MEANT TO BE TOGETHER

In 1980, Hazelden president Dan Anderson welcomed former First Lady Betty Ford to tour the Center City, Minnesota, campus and meet with staff as she developed plans to open an inpatient treatment center in Rancho Mirage, California. Three decades later, the two organizations would merge.

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LISTEN IN, FRIENDS
Hear what leading addiction and recovery experts are talking about—trends, topics, challenges and research. William C. Moyers hosts our interview-style podcast series, Let’s Talk Addiction & Recovery. Listen in via Apple Podcasts, Google Play or YouTube. Subscribing is free, and episodes are easy to share. Visit HazeldenBettyFord.org/Podcasts to learn more and browse episode topics.

LIVING IN RECOVERY
What are you doing to keep your recovery growing this spring? Sign up for our free Living in Recovery monthly enewsletter at HazeldenBettyFord.org/Alumni—and watch your inbox for helpful insights and fresh perspectives.
DEAR FRIENDS,

I recently came across a black and white brochure from our organization’s earliest days, filled with photographs of the lakeside farmhouse-turned-Hazelden treatment center circa 1950. Images of the original wood-paneled library, gracious dining room and bright sunroom filled me with a sense of nostalgia and connection. But what really captured my attention was a statement accompanying those photos.

It reads: “Alcoholism is recognized at Hazelden for what it is—a disease—and not a moral deficiency.”

Remember, this was 70 years ago. While the idea of creating a humane, therapeutic environment for people with addiction doesn’t seem a remarkable concept today, it was almost unheard of in 1949. In those days, people with addiction were seen as lacking character and willpower. Two options existed for “the chronic inebriate”: a psychiatric ward where addiction was viewed as more of a complicating factor than an actual disorder, or the institutional environment of a state hospital.

By contrast, Hazelden opened on the banks of South Center Lake as a refuge for “the convalescent alcoholic”—a place of nature strolls, easy chairs, long conversations over coffee and a holistic approach to healing the body, mind and spirit.

This year, as we mark the 70th anniversary of the Hazelden Betty Ford Foundation, I am reminded that this organization came to be because our founders had the courage to do things differently. From instilling dignity and respect into the treatment experience, to establishing one of the nation’s first treatment centers for women, to pioneering a program of education and support for families, to creating specialized care for children hurt by addiction, to developing the leading evidence-based treatment protocol for opioid use disorder, the Hazelden Betty Ford Foundation has, with each new day, stepped up to the challenge of helping more people reclaim their lives from addiction.

Together, let’s keep pushing forward, united in our vision that no one need suffer or die from a disease that can be treated, managed and overcome.

Mark G. Mishek
President & CEO, Hazelden Betty Ford Foundation
**REACH AND IMPACT**

**PASS IT ON**

Sharing what works so more people can heal from addiction

What started as an unassuming experiment in alcoholism treatment in 1949 set into motion an unimagined force of healing and hope now experienced across the nation and globe.

Today, as the Hazelden Betty Ford Foundation celebrates its 70th anniversary, the nonprofit organization’s ever-expanding reach and impact continue to inspire fresh starts, profound gratitude and a sense of karmic awe.

Consider, for example, that when the first site in Center City, Minnesota, opened on May 1, 1949, it had but a single “counselor”—an attorney in recovery named Lynn Carroll—and a single patient suffering from alcoholism—Lawrence B.

Today, the nonprofit Hazelden Betty Ford Foundation has 17 sites and 1,500 employees serving 23,000 patients a year—not to mention thousands more who are served through the organization’s graduate school and its publishing, prevention and professional education arms.

Over the years, the Hazelden Betty Ford Foundation has helped hundreds of thousands of individuals and families overcome addiction, impacting entire communities. Its patients, students and employees have gone on to open and work in countless addiction-related organizations around the world. Its training, products, services and leading national voice have helped shape an entire industry. Seven decades in, the healing reach of the Hazelden Betty Ford Foundation is truly immeasurable—and yet, evidence of the organization’s influence and impact is everywhere.

