



# HOPE at CENTER STAGE

*MMRS Assistant Director Sharon Dade, right, and other members of the Kingdom Ministries Worship Team perform at our Shine A Light Talent Show. Details inside.*



## MORE STORIES INSIDE OUR WINTER 2025 NEWSLETTER:

- » **OUR 65-YEAR JOURNEY:** Honoring the past, looking forward
- » **BY THE NUMBERS:** A review of our work over the past year
- » **LET'S BRING HER HOME:** We have a golden opportunity to pay off a critical investment in women's services — see how!

# Thriving on hope for 65 years

## A letter from Executive Director Patrick Patterson

*"We admitted we were powerless over alcohol — that our lives had become unmanageable."*

**T**his is the first step of the Alcoholics Anonymous 12 Step program.

AA's publication of "The Big Book" in 1939 sparked a movement across the country, including here in Lansing — a development that led to the founding of Mid-Michigan Recovery Services.

In the early 1940s, a small group of alcoholics began meeting at the Hotel Olds. (The former hotel across from the Capitol is now the George W. Romney state office building.) This group formed the nucleus of what would

become Lansing AA. We know this from records of a speech by Dr. Richard C. Bates, who launched a pioneering center for the treatment of alcoholism at Sparrow Hospital, volunteering as director from 1961 to 1973.

Dr. Bates died in 2016 at the age of 95 after a storied medical career. Among his many accomplishments was being one of the signatories for the articles of incorporation on June 10, 1960, of the "Alcohol Information Center" — the organization that would become Mid-Michigan Recovery Services.

Over the next 65 years, our nonprofit agency changed names and locations many times. We expanded our scope beyond alcoholism treatment to

address drug-use problems. But our mission has been constant: helping our poorest neighbors find community, treatment, support and life-saving hope.

We opened our **residential treatment** program for men, Holden House, in 1971, followed by a program for women, Glass House, in 1972. Both programs relocated more than once but remain to this day, serving nearly 200 men and women last year.

We started **working in courts** in 1973 to identify defendants who needed treatment. Today we are valuable partners with the region's specialty courts, saving lives — and public resources — by pairing recovery with accountability.

We added "day treatment"

(**Outpatient Therapy**) in the early 1980s and Intensive Outpatient therapy in 1988. Today we offer more than 20 group topics, multiple pathways to recovery and health, dozens of sessions day and night, serving 828 outpatient clients last year.

In the 2000s, we opened a transitional housing program for men to provide a soft landing after treatment. During the pandemic, all our programs stayed open, not only serving but expanding. We doubled the capacity of men's recovery housing to four homes, improving its name to **Safe Harbor**. Then



***Happy birthday to us:** Patrick Patterson cuts a cake served at our community conference (details on next page) on June 3, just days before the 65th anniversary of our founding.*

we opened two Safe Harbor homes for women — providing the women of our region with much-needed recovery housing with integrated services. *(See more about that on the next page.)*

Last year Safe Harbor helped 192 people rebuild their lives.

Our main office and home

for Outpatient services, **The Pentecost Center**, opened in 2024 and has become a vibrant community hub — a place for food, resources, fellowship. We provide access to GED and financial literacy classes, medical care and more.

MMRS has overcome many obstacles on the 65-year road to today. Funding is a perpetual challenge. Our history is full of grim examples. But like those who persist in recovery, we have never given up.

Drawing inspiration from those we serve and those who got us here, we continue to strive and serve because, to again quote The Big Book, “Hope is the key that unlocks the door of discouragement.”





FIVE YEARS AGO, Mid-Michigan Recovery Services, thanks to our supporters, made a bold investment to help women rebuild their lives.

Our **BuildHer Up** campaign — led by women construction leaders — renovated two homes that became **Women's Safe Harbor**: places where women in recovery regain health, strength and stability to start over.

Now, if we can count on you again, **we have a chance to pay off that investment**, by retiring the mortgages on those homes.

**BuildHer Up** was a true community effort. Lansing-area women led the campaign and performed much of the labor, joined by volunteers and workers in our own job-training program, Lightkeepers. That kept costs low to renovate these homes.

**Now an anonymous donor has come forward with a lead gift of \$20,000 toward paying off our mortgage on these homes!**

That means **we only need to raise \$65,751** to make Women's Safe Harbor debt-free after just five years!



