



# Harbor Hall Foundation

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## President's Message

Not every jewel sparkles in the light. In this hectic world, we often overlook and take for granted the true gems in our lives. Good mental and physical health, relationships with friends and family, and living a balanced lifestyle are the precious treasures and rewards that enrich the human experience.

One of the key components in treatment and living a sober life is learning the "art" of realizing life's gifts...being grateful for what we have. Setting aside a few moments each day to acknowledge the rewards of living a healthy life and the intangible gems that make us real people is an enlightening practice. Creating a Gratitude List and recognizing the positives in our lives is a necessary component in recovery.

Through this practice a sense of humility and spirituality develops.

The facts are that addiction deprives people of emotional development and impairs our ability to "feel" the ups and downs of living a normal life. It's a negative, dark place. Restoring one's appreciation of life's treasures and the sense of gratitude is a major step in recovery. There is light and hope in treatment and recovery.

Observing how people can heal and change is both humbling and rewarding. Thank you for everything you do.

Sincerely,

**Tim Kepford**, *President*  
Board of Trustees

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*Restoring one's appreciation of life's treasures and the sense of gratitude is a major step in recovery.*

# Addiction is Not a Spectator Sport

I recently read a passage about addiction that noted it is not a spectator sport—eventually the whole family gets to play. As the sister of an alcoholic, I know that this is the absolute truth. My sister had her first drink at age 13 and was addicted by her late teens. As a parent of a 13 year-old daughter, this scares me silly. My sister's illness created a constant stream of chaos in our house and I can only imagine the energy my parents expended cleaning up her messes and trying to keep her safe.

What I've learned over time is that my sister's relationship with alcohol was more important than any other relationship she has ever had. That she is willing to sacrifice everything good in her life for this hideous addiction...well, the depth of power that alcohol has over her is devastating and it deeply saddens me that she is unwilling to get help. Thirty years ago treatment options, especially for adolescents, were not nearly as available and effective as they are today. Perhaps my parents would have succeeded in getting her on the path to recovery had more resources been available to them.

I will never lose hope that my sister will find peace and get the help she needs. My job as the development coordinator for the Harbor Hall Foundation is gratifying because our work provides hope to those who want help on their journey to recovery—and many do, with our men's residential facility averaging 92% occupancy and our two outpatient facilities helping men, women and teens, as well as their families. Harbor Hall is a sparkling gem in our little corner of Northern Michigan and I invite you to see our good work in person at our annual *Lighting the Way* event on Thursday, May 25 in Harbor Springs (More information can be found on page 4).

Thank you for your generous support of our mission.

Warmest regards,

**Jackie Anderson**  
*Development Coordinator*



# Time

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

## Time

What is the magic ingredient that enables people to get into recovery? People enter treatment with an expectation that once the treatment is completed they are cured. Every day at Harbor Hall the clients are reminded that recovery does not begin until the treatment has completed.

Recently I conducted an exercise with our residential group. I polled the entire house by asking a variety of questions about time. With this particular group, the average age of first substance use was 14 years old, the average period of using is over 19 years, and the average age of treatment is 34. Given the amount of time that is spent using mood altering chemicals, it is obvious that the brain becomes “hijacked” and the brain’s neuro-wiring is affected. It becomes difficult to break the cycle of addiction. Rewiring the brain takes time.

Most who enter here are desperate to regain a life free from alcohol and drugs. The first two weeks is the time when clients stabilize as the body is detoxifying from chemicals. The next few weeks the person becomes engaged in the treatment process, attending lectures, going to group therapy, participating in support groups, learning to work together. Change begins to happen as the time in treatment extends. As the time of discharge approaches, plans are put together to make the next connection. For some this may be transitional living, others may be returning home. In any case, continuing care is always recommended. Generally, residential treatment is 30 to 90 days. Transitional living can be another three to six months.

It is estimated that it takes twelve to eighteen months for the brain to rewire. The goal is recovery and recovery takes time. Treatment, continuing care, transitional living and support group attendance are all about buying time. The longer we help a person to not use, the chances increase that long lasting recovery will be achieved.

Harbor Hall offers a continuum of services—detoxification, residential treatment up to 90 days, transitional living, outpatient centers and 12-Step support groups on site. Our goal is to extend time as much as we can.