Today’s employees are often amazed to discover Hazelden Betty Ford Foundation’s numerous and prominent connections to all that comprises modern addiction care.

We were part of that?
She used to work with us?
We developed that? I had no idea.

These “aha” moments spark both pride and humility, along with important, reflective questions such as: How did the organization get here? Where can we make the greatest impact today? What’s the next right thing for us to do in terms of helping even more people?

**COURAGE TO CHANGE**

A history of innovation that helped shape an entire industry

1949

**DIGNITY AND RESPECT**
The nonprofit Hazelden Foundation opens in Center City, Minnesota, ushering in a new approach to alcoholism treatment built on the emerging Twelve Step principles and practices of AA, and a deep and abiding respect for the dignity of each patient.

1950

**DOCUMENTING EFFECTIVENESS**
General manager Lynn Carroll reports 156 men were served in first 20 months, noting that 78 percent “have recovered and demonstrated marked progress.”

1953

**SOBER LIVING MODEL**
Fellowship Club opens in St. Paul, Minnesota, a halfway house for men that advances the concept of sober-living residences.

1954

**SELF-HELP BOOKS**
With the acquisition of Twenty-Four Hours a Day, Hazelden enters the publishing industry and helps to launch the self-help literature genre.

Lawrence B. was the first patient.
The Hazelden Betty Ford Foundation had its beginnings in a forward-thinking approach to the problem of alcoholism—an approach built on emerging Twelve Step principles and practices, lay counseling, and abiding compassion and respect for the individual receiving care. Shown here, the original Hazelden treatment center, circa 1950.

“The satisfaction, I think, that we should feel is that we are helping more and more people each year.”
– Pat Butler, Hazelden President, 1953

Some of the sweeping history and influence of the Hazelden Betty Ford Foundation can be chalked up to “happy coincidences”—such as the series of serendipitous events recounted by Dr. Joseph Cruse in the accompanying article, “Meant to Be Together.”

But beyond incredible good fortune, the reach and impact of the Hazelden Betty Ford Foundation can be traced to a founding principle of the nonprofit: the importance of sharing what works.

“Our earliest leaders believed too many people suffer with addiction for us to keep our knowledge and experience to ourselves,” explains president and CEO Mark Mishek. “That’s why our doors are open to other treatment providers and aspiring counselors to come and learn with us, and why published resources, research initiatives and advocacy efforts are a big part of our story,” he adds.

Like no other organization the world over, the Hazelden Betty Ford Foundation is singularly focused on providing healing and hope to individuals, families and communities facing addiction. It’s a 70-year legacy built on treating addiction and transforming lives, one day at a time.

1956
CARE FOR WOMEN
Dia Linn opens in Dellwood, Minnesota, one of the first residential addiction treatment centers dedicated to and designed for women. [Relocated to Center City in 1966.]

1957
MULTIDISCIPLINARY APPROACH
Hazelden coins “chemical dependency” to encompass all addictive substances; psychologist Dan Anderson integrates psychology as a treatment modality, initiating development of Hazelden’s multidisciplinary “Minnesota Model” emulated throughout the world.

1963
TRAINING TREATMENT PROFESSIONALS
Counselor training program begins. Formalized in 1966, the program ultimately leads to establishment of the Hazelden Betty Ford Graduate School of Addiction Studies in 1999.

1964
THERAPEUTIC COMMUNITY DESIGN
Major facility expansion features an innovative layout of patient units around a central administration building, creating a therapeutic environment widely emulated in health care.
MEANT TO BE TOGETHER

One man’s remarkable role in the decades’ strong relationship between Hazelden Betty Ford Foundation’s 70-year history, one essential story of connection and serendipity has remained largely untold.

It is the story of Joseph Cruse, MD, whose vision and knack for being in the right place at the right time forged remarkable ties between the Hazelden Foundation and the Betty Ford Center decades before the two organizations formally merged in 2014.