## What is Safe Harbor?

For men and women who lost everything to addiction, recovery opens a world of possibilities. But first, they need to repair relationships. They need basics like food, clothing, jobs, a home. They need a place to start over.

Safe Harbor is based in four homes for men (capacity for 24), and two homes for women (capacity for 12), all supervised by licensed therapists. While staying in Safe Harbor for up to three months, clients engage in individual and group therapy, life skills classes, case management, peer recovery coaching and more.



## Why we invested in Safe Harbor:

The world was reeling from COVID-19, and we were seeing an epidemic within that pandemic: devastating increases in alcohol and drug use. For the poor population we serve, the chaos was compounded by record unemployment and an upended economy.

So we did what we had to do: We took out mortgages to expand. In the midst of the pandemic, we made a commitment to those in recovery that we would be here when life was at its hardest.

## Why paying off this debt makes sense:

- Unburdening the agency from this mortgage will allow us to direct more energy and resources to **serving people rather than servicing debt.**
- The mortgage is up for renewal — and we have a lead gift!
- MMRS serves our poorest neighbors. To do this, we rely on public funding — which is often unstable. Eliminating debt makes us stronger and better able to tolerate funding disruptions.



**TO DONATE BY MAIL:** Use the enclosed envelope or send a check or money order to:

**Mid-Michigan Recovery Services  
316 Moores River Drive  
Lansing, MI 48910**

*(Be sure to indicate in the memo if you wish your gift to be directed to the Bring Her Home campaign.)*

### TO DONATE ONLINE TO THE BRING HER HOME CAMPAIGN:

Visit our secure online portal at [bit.ly/letsbringherhome](https://bit.ly/letsbringherhome) or by following the QR code at right.



### TO MAKE AN ONLINE DONATION OF GENERAL SUPPORT:

Visit our secure online portal at [bit.ly/Give2MMRS](https://bit.ly/Give2MMRS) or by following the QR code at left.

*Mid-Michigan Recovery Services is a 501(c)(3) charitable organization with a 4-star rating on Charity Navigator, EIN 38-2032352.*

# Recovery: It takes a community

**L**ike recovery itself, our work is not easy. The professionals who are called to serve in this challenging field deserve support.

That was the motivation for our first-ever conference, Beyond Addiction: Voices of Recovery. Nearly 100 community partners — professionals, people in recovery, family, educators, policymakers and advocates — gathered at The Pentecost Center on June 3 for the all-day conference.

Following a keynote address by Dr. Natasha Bagdasarian, chief medical executive for the state of Michigan, participants attended nine breakout sessions covering:

- Changing the conversation about recovery
- Communication skills and



managing conflict

- Using your experience as a peer recovery coach
- Strategies for navigating the legal system
- Helping the underserved access help
- Identifying overdoses and treating with Naloxone
- Understanding family dynamics in addiction

- Navigating the service network
- How Recovery Friendly Workplaces benefit all

The event was made possible by lead sponsor **MolinaCares**, partnering sponsors **Delta Dental** and **MPHI**, and other sponsors.

On their evaluations, attendees gave the event an overall approval score of 9.4 on a 10-point scale, with 10 being the best.

Our hope was that the conference, in addition to providing valuable education, fostered stronger relationships across our region. Substance-use disorders pose a grave public health crisis to our community.

Improving our response requires education and coordination — so no one has to do this work alone.



*It was a packed house for the keynote address by Dr. Natasha Bagdasarian, chief medical executive for the state of Michigan.*



*Patrick Patterson with Board Vice President Melea Belton, who presented on Communication 101.*



*Above, Kevin Tew, peer recovery coach coordinator for MMRS, leads a session on using personal experience to become a peer recovery coach. At left, Brandon Hool, a state policy adviser, speaks about changing the conversation around substance use disorders.*

**More photos and sponsor list:**

[bit.ly/MMRSrecap](https://bit.ly/MMRSrecap)



# Strong teams, strong workplaces

**R**ecovery from addiction saves lives. It restores families and health. It provides hope and opportunity.

But here's another thing about recovery: It's good for business and our economy. Employers are increasingly discovering the return on investment by becoming recovery friendly workplaces.

Here at Mid-Michigan Recovery Services, we have always been a recovery-friendly employer. It's a natural part of the culture — people who have gone through the profound experience of recovery often feel inspired to dedicate their professional lives to helping others do the same.

As a result, roughly half of our workforce are people in lifelong

recovery. This is one of our greatest strengths.

