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## LOOKING FORWARD

### ADDICTION TREATMENT SERVICES ANNUAL REPORT



**ADDICTION  
TREATMENT  
SERVICES**   
TRAVERSE CITY, MI







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## MESSAGE FROM

Christopher Hindbaugh - CEO  
Addiction Treatment Services

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***“Hope is not a dream, but a way of making dreams a reality.” - L.J. Seunens***

Hope Happens Here. This has been our tagline for over a decade. It is our guiding vision. It is printed on our letterhead. It is plastered on the side of our maintenance van. It is even spelled out with four foot letters on our conference room wall. I suppose you can say that these three words are important to this organization.

Reflecting on the past year, I pondered the meaning of hope and why the concept resonates within the organization. I was curious about ways to touch it, explain it, or measure it. In the end, I had the realization that the type of hope we aim to foster is something intangible. However, it does involve giving people permission to dream about a way of life that amplifies all their best qualities. It involves creating space that honors the struggles of the past while setting intention for the future. It involves the creation of a shiny new self-narrative. In sum, Hope is the primary ingredient in what makes ATS a special place to work and to receive treatment. It drives everything we do, even when we don't know exactly how to neatly quantify it.

That said, much of our work is very real; very tangible. In the subsequent pages you will read a few stories, you will see some data and look at some financial reports. You will hear about work we are doing in the community and how our efforts are saving lives. ATS is a complicated, dynamic and ever-evolving organization. We have many moving parts that are involved in meeting our lofty mission. So, as you read the following pages, please keep in mind that all these pieces are tied together by that one overarching concept - **HOPE HAPPENS HERE.**



## MESSAGE FROM

Maureen Michaels, President - Board of Directors  
Interlochen Center for the Arts

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I was mindlessly scrolling through Facebook while half-heartedly making a to-do list for the day. I had unknowingly left the video volume turned on, and was struck by a voice coming at me full-blast through my computer headphones.

“Your life is about the people around you, the people you can touch, all the people you can impact, all the people you can influence, all the people you can love.”

I had two thoughts. The first was, I need to listen to my music at a lower level if I want to be able to hear my grandchildren someday. The second (and most important) was, what more can I do to help further the mission of Addiction Treatment Services? How can I help further our mission to promote the overall health, wellness, and recovery of individuals impacted by substance use and behavioral health issues, ensuring ATS is meeting the treatment needs of our clients and community?

It's true that ATS has accomplished much over the past year. We received an Impact 100 grant to provide same-day intake and wrap-around services to those reaching out for help. We opened a health clinic that offers medication assisted treatment (MAT), ambulatory acute care, and some general medicine for inpatient clients of ATS from outside the area and those that cannot get in with their Primary Care Physician (PCP). We've hosted two sold-out conferences that call our community together to rethink addiction. We've purchased and distributed hundreds of life-saving Naloxone kits. Our amazingly dedicated staff is working every day to provide love and support to those in need. They are inspiring hope and creating success stories.

But there is more work to do. Work that we, as a community, must do together. For the people around us, the people we can touch, the people we can impact, the people we can influence. Hope springs from love.



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## WHO WE ARE

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*"We're here to work with you and find solutions that inspire **HOPE** and support **RECOVERY.**"*

If you or someone you know is considering taking steps toward leading a fulfilling, sober life, you've found the right place.

At Addiction Treatment Services, getting help is easier than you think. If you're worried that your situation is hopeless, if you've tried again and again, we're here to work with you and find solutions that inspire hope and support recovery.

Our mission is to promote the overall health, wellness, and recovery of individuals impacted by substance use and behavioral health issues by meeting the treatment needs of our clients and our community.

We value the diversity, ideals, culture, and beliefs of the individual. By focusing on person-centered, trauma-informed care, we are better equipped to address the biological, physiological, and social dimensions of the individuals we serve.

