



NEW HOME, NEW HOPE

FALL/WINTER 2023 NEWSLETTER



**MID-MICHIGAN
RECOVERY
SERVICES**

(517) 887-0226 | MMRSinc.org

The Pentecost Center

MOORE'S PARK SCHOOL

Let's welcome this New Day for Recovery



What a year it has been for us at Mid-Michigan Recovery Services.

Most importantly, our staff continued to show resiliency and perseverance in the fight against an ongoing epidemic of alcohol and drug diseases. The examples later in this newsletter barely scratch the surface of the inspiring, life-saving work they perform daily.

Second, we reached a goal I have told you about previously. Today



**A letter from
Executive
Director
Patrick
Patterson**

we have a new home for recovery: The Pentecost Center!

Named for our lead donor, the Joe D. Pentecost Foundation, this building is perfectly suited for our work. It's centrally located on the banks of the Grand River, next door to tranquil and historic Moores River Park. It's a former elementary school with rock-solid construction and plenty of room for everything we plan to accomplish as we transform this into a safe place of community, comfort and healing.

What's more, our donors have allowed us to acquire this building debt-free – reducing our costs as we shift from leasing space to

ownership.

We had two opportunities to celebrate our new home this year. In June, we gathered to recognize our capital donors who helped us acquire the building. And in September, we used our annual Shine A Light celebration as an open house to thank the donors who help fund the work that will take place at The Pentecost Center and our locations across Lansing.

At both events, we spoke about how this was a New Day for Recovery. It truly is that, because now we can create a place of welcome, a known destination with board-certified medical care

for those suffering from drug and alcohol disease.

It's important to acknowledge that this building is just the beginning.

What's going to make a real difference in the years ahead – what's going to fulfill this dream of a New Day for Recovery – is the work that will take place inside this building. This work is done by a remarkable group of people, a staff of professionals, supported by donors, who are tirelessly dedicated to the men and women we serve.

That's how we go about building that better future for Mid-Michigan.

We still have our work cut out for us. There's a lot to do. But we couldn't be more excited about the opportunity ahead. I remain humbly grateful to all of you who join us in this cause.



A round of applause: Among those at our June celebration were, foreground from left, MMRS Assistant Director Sharon Dade, Joe D. Pentecost Foundation Executive Director Rita Stoskopf and MMRS Board Member Amanda Hayhoe-Kruger.



Mayoral moment: Lansing Mayor Andy Schor, second from left, stopped by our September event, also attended by former East Lansing Mayor Victor Loomis, right, in his capacity as Pentecost Foundation board chair. They were joined by MMRS Executive Director Patrick Patterson and foundation Executive Director Rita Stoskopf.

From under a bridge to a second chance

MMRS teams go the distance, wherever it takes them, to help patients discover hope

The caller on the other end of the line was desperate. He was asking for a ride to the courthouse so he could go back to jail.

Front Office Supervisor Heather Smith recognized him as an Outpatient Therapy patient who had suddenly stopped attending his sessions. Staff had been unable to reach him.

“Then I found out why,” Heather said.

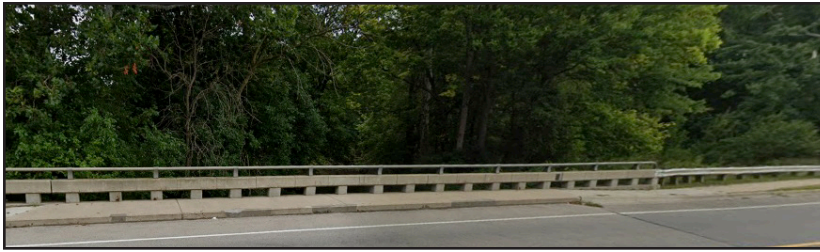
The man had been living with his parents, but they kicked him out



Dynamic duo: Client Service Specialist Bobbie Jo Ward, left and Front Office Supervisor Heather Smith.

of the house, and he was living under a bridge on the South Side of Lansing. He was so miserable there that he had contacted his probation officer asking that his probation be revoked. He was

exhausted from sheltering under a bridge in an overgrown, swampy area, fighting off raccoons and scrounging for food. Anything seemed better, even returning to life behind bars.



No place to live: The client had sought refuge under this bridge on the South Side of Lansing.

But Heather had a better idea. She asked if he would be willing to enter our residential treatment program for men, Holden House. He agreed to check with his probation officer and call us back.