**In 2025, however, we made it official:** MMRS completed the requirements to be designated a Recovery Friendly Workplace by the Michigan Department of Health and Human Services.

The process, guided by the Michigan Recovery Friendly Workplace initiative, involved training for senior leadership, policy reviews, and ensuring ongoing education for all staff.

Mid-Michigan Recovery Services is proud to put its longstanding

commitment into writing. We have seen the proof of what research shows and more employers

across the state are learning:

People in recovery are loyal, hardworking, valuable employees.

The Michigan Recovery Friendly Workplace initiative is governed by an advisory council and task force of business leaders, service

providers and experts from across Michigan.

There is no cost for employers to go through the certification process. Learn more at **recoveryfriendlymi.com** — or reach out to us directly at **info@mmrsinc.org** and we'll be happy to share our experience.







*Some of the members of our team with the certificate designating MMRS a Recovery Friendly Workplace.*

## THE BUSINESS CASE FOR RECOVERY-FRIENDLY WORKPLACES

**Reduced costs:** The National Safety Council calculates that *each* employee with an untreated SUD costs their employer \$8,817 annually in absenteeism, under performance, accidents and turnover.

**ROI:** Each dollar spent on treatment and early intervention saves \$4 in healthcare costs and \$7 in law enforcement and criminal justice costs, according to the Connecticut Recovery Friendly Workplace program.

**Valuable workers:** The National Safety Council notes that people in recovery “have a high degree of self-awareness, resilience, compassion, dedication and understanding.”



## VOICES OF THE CLIENTS: COMMENTS FROM OCT. 1, 2024-SEPT. 30, 2025

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

**"I owe MMRS for saving my life!"**

*— Safe Harbor client*

**"It's a great program. The staff are really great people."**

*— Holden House client*

**"This program saved my life and my sanity!"**

*— Glass House client*

**"I really appreciate the understanding and commitment that MMRS provided me while in recovery."**

*— Outpatient client*

**"I love Glass House! Everyone here is so professional and attentive. They are so caring and kind. They have our best interests at heart."**

*— Glass House client*

**"This program is essential to my recovery!"**

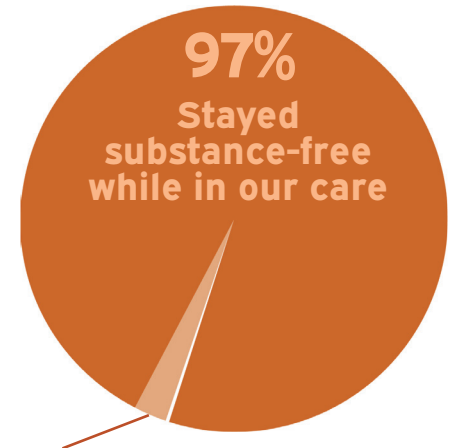
*— Outpatient client*

**"The staff are very kind, always respectful, and listen to your problems."**

*— Outpatient client*

A key question on our monthly survey asks about use of alcohol or drugs since entering treatment.

**RESULTS FOR FY 24-25:**



**2.5% used less  
<1% used more**

## Last year, by the numbers

**RESIDENTIAL TREATMENT:** Provides highly structured, safe communities where alcohol and drug patients engage in three months of hard work to restore health of mind and body.

**Women served at Glass House: 96**

**Men served at Holden House: 88**

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**SAFE HARBOR:** Homes — two for women, one for men — provide small, supportive communities for tapered-down care after treatment, with case management to find the next place to live, healthcare, jobs, relationships and other social capital.

**Men and women served: 192**

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**OUTPATIENT:** Many thousands of hours of one-on-one and group sessions every year. Licensed therapists provide social support, case management and much more.

**Men and women served: 828**

**SPOTLIGHT ON COURTS:** Our certified **peer recovery coaches** serve across all programs. They use their own experiences to provide support, case management, and guidance to clients.

They also are essential partners to the region's specialty courts, where they work with judges, probation officers, defense attorneys and others.

As trusted counselors and advocates, they help clients meet the rigorous demands of sobriety courts across Ingham and Eaton counties.