To promote recovery across a continuum of holistic and meaningful care, we utilize evidence-based strategies with multi-faceted approaches, engaging the client and acknowledging their specific needs. As such, we believe that the best way to promote optimal health and well-being begins with acknowledging individual personalities, priorities, strengths, triumphs, and obstacles in order to provide forms of care that mirror individual needs.

We are doctors, therapists, case managers, social workers, and more! From vastly different backgrounds, we come together with something in common: we've all been affected by addiction in some way, and we all want to build a healthier community.

# HOPE HAPPENS HERE





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## CARF ACCREDITED

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### WHAT IS CARF?

CARF provides accreditation services worldwide at the request of health and human service providers. Whether you are seeking rehabilitation for a disability, treatment for addiction and substance abuse, home and community services, retirement living, or other health and human services, you can have confidence in your choice. Providers that meet our standards have demonstrated their commitment to being among the best available.

Through accreditation, CARF assists service providers in improving the quality of their services, demonstrating value, and meeting internationally recognized organizational and program standards. The accreditation process applies sets of standards to service areas and business practices during an on-site survey. ATS went through the on-site survey process in August.

ATS received a three year accreditation in 2018.



*"ATS was continually praised by clients for it's availability and staff willingness to help in whatever area the clients need, such as working on their recovery, helping to identify transition plans, and being persistent in navigating insurance benefits."*  
-CARF Reviewer







*Photo top left*

*Clients from our women's residential program, Phoenix*



*Photo top right*

*Jackson, a former Dakoske client currently in recovery*



Our clients are our first priority. Evidence-based care means that they're getting the very best of what we offer whenever they come through the door. Each year, the clients we serve through our programs and services are the reason we do what we do. Their success equals our success.

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## OUR CLIENTS

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*"Widely supported research shows that a singular, rigid approach to addiction recovery isn't effective. Keeping each clients needs in mind, as well as evidence-based, up-to-date medical research and findings, we build customized recovery plans for everyone who comes through our doors."*

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**Detox: 965**

**Residential: 534**

**Outpatient: 755**

**Recovery Homes: 131**

**Other: 122**

# HOPE HAPPENS HERE

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## STORIES OF RECOVERY

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### **TYLER** *Detox & Dakoske*

Tyler was sick of being his own worst enemy – alcohol had been a crutch for years, making him feel good, but hindering progression of his life. He no longer felt like he had control.

“I only had myself to blame, I wasn’t getting what I wanted out of life.”

***"I got tools to allow myself to love and care for ME."***

That’s when he came to ATS. Tyler started the process of recovery at The PIER Detox Center, where he was able to progress to residential treatment at Dakoske that changed his life. After years of struggling to maintain his addiction, Tyler found his self-worth through treatment and realized that it’s okay to be scared, and it’s okay to not be okay. He found his self-worth.

“I got tools to allow myself to love and care for ME. I always did everything else on my own – but at ATS, the staff let me know it was okay to let people help you. The tools they gave me helped with my self-confidence.”

Tyler credits the empathy and compassion of the staff as a major motivator in his recovery journey. He found inspiration in their desire to help and support him, no matter what, for no other reason than the fact that it’s their job.

“It inspired me. I want to be that person that someone was for me. They taught me how to be a productive adult. That little things matter.”

As he continues down the path of recovery, Tyler is focusing on his professional life and working to become a Peer Recovery coach, hoping to help others on their journey to sobriety.

“I wake up now, and it’s like – I have no reason not to feel good. It all comes down to acceptance. If you can accept the good with the bad, it makes the good so much better.”



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## STORIES OF RECOVERY

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### **KRISTIN** *Outpatient*



One year ago, Kristin was nearing one year addiction free. She'd found hope through ATS and had begun to transform every aspect of her life - free from the chains of her past.

She was starting to experience a life free from shame and full of possibilities. But what was next?