HIS OWN GRATIENT AWAKENING

The story begins in the early 1960s at Walter Reed Army Medical Center in Washington, DC, where Dr. Cruse envisioned a cancer treatment hospital that would include a family live-in center. When he moved across the country several years later to join the Eisenhower Medical Center in Rancho Mirage, California, that vision of a therapeutic setting remained top of mind. It eventually led Cruse in 1970 to visit Hazelden in Center City, Minnesota, where newly constructed patient units and treatment facilities provided a potential model for the type of healing environment Cruse pictured for a cancer hospital.

As fate would have it, his Hazelden visit didn’t go according to plan. Instead of getting a tour of the new facilities, Cruse was admitted as a patient. He had shown up at Hazelden under the influence of alcohol.

“I couldn’t believe the guy told me to come on in or go get drunk, but I went with it,” recalls Cruse, now 88 and living in Colorado with his soulmate, author Sharon Wegscheider-Cruse. Cruse still uses the tattered Twenty-Four Hours a Day meditation book he was given in 1970, with pages marked H1, H2, H3 etc. to note each day he spent at Hazelden. Those first days in treatment were an awakening.

“One morning, my roommate was hollering at me, ‘Hurry up in the bathroom,’ and I looked up in the mirror and winked at myself. That was the first warm feeling I’d had about myself for years and years and years, and so that was the start of my recovery,” Cruse shares. He fondly recalls putting on silly performances for the anglers on South Center Lake and golfing on makeshift holes that dotted “Serenity Hill.” He also remembers the young priest who ended up “crying in my Fifth Step more than I did.” Cruse was especially taken with the daily lectures, and he soaked in everything he could about Hazelden’s design and operations.

1966
FAMILY HEALING
Counselors incorporate family conferences in treatment programming, paving the way for a formal Family Program, launched in 1972, and refocused to address the needs of family members affected by a loved one’s addiction.

1967
RELAPSE PREVENTION
First formal aftercare program introduced, bridging the patient’s transition from treatment into the Twelve Step community.

1969
RESEARCH-INFORMED CARE
Grant funds first official outcomes study at Hazelden, leading to 1977 establishment of the Butler Center for Research and the scientific search for increasingly effective treatment solutions.

1972
PROFESSIONALS IN RESIDENCE
Immersive program brings physicians, psychologists, social workers and other professionals to campus to shadow clinicians and patients; Summer Institute for Medical Students begins in 1988.

1974
STANDARD BEARER
Hazelden gains accreditation from Joint Commission on Accreditation of Hospitals, demonstrating early commitment to quality standards commensurate with all of health care.

1976
OUTPATIENT SERVICES
Partnership with a local hospital brings Hazelden’s first outpatient program to St. Paul, providing a new level of care to meet the treatment needs of more people.
AN AUSPICIOUS INTERVENTION

Embracing his new life in recovery, Cruse became active in the Twelve Step community in California’s Coachella Valley, and he returned to Hazelden to attend several training seminars. In 1976, he cofounded the Alcohol Awareness Hour which, in 1982, would become a collaboration between Eisenhower Medical Center and the newly opened Betty Ford Center. The Awareness Hour became the nation’s most influential public recovery speaker series and completed its 43rd season in 2018. Hundreds have stood on the Awareness Hour stage—including physicians, clergy, educators, business leaders, authors, sports figures, show business personalities and musicians.

Thanks to his work with the Awareness Hour, Cruse was widely known as a person in recovery. That helps to explain why, a year later, two of former First Lady Betty Ford’s physicians along with her daughter, Susan, approached him with concerns about Mrs. Ford’s use of prescription medications. That led to President Ford asking Cruse to talk privately with his wife, which he did on March 30, 1978. The talk didn’t go well, as Mrs. Ford later recounted:

“Before he could finish, Dr. Cruse was asked—not too politely—to remove himself from my presence, my home and my life. Dr. Cruse dusted himself off and went away—I hoped appropriately scalded by my wrath. I retired to my sitting room to take another one of those wonderful little pills that made my life so pleasant.”