**Treatment court clients served: 182**

**Miles traveled: 13,915**

**Success rate: 92%\***

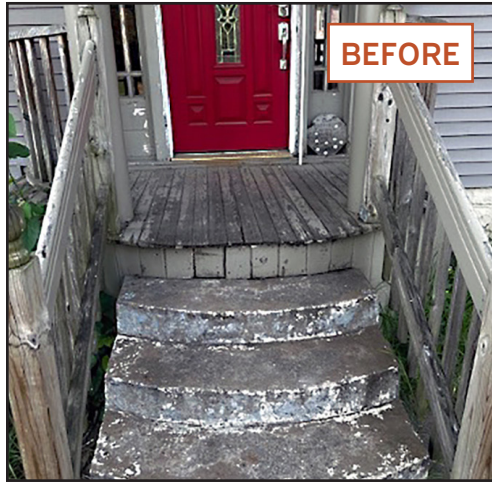
Substance use disorder is one of our biggest problems — and treatment courts are one of best ways to solve it. This work saves lives, saves money and puts people back into their communities as productive citizens.

*\* Percentage who neither relapsed nor were discharged for not meeting court requirements.*



## GRATITUDE: COMMUNITY PARTNERSHIPS

**We can't possibly thank everyone who contributes to the basic needs and human dignity of the men and women in our care. As these examples show, our clients are supported by caring neighbors.**



» A crew of volunteers from **Emergent BioSolutions** turned out to prep and paint the exterior of Glass House, our residential treatment program for women. As the photo above left shows, it was time for a fresh coat. At right, Emergent volunteers show the beautiful final results.

» This was just the latest example of support from Emergent. In addition to grant funding, team members again purchased and packed 200 hygiene kits for clients who enter recovery with nothing.



» The **Peoples Church of East Lansing** donated \$1,000 to buy socks for our clients and gave \$5,000 for basic needs like food — see facing page.

» Thanks to **Eaton RESA**, clients work toward an important building block of longterm recovery — earning their high-school equivalency diploma. Last year 14 participated in this rigorous coursework.!

» Clients gain financial literacy in classes led by **CASE Credit Union**.

» Volunteers from staff and former clients lead the **MMRS Alumni Group** as a supportive network. In addition to regular meetings, the group organizes sober events. The summer picnic drew more than 50 participants!





**Stocking the pantry:** *MMRS Clinical Director Quenton Lerma sorts a delivery from Food Rescue US - Lansing Communities for the weekly distribution at our main office.*

**FEEDING A NEED:** The men and women we serve are hungry for new lives. But because of their poverty, they also are at risk of real physical hunger.

We are fortunate to have partners to help clients who wonder where their next meal will come from.

The Greater Lansing Food Bank helps keep cupboards full for our residential programs and is working with us to fill the gaps for others in need.

Outpatient clients, living on their own, face additional challenges. That's where Food Rescue US - Lansing Communities has been invaluable. We recently completed our first year working with Food Rescue, which provided 22,108 pounds of food to share.

Each Monday at our main office, The Pentecost Center, people line up for meat, vegetables, fruit, bread, eggs and other staples. Most (20,987 pounds) goes to Outpatient clients, but not an ounce goes to waste — food also is shared with residential programs.

We could not afford this on our own, so we are profoundly grateful to the our helpful partners and other contributors, including Target, Walmart and The Peoples Church of East Lansing.



# A night of stars shining for recovery

**T**he stars came out for our annual Shine A Light fundraiser on Sept. 30.

This was our first Talent Show — and the theme reminded us of the joy, hope and creative inspiration that recovery makes possible.

Performers included staff members, people in recovery, allies and advocates — because we are all in this cause together.

**We want to again thank all the sponsors, donors, volunteers, performers and audience members. The support, applause, and performances made this a special night.**

Thank you to all for helping to make recovery possible — and to give it the celebration it deserves.



*From left: WILX Anchor David Andrews serves as emcee for the evening; performer Sondra Gordon reads a spoken-word poem that she wrote.*



See our website for recap of the event, the list of sponsors and a link to more photos:

[bit.ly/ourtime2shine](https://bit.ly/ourtime2shine)

Or use the QR code at the left.





**Clockwise from top left:** Staff member Lance Curtis leads a “name-that-tune” game at the talent show; staff member Greg Davis performs on drums; staff member Matthew Vehslage plays trombone; performer Diane Young delivers a stand-up comedy routine.



**A poignant reminder of why we do this work:** Every purple heart in this display at our headquarters bears the name of a loved one who was lost to the scourge of addiction. Clients and staff added names – totaling nearly 100 at last count – in tribute during National Recovery Month in September. They remain on the wall as reminders that every life touches so many others, and that we all have an opportunity and a duty to use our own lives to make a difference.



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