***"I was starting to experience a life free from shame and full of possibilities. But what was next?"***

Like many in recovery, the past behaviors and toxic environment were left behind, but the reality of creating a new, healthy, and supportive lifestyle proved challenging. Kristin knew she needed to surround herself with positive, whole-self nurturing people. Taking my cue from a few of the recommendations from staff at ATS, she explored Yoga, meditation, and started a regular exercise routine. She loved the effect of these classes so much that she got her RYT in Yin Yoga and started leading guided meditation meetings.

She joined a few recovery groups to find like minded, encouraging people and in the process formed deep and meaningful friendships. She wrote the story of her past in poems and songs and (with extreme vulnerability) published a poetry book about my trauma, addiction, and recovery. And when Kristin was overwhelmed or felt she couldn't do it anymore, she knew she could reach for support from those at ATS who reminded her that not only COULD she do it, but was ALREADY doing it!

In fact, the ever present, whole self-support and care received from day one was so profoundly life changing, that Kristin decided to work for the organization that helped save and transform her life. Today, she's not only a person in recovery, she's a proud employee of Addiction Treatment Services. Hope keeps happening here. Every day.



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## WE'RE MORE THAN REHAB

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For many, treatment starts with Detox. At the PIER, we meet clients where they are to provide the very best evidence-based care, including activities and treatments like acupuncture and yoga.



Dakoske Hall is our men's residential treatment facility. Located in beautiful downtown Traverse City, we work with our clients to develop skills and build resources for recovery.



Phoenix Hall is our women's residential treatment facility. Located in a quiet, residential area, Phoenix staff and therapists work with clients to build their best self.



Working to adjust to an alcohol and drug free life can be difficult. At ATS, we have recovery homes for clients who need time to adjust to a new, healthier lifestyle.



For some, medication can help with the recovery process. In 2018, we opened a clinic that provides medication-assisted treatment, ambulatory acute care, and primary care for clients unable to see their PCP.

*"At ATS I found an entire world of support, people that see me as a human being and are as proud of me as I am. Even having one person who believes in you is beautiful. To have an entire organization cheering you on is profound." Kristin Frank, ATS Client & Employee*