CONTINUED ON PAGE 8

1981

SPECIALTY CARE FOR TEENS
Pioneer House in Plymouth, Minnesota, is acquired as a residential treatment center for adolescents and young adults; specialized programs today draw young patients and families from across the country.

1982

FIRST LADY OF RECOVERY
The Betty Ford Center opens in Rancho Mirage, California, bringing unprecedented visibility to the problem of addiction and the promise of treatment and recovery.

1984

RECOVERY RETREATS
The Renewal Center opens on the Center City campus, welcoming guests to an unrivaled roster of Twelve Step-inspired retreats and workshops.

1994

BOLD ADVOCACY
First Ladies Betty Ford and Rosalynn Carter lobby together in Washington, DC, to promote treatment for mental health and substance use issues. Hazelden and the Betty Ford Center would have an influential presence in Washington, DC, from this point forward.

1996

BRAVE NEW WORLD
Hazelden web page arrives on the Internet, exponentially increasing access to information about addiction and access to help.
President Ford called Cruse that night, told him how angry Mrs. Ford was, and said he was prepared to do a formal intervention with the whole family. Two days later, on April 1, Cruse was with the family for the intervention that resulted in Mrs. Ford admitting herself to Long Beach Naval Hospital for treatment on April 10, 1978.

At that moment in history—by speaking openly about seeking treatment for alcohol and prescription medications—Mrs. Ford put a courageous new face on recovery. Her candor would create a long overdue national dialogue, lifting the shame surrounding addiction and unlocking the door to recovery—especially among women.

**A SHARED COMMITMENT**

In 1978, Cruse started an outpatient treatment program based on Hazelden’s Minnesota Model at Eisenhower Medical Center. To install the program, he contracted with Vern J.—another Hazelden alumnus and founder of the Johnson Institute, a pioneering provider of intervention, advocacy and treatment materials and services, which Hazelden later acquired.

Cruse started thinking about developing an inpatient treatment program, as well, talking with Eisenhower Medical Center leadership about the idea and even scouting for locations with Mrs. Ford. Fate stepped in once again when Cruse was asked to help with the intervention for business leader and former U.S. Ambassador to Belgium Leonard Firestone in early 1979. Firestone’s transformation in treatment inspired one of his friends—another former ambassador, Walter Annenberg—to suggest that he and Mrs. Ford cement plans to develop an inpatient center. Cruse drew up the proposal, and on August 3, 1979, the medical center’s executive committee agreed to support the project.

Cruse thought the new inpatient center should draw heavily from Hazelden’s innovative design featuring a central administration building surrounded by patient units to reinforce the sense of a caring, therapeutic community. He also felt strongly that Hazelden and Dan Anderson, its president, should assist with program planning and selection and training of staff. The strategy was to replicate and borrow from the best.

---

**1997**

**FOR THE KIDS**

Betty Ford Center develops pioneering Children’s Program of education and support, distinguished for its effectiveness in a landmark 2004 study of children’s prevention programs in the US.

**2000**

**CARE FOR CAREGIVERS**

Betty Ford Center launches its Health Care Professionals treatment program, focusing on recovery and return-to-practice issues faced by physicians and other health care professionals.

**2006**

**WEB-BASED RECOVERY SUPPORT**

Hazelden implements My Ongoing Recovery Experience (MORE®), a web-based patient portal to continuing care resources. In 2010, NavyMORE is developed to provide online recovery management solutions to sailors at sea.

**2010**

**INSTANT ENCOURAGEMENT**

Hazelden Publishing releases its first mobile app, *Twenty-Four Hours a Day*, introducing anywhere/anytime recovery support, motivation and affirmation.

**2012**

**MEDICATION-ASSISTED RECOVERY**

In response to warning signs of a potential opioid addiction epidemic, clinicians create and implement what becomes the field’s leading evidence-based opioid addiction treatment protocol, Comprehensive Opioid Response with the Twelve Steps, COR-12™.
So in March 1980, Dan Anderson outlined the essential characteristics of Hazelden’s approach for the Eisenhower Medical Center board. And one month later, Cruse, Mrs. Ford and Eisenhower Medical Center president John Sinn visited Hazelden in Center City to observe programming, meet with staff and tour the facilities.

