



MID-MICHIGAN
RECOVERY
SERVICES

FALL 2021
NEWSLETTER



This is how
a community
**STEPS
UP**

From our community, with love

A letter from Executive Director Patrick Patterson:

The shoes
said it all.

The high-tops on the cover of this newsletter were worn by board member Amanda Hayhoe-Kruger during the celebration of our successful BuildHer Up campaign to renovate three homes crucial to our women's programs.

Amanda, who chaired the campaign, had a special message for the clients who attended: "I wore my 'Love' shoes today. These are for you, ladies. Everybody here wants you to know that you



are loved. Thank you for having the courage to come here. ... We all have your back."

This was an important message and milestone for our continual efforts to expand and improve our continuum of programs.

The BuildHer Up campaign focused on upgrades to Women's Safe Harbor, as well as our longstanding residential treatment program for women at Glass House.

Our agency has long understood that women face particular challenges in the recovery journey. These programs provide much-needed support and services for that journey.

Through the extraordinary effort



of staff and the determination of clients, we're seeing better completion rates for women engaged in the hard work of residential treatment. Even amid the challenges of the pandemic, these women no doubt can take courage knowing the community stands behind them.

This is true for clients in every program, men and women alike. They can believe us when we say "we all have your back."



Executive Director Patrick Patterson speaks to donors and community members at the Sept. 30 celebration of BuildHer Up.



Far left: Visitors got a peek inside, including this newly renovated kitchen at Women's Safe Harbor. **Near left:** Donor and volunteer Tom Cutler chats during the event with board member, donor and campaign chair Amanda Hayhoe-Kruger.

See more photos of the work in progress on the back page.

ANNUAL REPORT: WHO AND HOW WE SERVED

The pandemic continues to present challenges in addiction recovery. Our work is based on relationship — a difficult thing when human contact is limited.

And yet, our staff continued to devise innovative ways to safely maintain connections with existing clients and reach out to new ones.

The need is too great and the connection too important to do otherwise. As shown in community data later in this newsletter, the pandemic has made our work more vital than ever. We are grateful for the courage and perseverance of staff, clients and supporters.

CLIENTS SERVED
OCT. 1, 2020-
SEPT. 30, 2021:

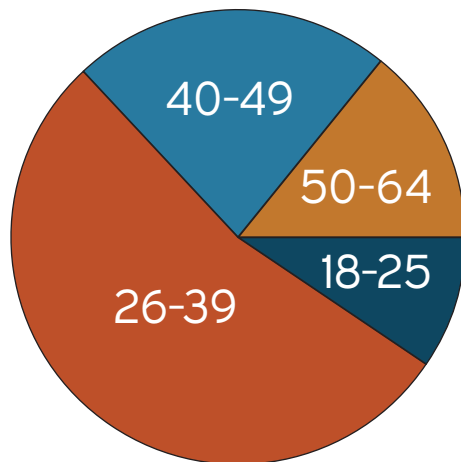
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A continuum of services: Assessments; therapy in one-on-one and group settings; case management; peer recovery coaching; residential treatment; Safe Harbor recovery housing.

See next section for more details on programs.

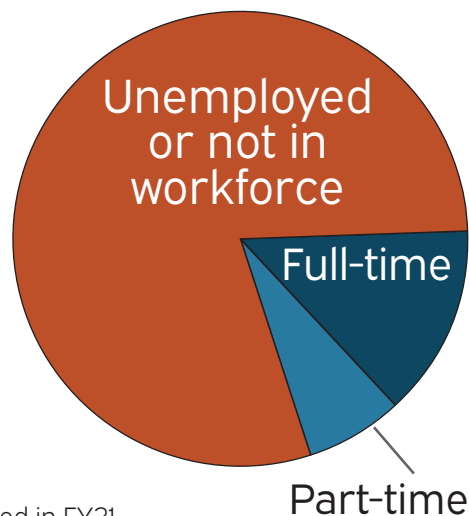
BY AGE*

It is almost impossible to define a typical client. They are sons, daughters, sisters, brothers, mothers and fathers, even grandparents.



