



THROUGH EVERY **STORM**
AND THROUGH EVERY **SEASON**,

OUR LIGHT SHINES BRIGHT



MID-MICHIGAN RECOVERY SERVICES

WINTER 2022
NEWSLETTER
and ANNUAL REPORT

“Hope is being able to see that there is light despite all of the darkness. ... Sometimes you forget that just beyond the clouds the sun is shining.” – Desmond Tutu

Bringing hope home

Once again we are entering the dark season. In November alone, we lost an hour of daylight.

This is the time of year when most of us draw our loved ones a little closer, when we take the time to savor the comforts and warmth of home.

Nothing quite says “home” like the aroma of baking bread, an experience shared by the women



**A letter from
Executive
Director
Patrick
Patterson**

of Glass House recently.

There’s more on that later in this newsletter, but it reminds me that the men and women we serve at Mid-Michigan Recovery Services want the same thing all of us want – human connection, health, stability, security. The disease they are battling can make those things seem out of reach, invisible in the darkness.

We’re here to remind them that peace, comfort and warmth are always possible – sometimes through the simple shared experience of baking bread. We



want them to know hope is never out of reach.

This is how we have approached our lifesaving mission for more than 60 years.

Without question, the challenges have never been greater than in the past two-plus years (see the data later in this newsletter).

At the same time, our agency chose the lighthouse as our symbol for a reason. Our light shines through every storm and every season. We hope that you, too, remember that the sun still shines, even behind the clouds.



Loaves of bread rise next to the new fireplace at the recently remodeled Glass House, our longtime residential recovery program for women.

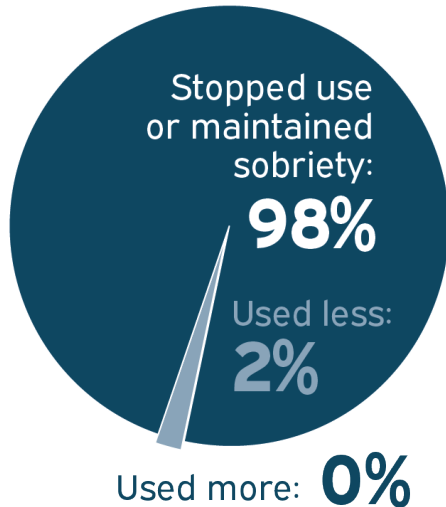
Keep reading to learn more about this shared experience.

ANNUAL REPORT: HOW WE SERVED, OCT. 1, 2021-SEPT. 30, 2022

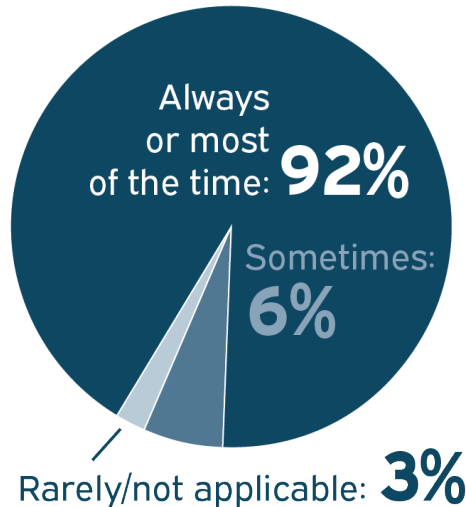
WHAT OUR CLIENTS SAY

Honesty with one's self is essential to the recovery process. We hold ourselves to the same standard, so we regularly survey clients to collect their opinions about our programs. Responses are guaranteed to be anonymous, so clients can be free with their opinions.

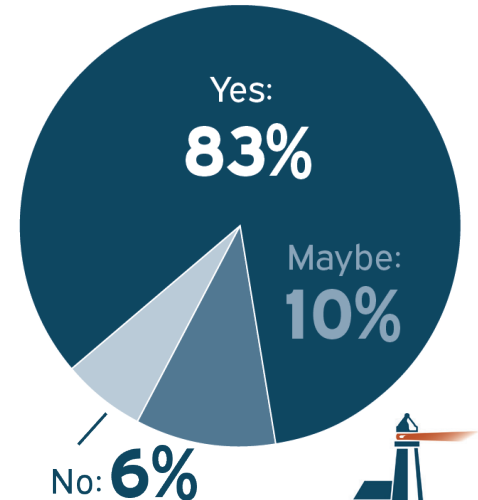
USE OF ALCOHOL OR DRUGS SINCE ENTERING TREATMENT



TREATMENT PLAN IS HELPFUL AND USEFUL TO RECOVERY



I WOULD RECOMMEND OR REFER OTHERS TO MMRS



Note: Some percentages do not total 100% due to rounding.