Cruse, who would become the founding medical director when the Betty Ford Center opened on October 4, 1982, spent significant time at Hazelden in the months prior to the Center’s opening, consulting various Hazelden departments and fashioning policies and procedures for the new Center. Hazelden staff also traveled to Rancho Mirage to assist in training the Betty Ford Center’s clinical staff.

Through a fortuitous series of events and an inspired vision for what could be, Cruse—more than anyone—initiated and nurtured the historic connection between Hazelden and the Betty Ford Center. In 2014, the two organizations merged to form the Hazelden Betty Ford Foundation. If ever there were a “meant to be together” story, the merger of Hazelden and the Betty Ford Center fits the narrative, observes Mark Mishek, president and CEO.

“Looking back, it is astounding how much Hazelden and the Betty Ford Center collaborated from the very beginning, and how integral Dr. Cruse was to connecting the two,” says Mishek.

“What’s particularly striking is how Hazelden so freely shared its knowledge and innovations to help a competitor get started. Our merger seems almost destined, but it was a destiny forged by a deliberate commitment to the mission of innovating, sharing what works and helping more people—a commitment we proudly carry on today.”

Your Support Today Inspires Tomorrow’s Breakthroughs

The challenges of addiction extend beyond the opioid crisis in our midst, and the solutions transcend any single organization. But thanks to donor support, the Hazelden Betty Ford Foundation continues to lead the way forward with science and compassion.

Developing a medication-assisted recovery protocol to target opioid addiction is one powerful example of our search for treatment solutions. With your support, so much more can be done. By studying how recovery happens—what internal and external factors matter most—we can help even more people.

Please give generously at HazeldenBettyFord.org/GiveHope and know that your gift today will help to shape and secure the yet-unknown treatment and recovery solutions of tomorrow.

2014
A FORCE OF HEALING AND HOPE
Hazelden and Betty Ford Center merge to form the Hazelden Betty Ford Foundation, the nation’s leading nonprofit addiction treatment provider.

2015
MEDICAL SCHOOL CURRICULUM
Course on Addiction and Recovery Education (CARE) launches, a first-ever online curriculum for medical students now enrolling hundreds of students worldwide every year.

2016
ADDRESSING AN OCCUPATIONAL HAZARD
Groundbreaking study conducted with ABA on substance use disorders among legal professionals; findings inform and advance treatment and recovery efforts specific to this population.

2017
COLLABORATIVE NETWORK
Hazelden Betty Ford Patient Care Network initiates a first-in-the-field clinical collaboration among health care organizations to provide the most-effective, evidence-based addiction treatment and improve patient outcomes.

2019
COURAGE TO KEEP CHANGING
The innovation continues. As science further reveals the dynamics of addiction, technology allows for increasingly individualized care, and outpatient growth makes care more accessible to more people, treatment at the Hazelden Betty Ford Foundation continues to evolve—always leading with the respect and dignity that have set our care apart from the beginning.
Gustavo A. couldn’t imagine letting his neighbors, coworkers or anyone else know about the turmoil going on under his roof.

His teenage son had been acting out, more than what could be explained away as typical adolescent rebellion or moodiness. When Gustavo and his wife, Bel, found evidence their son was using marijuana, they wondered whether his increasingly erratic and disruptive behavior could be related to drug use. There was no denying the nature of the problem when he was arrested at school for drug possession.

Still, Gustavo and Bel were at a loss as to how to help, what to do or where to turn. As political exiles living in Miami, they were focused on building a new life for their family. Their son’s drug-related problems felt shameful and overwhelming.

The couple had been told about a place called Hazelden in Minnesota that specialized in addiction treatment for adolescents and young adults. For the financially strapped and struggling family, though, Hazelden might as well have been located on the moon—the treatment their son needed seemed impossibly out of reach.