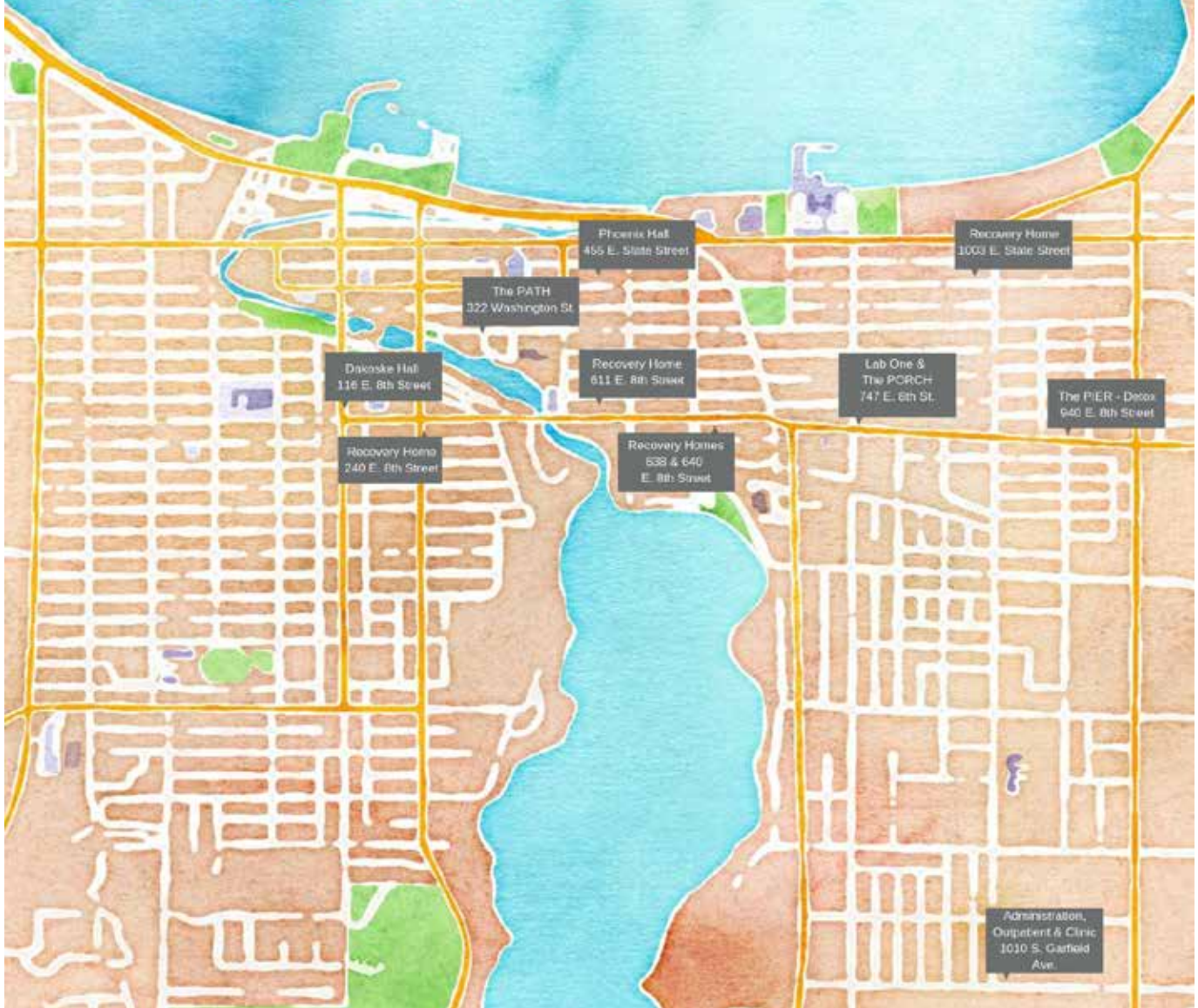
## HOPE HAPPENS HERE

ATS offers a full range of programs and services designed to give you the absolute best resources for taking control of your life. We can help you get through and far beyond your addiction: from detox to residential programs to transition housing to outpatient services and more.

Recovery is an extremely personal and emotional journey, and we make sure that our clients' individual needs—both mental and physical—are addressed with unique, evidence-based care.

# WHAT WE OFFER

## Addiction Treatment Services Buildings & Programs



Instead of focusing on addictions themselves and following rigid recovery plans, we focus on our clients' individuality and strength, and we help each person harness that strength to build a distinctive will to overcome addiction. Instead of focusing on clinical support only, we provide community support to help people build recovery skills and thrive. We empathetically support clients every step of the way, including after services are complete.

- The PIER - Detox for Drugs and Alcohol
- Residential Services for Men and Women
- Recovery Homes for Men and Women
- Outpatient Services
- Intensive Outpatient
- Lab One Drug Testing
- Assessments
- The PORCH - Community Resource Center
- Treatment Groups
- Therapy
- Medication-Assisted Treatment

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## RETHINKING ADDICTION CREATING CHANGE

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In 2018, Addiction Treatment Services presented the 2nd annual "Rethinking Addiction" conference at the Dennon Museum Center in Traverse City. This year's conference focused on building solutions for treatment and recovery, and driving change in the greater Grand Traverse region.

We brought nationally-recognized speakers Ryan Hampton, author of "American Fix", Maya Doe-Simpkins, and Austin Eubanks, Columbine Survivor, to share their knowledge, experience, and solution-focused approaches to driving change around the areas of addiction and recovery.

Each presentation was vastly different and gave attendees the opportunity to learn about the unique experiences that presenters have had working in the field of addiction and recovery.