SOME STRATEGIC MILESTONES: 2021-22

- Put finishing touches on BuildHer Up projects for women's services, capped off by reopening the extensively renovated Glass House.
- Launched our Electronic Medical Record to track progress of clients – an accomplishment shared by less than 4 percent of agencies like ours in Michigan.
- Completed accreditation of Safe Harbor for men and women.
- Celebrated our *Shine A Light 2022* fundraiser, which brought in more than \$175,000 to increase capacity to save and serve more lives. *See the next pages for how we are carrying that light forward.*

SUMMARY OF AUDITED FINANCIAL STATEMENT OF ACTIVITIES FOR YEAR ENDING SEPT. 30, 2021

OPERATING REVENUE AND SUPPORT	
Service fees	\$2,354,354
Grants and contributions	\$783,394
In-kind contributions	\$35,838
Total operating revenue and support	\$3,173,586

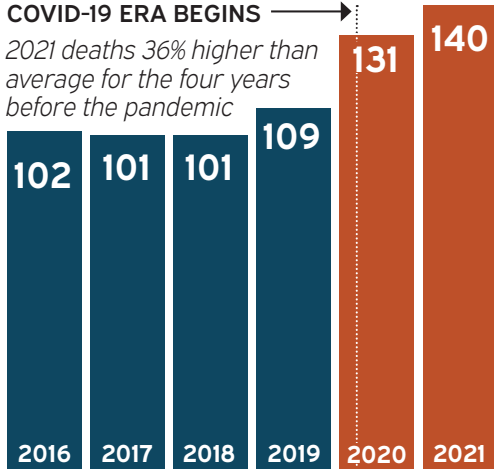
FUNCTIONAL EXPENSES			
Salaries, payroll taxes	\$2,273,560	Interest/bank fees	\$38,547
Contract services	\$323,575	Telecommunications	\$25,979
Rent	\$144,609	Program expenses	\$20,719
Building/Equip Maint.	\$68,098	Travel/conferences	\$20,561
Depreciation	\$66,827	Professional develop.	\$18,480
Insurance	\$45,827	Misc. expenses	\$17,589
Food/residence	\$42,476	Dues, subscriptions	\$15,227
Office expenses	\$41,138	Total functional expenses	\$3,163,212

ANNUAL REPORT: THE CHALLENGES WE MUST FACE TOGETHER



FATAL OVERDOSES IN INGHAM COUNTY

COVID-19 ERA BEGINS →
*2021 deaths 36% higher than
average for the four years
before the pandemic*



A minimum of **206,639** Americans died of drug overdoses or alcohol-related causes in 2021.

- If not for COVID-19, the combined total would rank as the third-leading cause of death, behind heart disease and cancer.
- This disease kills more Americans than stroke, Alzheimer's disease, diabetes or auto accidents.

Chances are you know someone with heart disease, or cancer. Or diabetes. Or a family dealing with the aftermath of a stroke.

Although it's not discussed as often, substance abuse during the pandemic has become a public health crisis on par with some of the biggest health challenges we face.

Mid-Michigan Recovery Services has been caring for drug and alcohol patients in our region for more than six decades. But we have never seen anything that threatens our recovery community like the past two-plus years.

That's why we are working to provide the continuity of care that these people need.



Our response

The scale of the problem we face demands an aggressive response from all of us. Mid-Michigan Recovery Services has a long and proud track record of success. But we see a need – and an opportunity – to save more lives.

First, we need to find a new home. Our administration office lease expires soon. This means we also need a new Outpatient center, where thousands of hours of therapy take place.

The time to plan is now, so we can shift from the ongoing expense of leasing to an investment in ownership.