Gustavo took a chance and contacted Hazelden. Within days—thanks to donor-funded financial assistance for patients—his son was on his way to Hazelden in Plymouth, Minnesota, and Gustavo’s family was about to begin their own, unexpected healing journey.

RELIEF AND VALIDATION

“What Hazelden was absolutely life-changing for our son,” Gustavo shares, “but Hazelden was just as life-changing for our family.”

As a part of their son’s treatment course, Gustavo and Bel attended the Family Program. They met other families who were crushed and confounded by their loved one’s addiction—families of different racial and ethnic backgrounds, socioeconomic means and faith traditions.

“When we listened to other families who had the same problem we had, it was like finding the release valve for all of the pressure that had built up inside,” Gustavo recalls. “Until then, we believed we were crazy and we were to blame. When we learned addiction was an illness, we were able to see that our son wasn’t a bad person, he was a sick person.”

The Family Program has been an integral part of the Hazelden Betty Ford treatment experience since 1972, when addiction counselors realized that despairing families needed their own program of education and support. With the best of intentions, families tend to cope with the fear and chaos of addiction by keeping secrets, finding scapegoats and adopting other unhealthy behaviors.

Counselor Terry Williams, who was recruited to develop and launch Hazelden’s experiment in family programming, described the innovative approach this way: “Our goal was to help participants see how the anxiety of family members perpetuates the problem. Having a ‘detached concern’ is the idea of the family member calming down and starting to think through the situation rather than reacting emotionally. Anxiously trying to help—trying to ‘cure’ their loved one—is counterproductive.”

A key differentiator of Hazelden Betty Ford’s Family Program is its nonconfrontational approach. Family members do not participate in the program with their loved one receiving treatment. Instead, families hear from other patients going through treatment. The format allows participants to move resentments and baggage to the side in order to see addiction more clearly.

YOU CAN TAKE IT WITH YOU

As Gustavo and Bel learned in the program, families need to develop healthy ways of communicating and coping regardless of whether their loved one gets sober or stays sober. The program prepared them to “put on our own oxygen masks first,” safeguarding their own emotional health and well-being rather than focusing on their son’s behavior.

Today, 12 years after their son completed treatment, the lessons and tools from the program continue to shape and influence their relationships and interactions.

“The counselors cautioned us that there may be relapses and difficulties, and there have been. That’s life,” says Gustavo. “What’s changed is how we respond. We understand that we can only be responsible for our own behaviors, not our son’s. That’s his journey, not ours.”
"Hazelden was absolutely life-changing for our son,” Gustavo shares, “but Hazelden was just as life-changing for our family.”

Turn Your Hope into Help

As a nonprofit organization, the Hazelden Betty Ford Foundation relies on donors like you to provide the absolutely essential dollars needed to reach and help more people. Your gift of any size helps us:

• Save more lives
• Strengthen more families
• Train more addiction counselors
• Evolve treatment options and solutions
• Build healthy communities
• Lead the way out of the opioid crisis

Please turn your hope into help for others by donating at HazeldenBettyFord.org/GiveHope today. Your support is a lifesaver.
Carl F. and Michael S. went through treatment at the Betty Ford Center within a year of one another, but it wasn’t until they returned home to New York City that the three became acquainted during alumni group meetings. That was nearly 26 years ago. The trio has journeyed in recovery together ever since, meeting weekly in New York City and now monthly on Long Island to lend an

CARL F.
Sober since? August 10, 1992

How did you get connected with the alumni group? I had been through a bunch of treatment programs before going to the Betty Ford Center. When I left the Center in 1992—because of my history—I was very concerned about how I would stay sober back at home. So I was careful to do everything I was supposed to do. My alumni contact from the Betty Ford Center became my first sponsor and took me through the Steps. Eventually, the alumni group also became a big part of my recovery.

How did you get to know Michael and Howie? We all started going to Thursday night meetings at about the same time. A group of us would have dinner at a nearby restaurant and then walk over to the meeting together. We became the three amigos. Now we’re inseparable.

