I want to create. — **Cody Laramore**

Cody has been living on his own for several months and he's working in the community. But he still finds time to come back to Harbor Hall. "I visit campus weekly for various clinical and educational purposes," he shares.

Cody completed residential care and spent the next four months in transitional living, a time he says was essential to his long-term success. "When you are in residential care, you are treated like a child, which is what you need," he says. "Transitional living gave me time to grow up while maintaining the structure of Harbor Hall. Without that support, I would have started thinking I could drink again. Then I would have lost everything, with no one to support me."

"I also remind myself where I came from, and how quickly I could be back to my old habits if I let myself forget what I learned. This is the longest I have been free of mind-altering chemicals since the first half of my life."

"I owe the majority of my success to Harbor Hall, its unparalleled treatment program, and supporting staff."