## In Recovery:

*The following letter was written by a Harbor Hall resident to new clients entering the residential program.*

*Dear Harbor Hall Brother,*

*This letter is a testament of the power of surrender and coming to believe is a power greater than myself. Brother, when I arrived at Harbor Hall I was broken, beat, battered and defeated. MY life as I knew it was at the end. I had lost everything that I loved and cherished to crack cocaine and vodka. I traded my wife, son, daughter, home, car, friends and job. My pride kept me away from seeking help in any way.*

*I needed a moment of complete desperation to gain humility and insight into the nature of my addiction. With a power greater than myself at work I detoxed for three days of pure hell just to rid my body of all the poisonous stuff that I put into it. Not to mention the pain and anguish that I subjected my wife and children to plus the money and time that I threw away.*

*Give yourself the time and attention that’s needed to search and find what you are looking for. Let this letter be your proof that the steps works if you let it [sic]. Turn your upside down world right side up. The staff and counselors are highly trained and devoted. They will assist you unconditionally in every way they can. You need to want the help as much as they want to give it to you. If you do you will not regret it and you are on the right path to recovery.*

*From one alcoholic/drug addict to another, please give yourself that chance that you rightfully deserve, to live a healthy, productive alcohol and drug free live. You will find that this is a pretty typical story here at Harbor Hall, you are not alone.*

*God bless you brother.*

*C.H.*

# Lighting the Way

## APPRECIATION BREAKFAST

Thursday, May 25 at 8:30am

Holy Childhood of Jesus Community Center

Harbor Springs, Michigan

**P**lease join us for our sixth annual complimentary event in appreciation of those who have supported the Harbor Hall Foundation and to introduce our mission to new friends.

Enjoy breakfast catered by Crow's Nest Catering and enter our drawing for special gifts donated by area merchants.

If you did not receive an invitation and RSVP card in the mail, please contact Jackie Anderson at 231.526.5568 to RSVP.

### Thank you to our Lighting the Way sponsors!

#### Pathlighter

Squier Electric

#### Mentors

Advance Electric

Harbor Springs IGA and Dennis  
& Suzanne Hug

#### Fighters

Dave Kring Chevrolet Cadillac

First Community Bank

Harbor Brenn Insurance

Kelbel Pharmacy

Kennari Consulting

Teddy Giffin's Roadhouse

The Cottage Company – Rob & Vee Mossburg

## How Can You Help Harbor Hall and the Harbor Hall Foundation?

**O**f course your financial donations are always appreciated but there are other ways you can support our mission:

- Attend our **Lighting the Way** breakfast—and bring a friend!—on May 25 and learn about the great work we are doing.
- Host a table at **Lighting the Way**—gather a group of friends or colleagues and form a table.
- Gently used clothing is gladly accepted at our Petoskey residential facility at 704 Emmet Street. For questions about material donations, please contact a member of the residential office staff at 231-947-5511.
- Consider joining our Lighthouse Legacy Society and remember Harbor Hall Foundation in your estate plans.



# April is Alcohol Awareness Month



Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

With this year's theme, *"Connecting the Dots: Opportunities for Recovery,"* NCADD dedicates the month of April to educate people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives.

## Underage Drinking Statistics Are Frightening

Source: National Institute on Alcohol Abuse and Alcoholism

By age 15, about 33 percent of teens have had at least 1 drink.<sup>1</sup>  
By age 18, about 60 percent of teens have had at least 1 drink.<sup>1</sup>  
In 2015, 7.7 million young people ages 12–20 reported that they drank alcohol beyond "just a few sips" in the past month.<sup>2</sup>

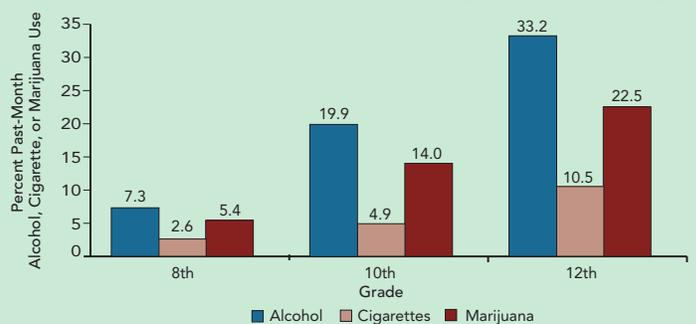
## Youth and Binge Drinking

According to the Centers for Disease Control (CDC) people ages 12 through 20 drink 11 percent of all alcohol consumed in the United States. Although youth drink less often than adults do, when they do drink, they drink more. That is because young people consume more than 90 percent of their alcohol by binge drinking, which becomes more prevalent as young people get older.