This was a familiar situation for Heather and Client Services Specialist Bobbie Jo Ward, who go the distance to build trust with patients and connect them with help when they are ready for it.

Some of these are walk-ins. But about a third of our patients come to us from the court system. Mid-Michigan is blessed with progressive and innovative

sobriety court programs – and MMRS has a long and productive partnership with them.

When the patient called back, we had already emailed his probation officer, who signed off on the plan – as long as the man reported to probation in Mason by 2 p.m. that day.

Heather and Bobbie Jo explained the situation to Larry Brannam, Holden House program supervisor, and asked if he had room for a new patient.

“Go get him,” he said.

Bobbie Jo and Heather hopped in the car to go meet him at a park

near the bridge. He was sober, but all he had was a trash bag holding a few belongings, a bottle of pop and an umbrella.

And as they waited outside the courthouse, the client called from inside and said he would have to go to jail overnight – but would they promise to pick him up the next day?

“Of course, we said ‘yes,’” Bobbie Jo said.

Larry picked him up the next day and brought him to Holden House. He has since graduated to our Safe Harbor program, where he continues working on his recovery in a safe community.

“The lesson I take from this is that people trust us,” Heather said. “They feel safe with us because we keep our promises to them.”



5 Sites, 1 Focus

Founded in 1960, Mid-Michigan Recovery Services serves the whole patient to obtain recovery and overcome barriers of poverty. We connect them to housing, employment, healthcare, community and independence.

1. **Women's Safe Harbor**, post-treatment recovery housing; two homes, 12 beds
2. **Glass House**, residential treatment for women; 14 beds
3. **Men's Safe Harbor**, post-treatment recovery housing; four homes, 24 beds
4. **Holden House**, residential treatment for men; 14 beds
5. **Main offices**: administration, community engagement, Outpatient and Intensive Outpatient services, Peer Recovery Coaching, Lightkeepers job training.



BY THE NUMBERS: WHY OUR WORK IS CRITICAL

No. 3 Drug and alcohol disease became the **third-leading cause of death** in 2022, behind only heart disease and cancer, surpassing COVID-19.

137 Ingham County recorded **137 overdose deaths** in 2022. There also were 748 EMS runs in the Tri-County region for probable opioid overdoses in 2022.

2X Black Michiganders suffered more than **twice as many overdose deaths** as White residents last year.

10% Statewide, **access to treatment fell almost 10%** from 2019 to 2022. The average length of time between asking for help and enrolling grew to three days.

5% Substance-use disorders cost the equivalent of **5% of GDP annually**. These diseases keep people out of the workforce. They cost employers \$8,817 a year for every worker with an untreated disorder.

Partner with us!

We rely on community support as we work to provide bold solutions. Contributions can be sent with the enclosed envelope or by mailing:

Mid-Michigan Recovery Services, 913 W. Holmes Road, Suite 200, Lansing, MI 48910

Or, donate securely online at bit.ly/Give2MMRS. We accept stock transfers and other modes of giving. Contact us at info@mmsinc.org.

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.

Keeping recovery on the money

Financial literacy instructors from CASE Credit Union set up patients for success

The recovery journey is full of hard work, requiring new ways of thinking and new ways of living.

Because our nonprofit focuses on serving the poorest drug and alcohol patients – often homeless – many of the men and women in our care struggle with debt and bad credit.

Some have never had a household budget or a savings account.

They need tools and help to rebuild their new lives. And teams from CASE Credit Union in



“We all really aren’t that different. ... At the end of the day we are all people just making it through life.”

– Sara Dove,
*community financial manager
for CASE Credit Union*

Lansing are helping them to do just that.

CASE financial counselors conduct on-site financial literacy education for Mid-Michigan Recover Service patients. The four-week program covers:

1. Foundational topics (financial institutions, savings and checking accounts and other services)

2. Saving and budgeting
3. Repairing credit
4. A topic chosen by vote of participants

“The most surprising part of this experience is seeing that we all really aren’t that different, that at the end of the day we are all people just making it through life,” said Sara Dove, community financial manager for CASE.

“We all need money to survive and all have financial decisions to make every single day,” she said. “And while we are all learning together, it makes everyone in the room, myself included, more prepared to take on everything life throws at us.”