BY EMPLOYMENT STATUS

Most clients arrive needing support for all aspects of life. We help with housing, healthcare — and employment, crucial to independence.



* Chart does not reflect a 65+ client also served in FY21.

OPERATIONAL MILESTONES

- Acquired and renovated the four houses of Men’s Safe Harbor, and opened them for service in December 2020.
- Accepted bids and began development of an electronic medical record system to improve our ability to serve clients, track our progress and improve efficiency. Across Michigan, less than 4 percent of agencies like ours currently use this modern healthcare tool.
- Launched much-needed renovations on three houses for our residential programs for women: Two homes for Women’s Safe Harbor, and Glass House for residential recovery.



AUDITED FINANCIAL STATEMENT FOR YEAR ENDING SEPT. 30, 2020

We were fortunate to receive COVID relief funds last year. However, that advantage evaporated as the pandemic dragged on. Throughout 2021, we have drawn on operational reserves and fundraising to remain sustainable and fulfill our mission.

| INCOME | |
|---------------------|--------------------|
| Service fees | \$2,295,462 |
| Grants | \$383,465 |
| Donations | \$134,577 |
| Total income | \$2,813,504 |

| FUNCTIONAL EXPENSES | | Communications | \$23,876 |
|--------------------------------|-------------|----------------------------------|--------------------|
| Salaries, wages | \$1,535,974 | Insurance | \$28,410 |
| Payroll tax, benefits | \$310,812 | Office expense | \$42,884 |
| Contract services | \$230,205 | Travel/conferences | \$29,530 |
| Rent | \$114,079 | Other expenses | \$4,370 |
| Food and residence | \$55,290 | Interest expense | \$572 |
| Building/equipment maintenance | \$41,066 | Depreciation | \$48,007 |
| Utilities | \$26,183 | Total functional expenses | \$2,491,258 |

ANNUAL REPORT: AN OVERVIEW OF OUR PROGRAMS

How we apply decades of experience

Founded on June 10, 1960, Mid-Michigan Recovery Services is the Lansing region's largest and longest-serving nonprofit provider of substance-abuse recovery programs.

OUTPATIENT SERVICES

Therapy: Thousands of hours of intensive one-on-one sessions (and 10,000-plus hours of group sessions) per year with credentialed, licensed, professionals in a therapeutic community.

Case management: Staying on track with goals for housing, employment and health.

Peer recovery coaches: Connecting clients with someone

who knows the recovery journey and is trained to help. Includes working in sobriety courts to act as advocates and provide moral support. **(See more later in this newsletter about this innovative partnership.)**

RESIDENTIAL SERVICES

Lightkeepers program:

Participants in recovery earn income while learning in-demand skills in construction and maintenance.

Residential treatment: 24/7 care and three months of hard work in a highly structured, safe community. Glass House serves women, Holden House serves men. Includes 20 hours a week of

individual and group therapy, 12-step groups, case management and peer recovery coaching in a therapeutic community.

Safe Harbor: Recovery housing is the next step from residential or outpatient treatment, providing a place to live and become part of a community. With separate homes for men and women, the programs are fully staffed and supervised by licensed therapists, with case management and peer-recovery coaches to help find a home, job, 12-step group, sponsor, health care and other social supports in a therapeutic community.





Participants in our Lightkeepers program provided valuable work — and learned marketable skills — during our recent renovations of women's programs. Members of the BuildHer Up committee got a chance to see this work taking place.

ANNUAL REPORT: THE CHALLENGES WE MUST FACE TOGETHER

In Ingham County alone, average quarterly deaths from overdose **increased 47% from pre-pandemic levels**

COVID-19 era begins →

2019:
Average of 27.25 deaths per quarter (109 total)

2020:
Average of 32.75 deaths per quarter (131 total)

First half of 2021

Average of 40.5 deaths per quarter (81 so far)

Source: Sparrow Office of the Medical Examiner Statistical Reports

Tragic epidemic within pandemic makes work more vital than ever

Addiction is often described as a disease of isolation and despair — a perfect description of life for many since COVID-19.