## What is "Binge Drinking?"

The National Institute on Alcohol Abuse and Alcoholism defines binge drinking for adults as drinking so much within about two hours that blood alcohol concentration (BAC) levels reach 0.08 g/dL, the legal limit of intoxication. For women, this typically occurs after four drinks, and for men, about five. But, according to recent research estimates, children may reach these BAC levels after just three drinks.

More adolescents use alcohol than cigarettes or marijuana



SOURCE: Johnston, L.D.; Miech, R.A.; O'Malley, P.M.; et al. *Monitoring the Future National Survey: Trends in 30-Day Prevalence of Use of Various Drugs in Grades 8, 10, and 12, 2015*. Ann Arbor, MI: Institute for Social Research, University of Michigan, 2016. Available at: <http://monitoringthefuture.org/data/16data/16drtbl3.pdf>. Accessed 1/10/17.

<sup>1</sup>Substance Abuse and Mental Health Services Administration (SAMHSA). 2015 National Survey on Drug Use and Health (NSDUH).

<sup>2</sup>Substance Abuse and Mental Health Services Administration (SAMHSA). 2015 Key Substance Use and Mental Health Indicators in the United States: Results from the 2015 National Survey on Drug Use and Health.





## Connecting the Dots: Opportunities for Recovery

**A**lcohol and drug use by young people is extremely dangerous—both to themselves and to society—and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. Adolescence is a time of heightened risk-taking and as alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will “get through it,” or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

It can be daunting to talk with children about drinking and drug use, but it is well worth the effort parents put into it:

- Research has shown that kids who have conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.
- Fostering healthy and responsible attitudes, talking openly and honestly, encouraging supportive relationships, fostering the development of positive interests and showing children that their opinions and decisions matter, are all ways to help prevent the use of alcohol and drugs.
- Taking advantage of “teachable moments” when alcohol or drug issues come up so you can have a frank conversation with them is important. Don't miss your opportunity to teach your kids. You do not want them getting their information about alcohol and drugs from friends, the media, the internet or other sources that misrepresent the negative impact of alcohol and drugs but often glorify their use.
  - Start early! You have much more influence over your kids' attitudes about alcohol and drugs before than start than you do afterwards.

### Source: NCADD

*ABOUT NCADD: The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) and its Affiliate Network is a voluntary health organization dedicated to fighting the Nation's #1 health problem—alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities. Visit their website at [www.ncadd.org](http://www.ncadd.org).*



# Alcoholism Then & Now

Source: *National Institutes of Health*

## YESTERDAY

Thirty years ago, little was known about the genetic basis of alcohol dependence, or the nervous system changes that occur as a result of prolonged heavy drinking. Alcohol dependence was thought to be a disease of middle age.

## TODAY

NIH-supported researchers have identified genes that increase an individual's risk for becoming alcohol dependent, as well as genes that protect against alcohol problems. Research showing that drinking is influenced by multiple neurotransmitter systems, neuromodulators, hormones, and intracellular networks provides evidence of a number of potential target sites for which new medications may be developed.

## TOMORROW

The future holds promise for a substantially reduced public health burden of heavy drinking to our society, through carefully targeted behavioral and pharmacological therapies for individuals who develop alcohol dependence.

## Lighthouse Circle

Individuals and families who make annual donations over \$1,000 are members of our Lighthouse Circle. Join the Lighthouse Circle and your gift will help us shine that essential light in the following ways:

