



Harbor Hall Foundation

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2016 SERIES | ISSUE TWO

JULY 2016

Hope, Help and Healing

Summer is such an amazing time in northwestern Michigan...days are longer and the rays of the sun dissolve the shadows in our lives. We have much to celebrate at the Harbor Hall Foundation this summer. Your donations provided funding for the lower level build-out of the Desimpel Center, resulting in new treatment opportunities for women and adolescents. And although constructions delays at the Lyric Theater necessitated the cancellation of our first-ever evening event, we are inspired by your interest in attending and grateful for your donations. We expect to plan a fun evening event next summer. In the meantime, we hope you will join us at our **Lighting the Way Appreciation Luncheon** on August 10 at the Bay Harbor Yacht Club— see page 3 for all the details.

Your support makes a tremendous difference in our ability to reach and treat people suffering from addictions. Our programs have reached many in our community and continue to make a significant difference by shining the light of HOPE into people's lives, providing HELP to those dealing with the intense challenges associated with substance abuse, and providing HEALING to those on their journey to recovery. Thank you for helping us light the way.

Warmest Regards,
Harbor Hall Foundation Board of Trustees

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Our Apologies — Lyric Theater Event Cancelled

Due to construction delays, the Lyric Theater was not ready for occupancy by July 1, and we had to cancel our "Lights Up!" event. While we regret that we were not be able to offer our friends and donors a sneak peek at the Lyric and share the mission of the Harbor Hall Foundation, we understand that delays happen and construction projects often take more time than originally anticipated. If you have purchased a ticket, your check will be returned to you or you will be issued a refund. If you have any questions about the status of your refund, please contact our office at 231.526.5568.

In His Own Words — Ken V.'s Story of Recovery

Hi, my name is Ken and I'm an alcoholic in recovery. The most important investment I have made in my life was attending Harbor Hall's residential treatment program.

I spent my childhood years as the son of a United States military officer growing up in Europe. The experience of growing up and living in that culture was simply amazing. My professional career started in the late 1970s when I entered the United States Army. After serving my country, I moved to Southern California and was fortunate enough to get a job as an electro-mechanical technician repairing flight instruments for NASA's Space Shuttle. In 1986 I moved my young family to Lansing, Michigan. My career continued to offer new and exciting opportunities. I began to work for Oldsmobile's Advance Concepts Group which eventually led into working for GM's Motorsports Technology Group as an Engineering Program Manager. I ran several professional racing programs for 16 years which included the NASCAR Sprint Cup Series and the NHRA Top Fuel Funny Car and Pro Stock Series. With having these type of jobs came the glamour and jet set life. I was living it up.

This all came to an abrupt end when the economy took a massive downturn. I lost my job due to cut backs, lost my house and everything I had saved up for my retirement. Finding a job was virtually impossible. My self-worth and self-esteem was blown away. I became severely depressed and all I wanted to do is self-medicate. Day after day I went to the only thing that would mask my fears and feelings which was alcohol, and in the end it just made things worse. I ended up losing everything from loved ones to possessions.

Finally I hit rock bottom in 2013 and reached out to Harbor Hall for help. I had an addiction to alcohol, a disease that is crippling and baffling. My life had become unmanageable physically, mentally and spiritually. I was a broken man on the verge of being suicidal.

Upon entering Harbor Hall I found the staff to be professional, knowledgeable, and compassionate. The program included group lectures, group therapy, spiritual therapy, one on one counseling and fellowship. The treatment was very structured and intense. I explored and examined areas of my life that either I had forgotten or subconsciously did not want to remember. I was taught how to develop effective coping strategies to deal with life's issues. Specific techniques such as self-monitoring to recognize cravings early and identify situations that might put me at risk for relapse, and developing strategies for coping with cravings and avoiding those high-risk situations. Group therapy was another area that was rewarding and beneficial to me in that it helped me to reduce the tendency to isolate, witness the recovery of others and appreciate and value connecting with others. I saw that we were all different but had a very similar story.

Spiritual intervention played the most important role in my journey to recovery. I really latched on to the concept of a Higher Power. When they speak of having a spiritual awakening, well, I did in a most profound way. I have always been a believer in a Higher Power and to this day am convinced that my Higher Power introduced me to Harbor Hall. I always had understood that spirituality was religion but it's not. It's about developing an honorable spirituality lifestyle of discipline, accountability, servant hood, humility and being safe. No more of bitterness, arrogance, dangerous, lawlessness and most of all self-centeredness.

Harbor Hall gave me the tools to live and deal with life on life's terms, and for this a price cannot be put on it. After I completed the program I continued using Harbor Hall's other services such as their outpatient program and transitional housing.

Today I experience sobriety with joy, gratitude, and love of God, family and friends and an eagerness to help others who are going through what I have gone through. Every day I'm very fortunate to share my past, strengths and hopes as the Resident Life and Continuing Care Coordinator at Harbor Hall. The most rewarding job I've ever had. Today I'm not the man I was but a man that I and God always wanted and needed to be.