The federal Centers for Disease Control & Prevention announced a record 93,331 overdose deaths in 2020. Countless studies showed spikes in substance use during the pandemic.

One of our peer recovery coaches (these are trained staff who have experienced the recovery process themselves) described the pandemic as **“the worst thing that could have happened”** to people struggling with substance use.

Sudden overdose deaths are only part of the story. Increased drug and alcohol use are contributing to long-term harm in health, well-being and happiness.

At Mid-Michigan Recovery Services, we do not see this as reason for despair — we see it as reason to harden our resolve.

Because we are an organization founded on hope, we remain relentless in our work to save lives and restore independence.

We remain steadfast in knowing that recovery IS possible. We hope you share in that belief.





I AM

Experiencing a Miracle

It started when I became willing
to accept help.

We believe in our clients and are inspired by them.
This comment we received is a great example why.

How to enable more miracles

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@mmrsinc.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.*

Coaches, counselors and advocates

The client had to face the judge and explain why he had failed to show up for drug testing. This could get him sent back to jail.

Adam Strzalkowski was there to explain why jail was not the most productive option for his client.

There was a lot of credibility on the line – with the judge, with the client. But Adam had earned that credibility as a peer recovery coach for Mid-Michigan Recovery Services.

Peer recovery coaches (PRCs) serve in all our programs. They understand the perspective of our clients because they have gone through the recovery journey themselves. They serve as trusted advocates, counselors, and guides to services. Their partnership with Ingham County's Sobriety and



Adam Strzalkowski says car rides to court provide a lot of one-on-one time for PRCs and clients. "I like to see people grow and have faith that they're not hopeless anymore."

Family Recovery courts, where they serve 10 to 15 clients per week, is particularly innovative.

In addition to providing trusted advice and support for their clients, PRCs provide expert insight for the court. Adam

describes Ingham County's system, including the Sobriety Court, led by 55th District Court Judge Donald Allen Jr., as a progressive leader in working with people in recovery.

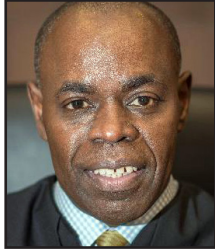
"It helps that I work with a great

bunch of people within the court system,” Adam said. “They genuinely care about the people that they handle. And so I feel supported to speak my mind about what I feel is right.”

One of the ways PRCs build trust with clients is by providing car rides to court and other appointments.

“You talk a lot in a car. It’s a very intimate place. There’s nowhere to go, no distraction,” he said.

Adam this year became program supervisor for our men’s inpatient program at Holden House. Although he now manages several staff members, he continues to work with clients in



The Honorable
Donald Allen Jr.
(Ingham County
photo)

court. He is joined by other PRCs, including Angel Morse – who also is a graduate of Sobriety Court.

“One of the most valuable services we give is our story,” Angel said. “We can really relate to the clients, because we’ve been there.”

One of the first things Angel tells her clients enrolled in Sobriety Court is to expect some hard work. But that work pays off.

“For me the most personal reward is to see somebody really understand and kind of have that ‘aha’ moment, and then to watch them progress in their recovery,” she said.

Adam agrees, saying, “One of the most rewarding parts of my job is to be able to be the voice for



Angel Morse

them when they don’t have their own voice.”

In the case of the client who missed drug-testing requirements, Adam told the judge that part of the problem was a toxic housing situation. He proposed a solution: He would help the client obtain recovery housing – and develop a plan to meet testing requirements.

The judge agreed, warning that another misstep would mean jail.

“I don’t think people visualize going to court, shaking the judge’s hand, being applauded and seeing a judge being happy to see them and talk about how well they’re doing,” Adam said.

“We show the clients that this judicial system isn’t here to punish them. We’re here to help them.”





Scenes from the renovation process for BuildHer Up: This project addressed security, safety and comfort at three houses for women's programs. (See more details inside.) Above, Aarne Riutta, Construction and Maintenance coordinator, shows off a nearly completed fireplace in one of the Women's Safe Harbor homes. At right, a garage and workshop at Women's Safe Harbor gets a badly needed steel roof.



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