Ryan Hampton discussed his experience as a former opioid addict and what we can do as a nation to make changes and end the epidemic.

Maya Doe-Simpkins discussed harm-reduction protocols and their role in reducing drug use and supporting addicts where they are - a vital and realistic approach to recovery.

Austin Eubanks, a Columbine survivor, discussed the role that trauma played in his addiction, and how emotional pain can often be unaddressed in situations where physical pain is the first factor to be controlled.

Each presentation drove important conversations in our break-out sessions. During those sessions, we learned the things that our community is doing well as a treatment and recovery community, and we also learned about opportunities for growth and change.



*Photo left*

*Ryan Hampton, signing copies of his book, "American Fix" for attendees of "Rethinking Addiction"*

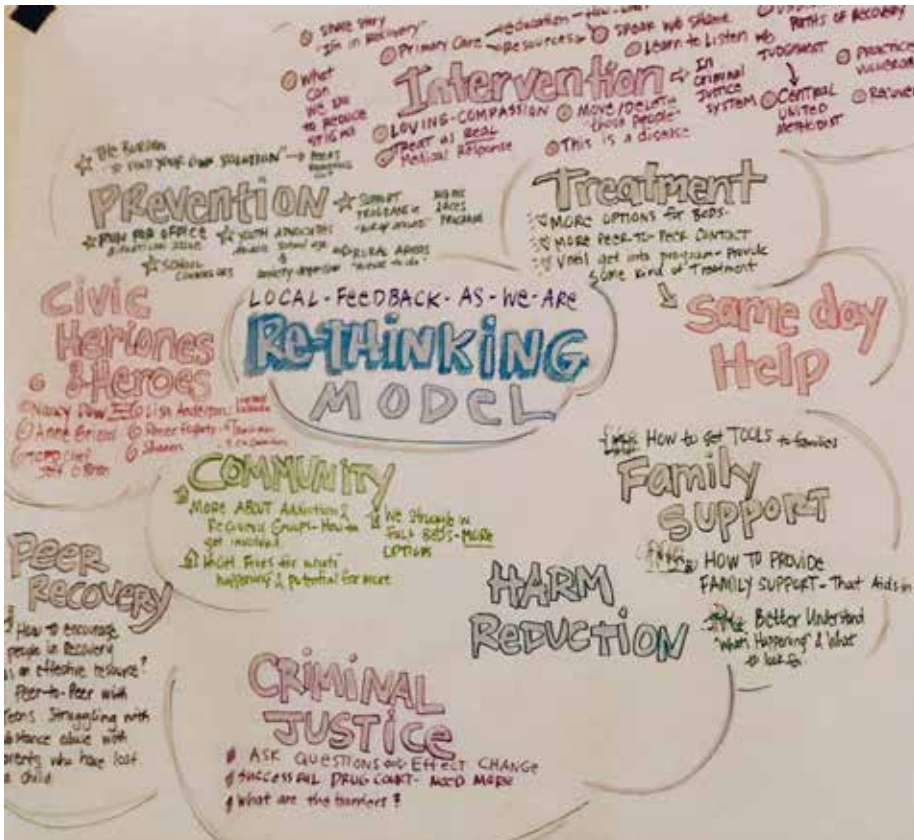
*Photo top right*

*Austin Eubanks, Columbine survivor, discussing addiction and recovery after emotional trauma*



# RETHINKING ADDICTION WHAT WE LEARNED

Rethinking Addiction isn't just about creating change in our community. It's about learning what works and what doesn't in our region. Knowing our strengths and weaknesses helps to guide our efforts and shape strategies, treatment options, and recovery supports that truly make a difference in our community.



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**The opposite  
of addiction  
is perception.**

By normalizing addiction and increasing treatment options, new understanding, multi-need approaches, and communication, we can change the way [communities] think about addiction. Suffering from addiction is not a crime. We need to humanize addiction for both those suffering and those affected by this disease.