Ken Van Every

Resident Life and Continuing Care Coordinator, Harbor Hall, Inc.

Please join us
for our complimentary
Lighting the Way
Appreciation Luncheon

KEYNOTE SPEAKER
The Honorable Thomas S. Gilbert
Wednesday, August 10 at 12 p.m.
Bay Harbor Yacht Club
Lange Center

Our complimentary luncheon is in appreciation of those who have supported the Harbor Hall Foundation and to introduce our mission to new friends.

Thanks to the generous support of our sponsors and event attendees, our “Lighting the Way” events have been very successful in sharing our mission of helping those struggling with addiction in our community. This year’s luncheon has been completely underwritten by our sponsors, allowing 100% of donations to go directly to support our mission of creating, guiding and supporting quality alcohol and drug abuse rehabilitation opportunities in our region through philanthropy.

To RSVP, please contact Jackie Anderson at 231.526.5568 or hhallfoundation@att.net.



Thomas S. Gilbert
JD, MA, CAAC, SAP

Keynote Speaker Tom Gilbert

Our guest speaker this year is internationally recognized advanced addictions counselor Tom Gilbert. The Honorable Thomas S. Gilbert (retired) is the owner of TouchStone Interventions and Professional Services in Traverse City, MI. Judge Gilbert served one term on Michigan’s 86th District Court Bench from 2001-2004. He came to recovery from alcoholism in October of 2002. Prior to that Tom dealt with the legal implications of drug and alcohol addiction as both an assistant prosecutor and criminal defense attorney.

Tom currently serves in an advisory capacity to the Michigan Association of Alcohol and Drug Abuse Counselors (MAADAC) and Faces and Voices of Recovery (FAVOR). He is a former member of the Michigan Bar Association’s Lawyers and Judges Assistance Committee, the National and Michigan Associations of Drug Court Professionals. Judge Gilbert is the founding member and current board chair of TC Retreat, a non-profit organization dedicated to assisting individuals and families into and maintaining long term recovery from addiction.

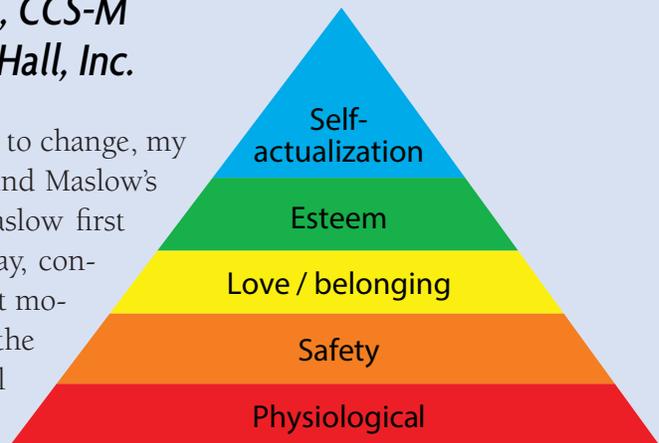
Tom works in a variety of capacities within the field of recovery including: speaking nationally on topics of recovery and advocacy; serving as an interventionist, providing professional recovery support services privately and legal services related to the issues associated with addiction, treatment and recovery.

Tom earned a Master’s degree in Addiction Counseling in 2006 from the Hazelden Graduate School of Addiction Studies in Minnesota. He is a graduate of Thomas M. Cooley Law School in Lansing, Michigan and an alumnus of Central Michigan University in Mt. Pleasant, Michigan. He also is the president of the Board of Directors of TC Retreat, a not-for-profit community benefit organization providing recovery residence services in northwest Michigan. Tom lives in Traverse City with his wife Marsha Smith and their faithful companion, yellow Labrador retriever Pal.

Maslow's Hierarchy of Needs

By Patrick McGinn, MS, MA, LLP, CAADC, CCS-M
Director of Clinical Operations, Harbor Hall, Inc.

Whenever I am talking about motivation to change, my first thought goes back to PSYC 101 and Maslow's Hierarchy of Needs. Dr. Abraham Maslow first described this model in 1954. It is still, to this day, considered to be a masterpiece in any discussion about motivation and change. Because of the simplicity of the model in explaining motivation it is a useful tool to begin to understand why we do some of the things we do.



Maslow proposed a five level hierarchy of needs as the basis of his theory on motivation. The hierarchy of needs begins with physiological need, then progresses in sequence through safety need, belonging need, esteem need and self-actualization need. According to this hierarchical structure, the lower-level need has to be largely satisfied and its impact on behavior diminished before the person transitions to the next level.

Physiological Needs. This is described as the most basic of needs, satisfying for the relief of thirst, hunger, and physical drives.

Safety Needs: The need to be free from harm or danger, to have a secure predictable daily life.

Love or Belonging Needs: Beyond the needs of survival are the desires for nurturing, acceptance, respect, and caring relationships.

Esteem Needs: Mental/emotional well-being, built on the perception of oneself as worthy and recognized by others, to be appreciated.

Last but not least....