Why is fellowship so important to your recovery? Treatment is just the beginning. It doesn’t matter how well you do in treatment; it’s what you do after you get back home that matters. We understand that we’re all in this together, and we know that we’re there for each other.

MICHAEL S.
Sober since? December 5, 1992

Do you remember your first meeting? I was nervous. I didn’t really understand the structure. They asked me to introduce myself, and I guess I went on a little too long because they asked me to sit down and shut up—in a very loving way, of course. I couldn’t wait to go back the next week.

What’s so special about the alumni meetings for you? I found a group of people I could talk with, almost like mini-sponsors. The fellowship is so strong. We go out for dinner together and then meet at each others’ homes for coffee and dessert. Our social lives and our sobriety have become integrated. When your best friends are in the program, it’s easier to get sober and stay sober and enjoy your sobriety.

Why are you so committed to helping newcomers? As I have learned, it’s a part of the journey. To keep it you have to give it away. The people I have fallen in with in my sobriety have been such a positive influence on me that I certainly want to welcome others into the fellowship.
Howie C.

Sober since? May 4, 1993

Do you remember your first meeting? Yes, it was a meeting in New York City, and I recall quite vividly that I was scared to go. I met Michael there, and he said I should come to the Long Island meeting with him. After going every week for a month, I knew these were people I could count on to help me stay sober.

Why are meetings so important for you? Like an old friend used to say, if you knew you had cancer and the doctor told you to come in for chemo once a week or you would die, you wouldn’t think twice. I have a disease and the only “cure” is to make sure I get to meetings once a week or more.

How would you describe your connection with Michael and Carl? We are like family. We bonded from the beginning. We’ve been able to share what’s going on in our lives with each other. I think we all feel very blessed that we were able to get into sobriety.

Giving until it feels good

Grateful benefactor takes joy in ensuring others get to experience the Dan Anderson Renewal Center

Just three months after completing treatment, Bill Lammers found himself back on Hazelden’s Center City campus—this time of his own volition. His daughter was getting married and a big wedding was planned, including hundreds of guests, challenging family dynamics, and lots of alcohol.

“I wanted to make sure I had the recovery tools and wherewithal to navigate the situation,” Lammers recounts.

So a week before the wedding, he returned to Hazelden for a retreat on relapse prevention at the Dan Anderson Renewal Center.

Since that first stay, Lammers has made the pilgrimage back to the Renewal Center countless times over the past two decades to refresh his recovery, reflect on his journey and connect with fellow travelers.

A favorite part of his Renewal Center stays are the impromptu morning and evening conversations that happen around the fireplace. He is always heartened as people from all walks of life find common ground through the shared experience of recovery. (As it turns out, research confirms what Lammers instinctively understood about the value of those fireside chats: social support and engagement in recovery activities significantly increase the likelihood of long-term recovery.*)

A Legacy of Hope

In 2008, Lammers returned to Hazelden in yet another important capacity: to serve as a Board member and chair of its finance committee. His nine-year tenure marked a period of historic growth for the Foundation, including the 2014 merger with the Betty Ford Center.

Today, Lammers continues to support the work of the Hazelden Betty Ford Foundation through annual gifts and, more recently, by bequeathing a portion of his retirement to fund Renewal Center scholarships and programs. As a donor, Lammers recounts a favorite saying of Michael O’Connell, former Board chair: “We are asked to give not until it hurts, but until it feels good.”

“Helping to sustain the work of the Renewal Center is something that feels really good,” Lammers says with a smile. He encourages others to consider planned giving as a very effective, common sense way to make a lasting difference.

*The Importance of Recovery Management, Research Update, Butler Center for Research, Hazelden Betty Ford Foundation; April 2016.

Learn more about giving through an estate provision, deferred giving plan or other charitable gift instrument. Please call 888-535-9485 to speak with a gift officer.
Dancing the afternoon away in the sunshine at hazelfest 2018.
Whether raising awareness, raising funds or celebrating our lives in recovery, generations have gathered in healing and hope at Hazelden Betty Ford Foundation events through the decades. Plan to join us at an upcoming celebration, presentation or recovery event this summer.