-Ryan Hampton, author of  
"American Fix"

*Photo top right*

Graphic Recording done by Penny Kreibel during the opening of "Rethinking Addiction"

*Photo left*

Graphic Recording done by Lindy Bishop during breakout sessions of "Rethinking Addiction"

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## DONOR IMPACT

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**2017 Donations = \$27,998**

**2018 Donations = \$37,449**



ATS Overdose Prevention Kit

Addiction Treatment Services does not run annual giving campaigns or solicit donations to do our work. Any donation made to our organizations goes directly toward making a difference in our community by providing direct outreach.

In 2017, the loss of Michael Hertler, Alex Grizzel, and Dana Hendrickson brought the opioid crisis to the forefront in our community. The family and friends of these young people lost too soon had their memorial donations directed toward ATS. The generosity of these gifts allowed us to take action in a way we hadn't before.



Grizzel's Game in February 2018

We started small: first purchasing 200 naloxone kits to make available, for free, to anyone who thought they may need this life-saving drug to prevent an overdose death. The demand was great, and since late 2017, we have been able to provide more than 350 kits to our community. These kits have saved lives.

We also knew we needed to expand our outreach and work with more people in our community to reduce stigma and educate about the disease of addiction. Grizzel's Game, in February of 2018, honored Alex Grizzel and raised over \$21,000. All proceeds were donated to ATS. We used these proceeds to create a discussion guide and community outreach that mirrored the East Middle School documentary, "Predator & Prey". Together with the family and friends of Alex, and others, this documentary has been shown to thousands in our region and beyond at community organizations, clubs, schools, conferences and more.



Predator & Prey Discussion Guide

ATS continues to use funeral and other donations to educate our community. Because of these generous donations, we're creating a stronger, better educated, and more supportive recovery community. Because of you, **HOPE HAPPENS HERE.**

*Thank you, Donors!*

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## GRANTS & AWARDS

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In November 2018, Addiction Treatment Services received an "Impact 100" grant for \$123,500 - a huge investment in our organization chosen by our community. We are humbled and grateful.

Grant funds will be used to expand the efforts of The PORCH (Providing Opportunities for Recovery & Community Health), which has the potential to be the first community-based effort to address the public health crisis of addiction with comprehensive, evidence-based, multi-systematic strategy. Most of the grant funds will go toward initial capacity building to upstart the innovative type of community center that allows people to access treatment when they need it, instead of waiting weeks.

In collaboration with numerous partners, we embed reimbursable services alongside other services like yoga, meditation, social events, and bio-feedback. We will work to educate family members on how to navigate this disease, create a toolkit for our community and provide training to community stakeholders. Additionally, we plan to implement drug-free workplace strategies, incubate and support community collaborations, gather youth to develop programming that speaks to peers, and cultivate an army of peer-recovery coaches.

In short, the impact of this project is that lives will be spared, families will remain intact, fewer babies will be born addicted, and the overall health of our region will improve. This project is huge in scope and powerful in impact. It is a true place-based approach that engages all sectors of our community.