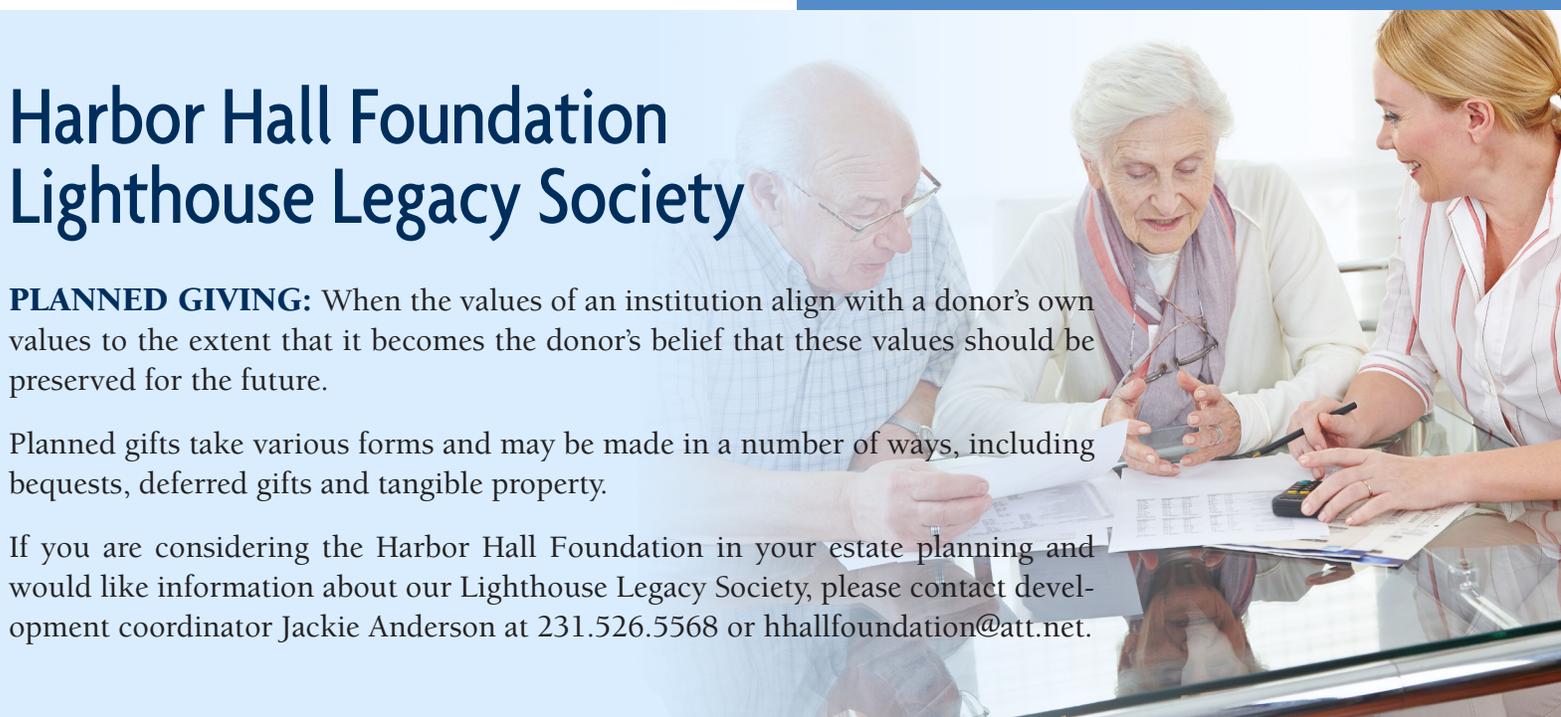
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| <b>AWARENESS</b><br>\$1,000    | Provides an assessment and treatment plan for one client.                                  |
| <b>ACCEPTANCE</b><br>\$2,500   | Funds six months of group therapy.   |
| <b>COMPASSION</b><br>\$5,000   | Funds 30 days of residential rehab.  |
| <b>SERENITY</b><br>\$10,000    | Funds two months of residential rehab.   |
| <b>FREEDOM</b><br>\$15,000     | Covers a complete 90-day program of residential rehab for one person.                      |
| <b>THE MIRACLE</b><br>\$25,000 | Helps one person complete the journey through rehab and six months of transitional living. |

## Harbor Hall Foundation Lighthouse Legacy Society

**PLANNED GIVING:** When the values of an institution align with a donor's own values to the extent that it becomes the donor's belief that these values should be preserved for the future.

Planned gifts take various forms and may be made in a number of ways, including bequests, deferred gifts and tangible property.

If you are considering the Harbor Hall Foundation in your estate planning and would like information about our Lighthouse Legacy Society, please contact development coordinator Jackie Anderson at 231.526.5568 or [hhallfoundation@att.net](mailto:hhallfoundation@att.net).





**Harbor Hall  
Foundation**

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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.

## Harbor Hall Foundation Mission Statement

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

Do you know someone who needs help in their struggle with addiction? Call 231.347.5511 or visit [www.harborhall.com](http://www.harborhall.com).