As a Community Development Credit Union (CDCU), CASE has a mission of serving low and moderate-income people and communities.

Many of the participants are so energized by the classes that they seek out additional sessions with certified financial counselors.

The classes are an excellent complement to the holistic approach of Mid-Michigan Recovery Services. Our goal is to help patients find the stability and safety that was missing in the grip of their illness. This includes building “social capital” —



Investing in recovery: CASE Credit Union staff member Lea leads one of the sessions on financial literacy for Mid-Michigan Recovery Services clients.

housing, employment, healthcare, connection with family and community. Financial health is a big part of that.

“I think if someone really focuses on being financially stable and working hard toward their financial goals, that motivation can also work with their

motivation in their recovery journey as well,” Sara said. “Having the tools to be financially successful eliminates the stress that is often a crutch to making decisions that are not favorable to their future.”



ACCREDITATION AND ACCOUNTABILITY: WAYS WE MEASURE OUR WORK

Meeting the gold standard

In the field of addiction recovery, the highest standard of accreditation is from CARF International – and the gold standard for CARF is the three-year accreditation.

That's what Mid-Michigan Recovery Services earned again in 2023, marking 21 consecutive years of accreditation by CARF – the Commission on Accreditation of Rehabilitation Facilities.

The detailed process involves site visits, document reviews and anonymous interviews by CARF surveyors. Among their



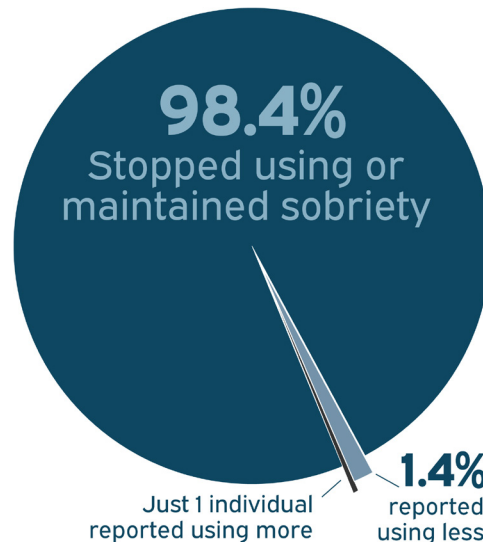
comments for 2023: "Funding and referral sources report that MMRS is well respected in the community and that its staff members are very responsive, proactive, and quick to take action to help the persons served."

"They are passionate about the services provided and successful treatment for the persons served."

"Although the organization is small and many team members take on a multitude of duties, they are able to consistently accomplish the duties exceedingly well."

WHAT CLIENTS SAY: We measure our effectiveness with patient surveys. Responses are anonymous to ensure honest assessments. A key question asks about use of alcohol or drugs since entering treatment.

Agencywide results for FY 22-23:





Up on the roof: Volunteers pitch in for Glass House project

The roof over the garage at our women's residential treatment home, Glass House, got some much-needed repairs this fall thanks to a team of volunteers from Maner Costerisan.

Like most home maintenance projects, this turned into a bigger job than expected. Luckily, we had the help of a great team.

Many thanks to: Sherrie Blankenship, Emily Buffa, Jordan Frederick, Steven Guipe, Toni Horsch, Dave Nielsen, Wes Salisbury, Nicole Shaul, Kenzie Trierweiler, Jayson Tunstall, and Nate Whitson.





MID-MICHIGAN
RECOVERY SERVICES

We are the area's
most experienced
and largest
nonprofit provider
of recovery
services

**If you or someone
you know needs
help, contact us:**

517.887.0226
800.337.2310

Email:
info@mMrsinc.org

Learn more:
mMrsinc.org

Meet Frito, therapy's best friend



When someone is wrestling with the emotions of recovery, Frito knows just what they need: a wagging tail, a gentle approach and the nuzzling encouragement to pet him.

An Australian shepherd and certified service dog, Frito's irresistible charm has made him an office favorite. He makes rounds to visit staff — some of whom keep treats for him. But he saves his greatest affection for patients who need it.

"He just has a keen sense for when someone is anxious or having a hard time talking about their problems," said Frito's human, peer recovery coach Angel Wright.

"A lot of our patients are dealing with high anxiety. With a friendly dog sitting in front of them, it's easier for them to verbalize what they're going through. He has a very calm nature. He just loves people."



**Frito's human,
Angel Wright**