Left, Residential Program Director, Matt Zerilli, Right, CEO, Chris Hindbaugh



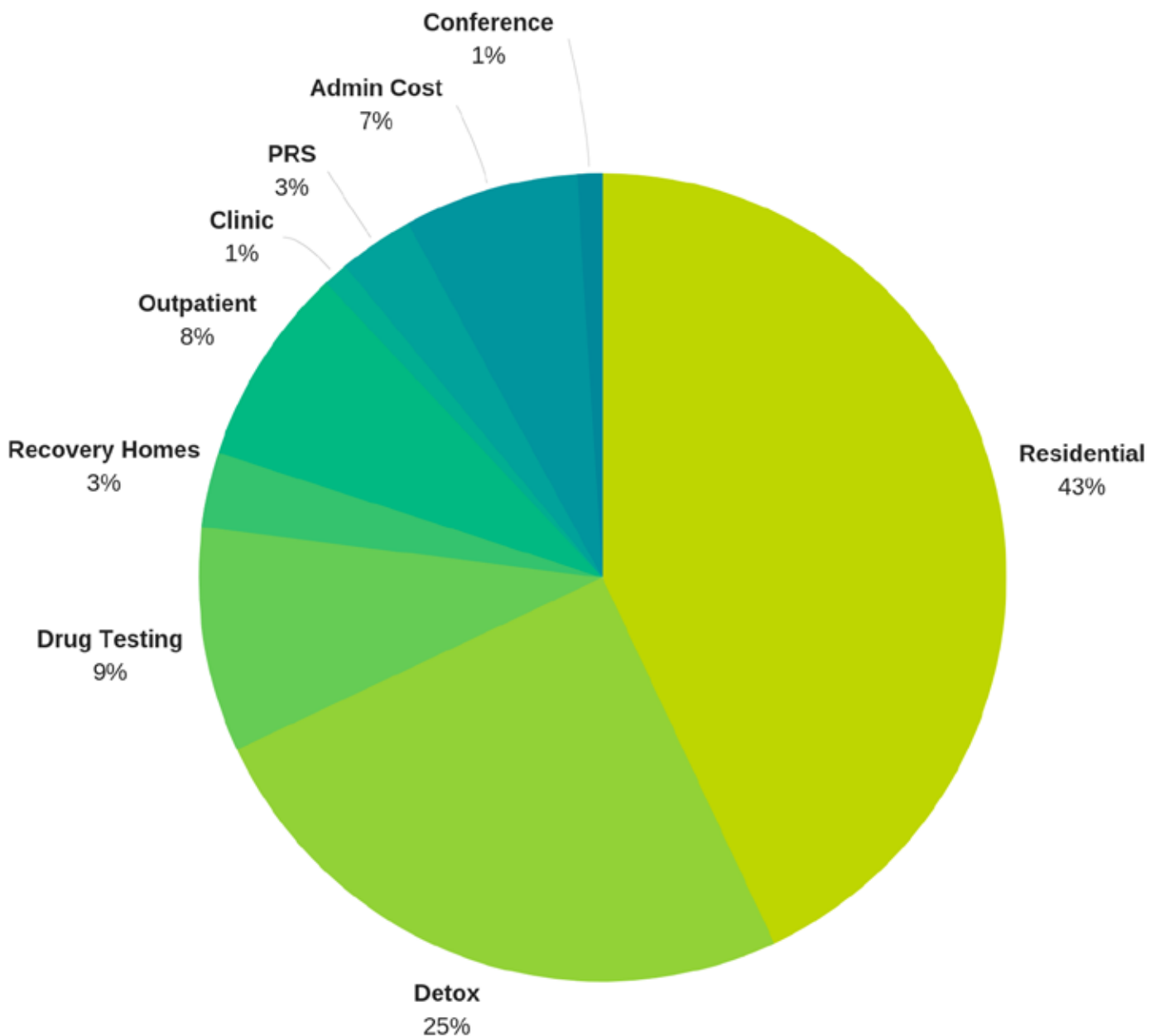
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## FINANCIAL INFORMATION