Real solutions require space. Our long-term strategic plans envision adding medication-assisted treatment, a detoxification clinic, family treatment and child care. We want to provide an around-the-clock center for recovery, because hit-and-miss access is not care.

We are making progress toward this goal. It got started with our Shine A Light 2022 fundraiser. We look forward to sharing more news and inviting the community to join in this important cause.

Be a partner in this work

As a non-profit organization dedicated to serving all in need, we rely on community support.

Contributions can be sent by mail
Mid-Michigan Recovery Services
913 W. Holmes Road, Suite 200
Lansing, MI 48910

Or, you can donate securely online at bit.ly/Give2MMRS. We also accept stock transfers and other methods of giving. Contact us at info@mmsinc.org if you have questions.

We are a 501(c)(3) charitable organization. Contributions, including from required minimum distributions from IRAs, are tax-deductible to the extent allowed by law. Consult with your tax adviser.

Community is our bread and butter



Fresh from the oven: Above, a homemade roll is ready to sample after a recent baking class at Glass House. Opposite page: The women of Glass House also learned to make homemade butter, and tried out different recipes for their bread.

Mix some flour, water and yeast, and something amazing happens.

Yes, those are the basic ingredients to bake bread, but for the women of Glass House, they also form a recipe for learning and team-building.

As part of a recent group therapy session, a Glass House clinician added some life skills lessons – including how to save on the cost of groceries while engaging in family activities like bread baking.

The class on bread making was followed by a class on making butter.

Although women in the program take turns with kitchen duties,

some of the women had little experience baking. So they helped each other with measuring ingredients, taking turns placing loaves to rise next to the fireplace, then baking in the oven.

The kitchen has seen a lot of baking lately. Some of the women have been making treats for a regular bake sale at a local Alano Club. The proceeds are going toward a visit to a cider mill.

Activities like these help the women experience togetherness, learn new skills, and discover ways to have fun.





SUCCESS STORIES



Lightkeepers build on success

Our Lightkeepers program, which provides paid on-the-job training in building and maintenance trades, has played a huge role in renovations of our residential programs in recent years.

It's had a big influence on the success of its participants. We wanted to share some updates.

Aarne, a certified Peer Recovery Coach who served as lead trainer for Lightkeepers, recently started **(continued next page)**

Remember these guys? Aarne, background, and Kyle completed a lot of work through the Lightkeepers program. They used that experience to start their own remodeling business.

SUCCESS STORIES

Escaping death and despair – and finding hope

Our team this summer connected with a 26-year-old accomplished musician who found herself, like so many others, homeless and addicted to heroin.

We built a relationship with her for weeks until the time was right for her to begin the difficult recovery journey. (She had overdosed

again the night before, but her friends saved her life with the Narcan we made sure she had.) Our staff sprang into action with the urgency of an ER team to find her a place to begin detox. They knew any disruption in treatment could kill her. The closest we could find was three hours away,

but we got her there. A week later she called to thank our staff member Heather, who said, “she sounded like a completely different person.” She recently called again, letting us know things are going great for her.

This is at the heart of our work: Lives saved and made new.

(continued from previous page)
his own home repair and renovation business with Kyle, one of the original Lightkeepers. Aarne reports: “Our recoveries remain strong and the business successful.”

Kyle, the Lightkeeper mentioned by Aarne, graduated highly

praised from 54-B Drug Court in March. He describes Lightkeepers as “a great, great, excellent program for a second chance. For people in recovery, there is no better way to get back on your feet.”

Chelsea, another Lightkeeper who was instrumental in our

completion of renovations for Women’s Safe Harbor, graduated from 54-B Drug Court on October 20.

Congratulations to Aarne, Kyle, Chelsea and all the Lightkeepers. You all are beacons of hope.



IN THE WORDS OF THOSE WE ARE HONORED TO SERVE:

Glasshouse is a very good treatment center I have learned so much being here and I really love all the staff they have taught me what kind of person I can be



Mid-Michigan Recovery Services is always innovating to meet client needs and ensure the safety of our clients, staff and community. If you or someone you know needs help, call or email.

517.887.0226
800.337.2310

Email:
info@mMrsinc.org
Online:
mMrsinc.org