Self-Actualization Needs: Defined as the individual ability to recognize and develop capabilities to realize one's fullest potentials.

At Harbor Hall we go all-out to make this facility comfortable, clean, and safe. Our clients are well-nourished, there is opportunity for exercise and all physical needs are examined and addressed. Once the physical and safety needs are taken care of, the residents and staff can concentrate and focus on the harder issues of therapy. Residents are assigned to a primary group. The treatment milieu is highly structured 24/7 and the residents are in primary and big groups participating in all activities together. A very strong emphasis is placed on connection with one another and a sense of camaraderie and kinship is developed. Together residents work on anger, communication, conflict resolution, and other topics that support the attainment of belonging. As a natural result of this process, esteem builds, spiritual concepts develop and residents begin to gain confidence in their own abilities to address life situations. By the time a resident is discharged from treatment and they have responded well to the treatment process, they will be well on their way to recognizing their own unique potential and at the beginning of making plans to be successful in their life.

Thank you Sponsors!

Thanks to the generosity of our sponsors, we are able to present our August “Lighting the Way” Luncheon at no cost to our attendees. We are profoundly grateful to the following for their support of our mission:

- Chemical Bank
- Advance Electric
- Kennari Consulting
- Dave Kring Chevrolet
- First Community Bank
- Harbor Springs IGA
- Cadillac
- Squier Electric
- John D. Carruthers
- Kelbel Pharmacy
- W.W. Fairbairn & Sons
- Cynthia Shafer



Harbor Hall staff join Harbor Hall Foundation Board president Tim Kepford and Harbor Hall, Inc. Board president Larry Rochon at the ribbon-cutting ceremony to open the new Women, Family & Adolescents Center in Petoskey.

Harbor Hall Outpatient Services is Growing!

By Randy Koch, Director of Outpatient Clinical Operations, Harbor Hall, Inc.

After nearly a decade in the Desimpel Center, Harbor Hall Outpatient Services in Petoskey has outgrown its space! Beginning in the first quarter of the fiscal year 2016, discussion started regarding the possibility of expanding services into the lower level of the outpatient office. Discussion led to planning which in turn led to the development of a lower level build-out.

Planning for the expansion focused on two specific populations: adolescents and women. For years we have known that women and young people require specific therapies to address their unique needs. We also recognize that these groups have been under served throughout northern Michigan. With Harbor Hall's expansion into the Juvenile Drug Treatment Court programs through two new contracts with the Emmet and Charlevoix County Probate Courts, the need for additional therapeutic space became very clear.

Our orientation and commitment to better serving female clients began in 2015 with the integration of yoga and dietary education into the existing women's specific treatment. Recognizing the need to treat the whole person and the unique treatment needs of women such as past life trauma is now our focus.

In addition, Harbor Hall's existing outpatient service line will offer new programming including anger management, domestic violence and early intervention treatments.

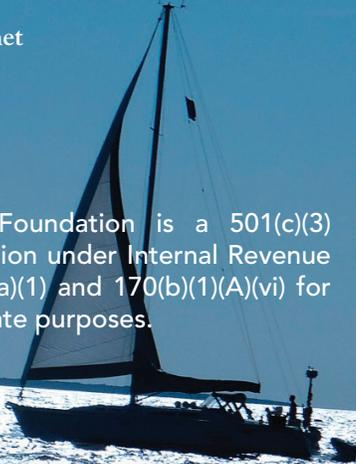
The build-out, which began in March 2016, is nearing completion. The final touches of furniture, telephone and computer systems are being installed. Staff is excited about the expansion and look forward to providing a broader range and more holistic service line to the populations we serve. We look forward to inviting you to a pre-opening tour!



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.



Introducing the Harbor Hall Foundation Lighthouse Legacy Society

The Lighthouse Legacy Society recognizes those who have included the Harbor Hall Foundation in their estate plans. In making their intentions known to HHF, donors also serve as path lighters for others who may be looking to strengthen recovery care opportunities for the many individuals and families who will be impacted by addiction and related disorders in the decades to come.

Leave Your Legacy

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:

BEQUEST IN A WILL OR TRUST: Remembering Harbor Hall Foundation with a bequest is an excellent legacy.

RETIREMENT PLANS: Tax-deferred retirement assets are attractive assets for charitable giving. Items include IRAs; 401K, 403b plans and pensions.

DEFERRED GIFTS: This includes a bequest in a will or trust, charitable gift annuity, deferred gift annuity, pooled income funds, or retained life estates.

REAL ESTATE / TANGIBLE PERSONAL PROPERTY: Donate real estate or other tangible property that can result in a charitable tax deduction.

PUBLICLY TRADED SECURITIES: Marketable securities traded on a recognized stock exchange provide a tax deduction.

LIFE INSURANCE: Name Harbor Hall Foundation as the beneficiary of your policy or donate an active, paid-up policy.

If you would like additional information about the Lighthouse Legacy Society or have already remembered Harbor Hall Foundation in your estate plans, please contact development coordinator Jackie Anderson at 231.526.5568 or hhallfoundation@att.net.