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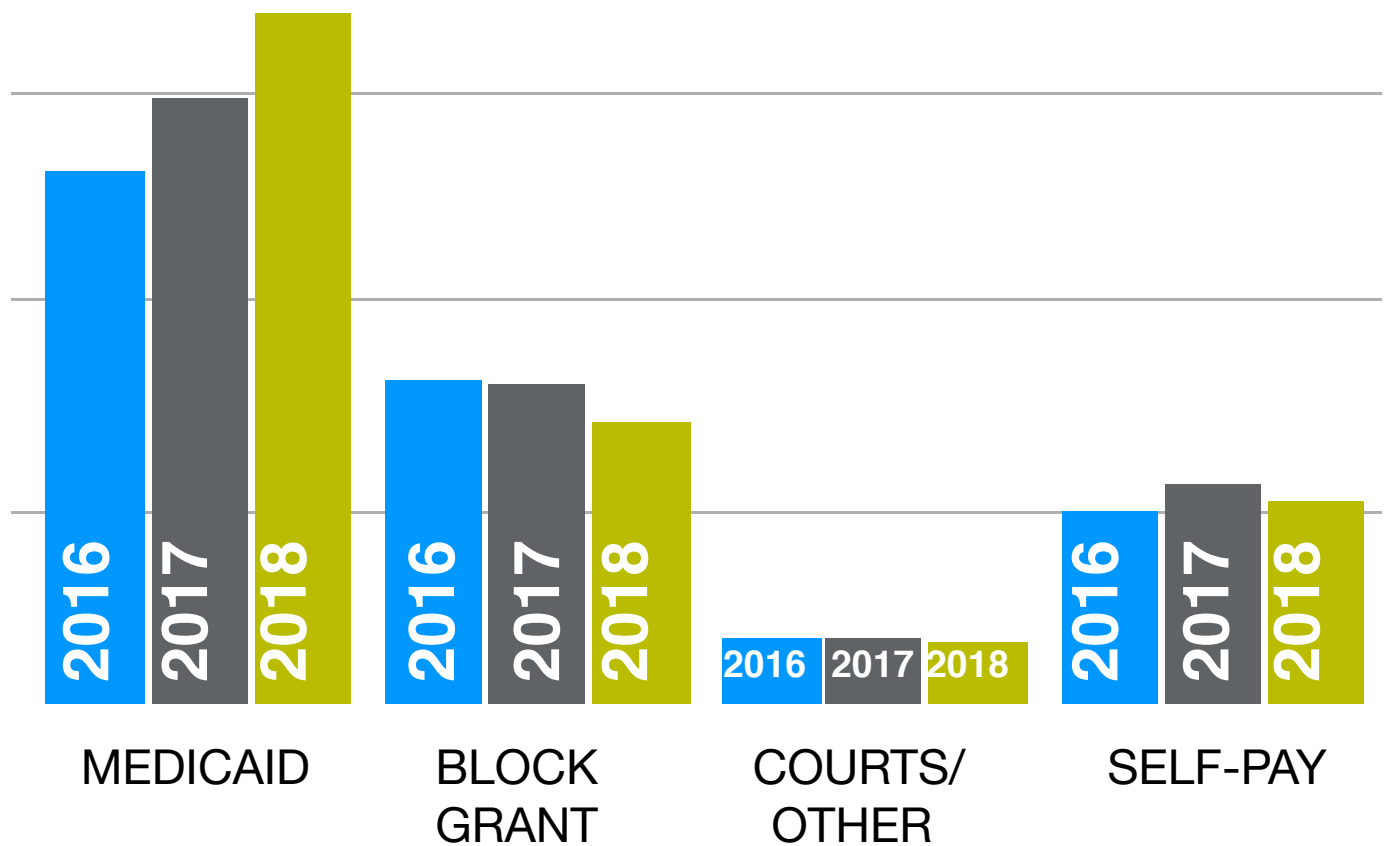
As a nonprofit organization, Addiction Treatment Services is committed to being good stewards of every dollar recieved, no matter the source. We invest in our clients and work to provide the best care possible for those who need it. 2018 expenses and costs are reflected below.

### 2018 ATS EXPENSES & COSTS



## 2016 - 2018 ATS REVENUE COMPARISON

Source	2016	2017	2018
Medicaid	\$1,962,658	\$2,216,698	\$2,528,624
Block Grant	\$1,212,303	\$1,205,618	\$1,066,142
Courts/Other	\$295,310	\$293,242	\$275,611
Self-Pay	\$740,613	\$846,862	\$790,562





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**ADDICTION TREATMENT SERVICES**

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