Visit HazeldenBettyFord.org/Events to see what’s coming your way.

Living in Recovery Monthly Speaker Series | May-June
St. Paul, Minnesota and Portland, Oregon
Gather with friends and fellow travelers this spring for fresh perspectives and healing insights into recovery. Topics include creativity, codependency and shame. Free! Bring your friends. Search the listings at HazeldenBettyFord.org/Events for details.

Betty Ford Center Spring Renewal Weekend | May 3-5
Rancho Mirage, California
Welcome back to campus for a weekend of recovery sharing, discovery and new awakenings. Workshops focus on emotional resilience, relationships, creativity, personal reflection and spiritual growth. Learn more at HazeldenBettyFord.org/SpringWeekend and register today.

Chicago Recovery Retreat | May 24-26
Bellarmine Jesuit Retreat House, Barrington, Illinois
Popular presenter Will Hudson—known for his humor, compassion and Twelve Step knowledge—will lead this powerful exploration of Steps Four through Nine. You will leave newly encouraged and equipped to manage “life on life’s terms.” Sign up now at HazeldenBettyFord.org/ChicagoRetreat.

Annual Recovery Gathering | July 19-21
Newberg, Oregon
Refresh and re-energize this summer by reconnecting with the Twelve Steps and with one another. Mark your calendar for now and check HazeldenBettyFord.org/Events for updates.

Recovery Cup Charity Golf and Tennis Tournament | July 22
St. Paul, Minnesota
Calling all good sports! Tee up your support for recovery at our annual Recovery Cup tournament. Proceeds provide much-needed financial aid for our patients. Go to HazeldenBettyFord.org/RecoveryCup for details and to register.

hazelfest | August 3
Center City, Minnesota
Be a part of the summer’s positively best day of music: the seventh annual hazelfest sober outdoor music festival. Watch for headliner announcements, event updates and ticket sales information at HazeldenBettyFord.org/Hazelfest—the countdown is on!
For the kids

Our pioneering program helps children heal from the hurt of addiction

Reaching out to young children with care and support was a priority for former First Lady Betty Ford when she opened the Betty Ford Center.

“Mrs. Ford was very clear that addiction is a family disease and that all family members need help and support,” says Jerry Moe, the beloved counselor, educator and author who serves as national director of the Hazelden Betty Ford Children’s Program.

Nearly one in three kids today grow up in homes impacted by addiction. Not only do these children face the enormous stress and heartache of addiction in their daily lives, they are at greater risk of eventually developing addiction and mental health problems themselves, explains Moe.

The innovative Children’s Program is designed for young people ages 7-12 who’ve been affected by addiction in the family. Through activities, stories and sharing, children learn to identify and express their feelings, develop self-care skills, deepen communication with their parent/caregiver and recognize they are not alone in navigating the challenges of growing up with addiction in the home.

Parents describe their children’s experience in the program as “transformative.” Research substantiates that assessment. A comprehensive evaluation conducted by the nonprofit Treatment Research Institute found poignant and compelling evidence of the program’s positive and lasting impact on children.*

The Children’s Program is offered at the Betty Ford Center in Rancho Mirage, California, as well as Hazelden Betty Ford in Aurora, Colorado, and, most recently, at Hazelden Betty Ford in Center City, Minnesota.

Because So Many More Children Need Your Help

The Hazelden Betty Ford Children’s Program is nearly 100 percent supported by the generosity of donors like you—no child is turned away from the program due to inability to pay.

This pioneering program has helped more than 27,000 kids and families—and with your support we can help thousands more.

Let children know that life gets better. Please give generously at HazeldenBettyFord.org/GiveHope today.

*Disrupting the Legacy of Addiction: An Evaluation of the Betty Ford Children’s Program, Treatment Research Institute, May 2014; Amelia Arria, PhD, Amy Mericle, PhD.

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