

Hazelden Foundation 2008 Community Benefit Report

In meeting Hazelden’s commitment to our mission and the underlying charitable purpose of our organization, we invest our time, financial resources and energy helping people and communities understand and deal with addiction as a treatable disease, and spread the word that recovery is possible. “Be of service” is an integral part of the values of Hazelden, and we work to demonstrate that value in a variety of ways.

Patient Aid

Perhaps the most obvious way Hazelden meets our commitment to the community is by providing treatment services to individuals and families who seek and qualify for care but are unable to pay the full cost. Our patient aid awards totaled \$5,340,000 in 2008. Our patient aid policy provides that Hazelden will annually establish a target amount of aid based on our actual net adjusted patient service revenue. Patient aid was awarded in 2008 as follows:

Center City	\$3,097,000
Chicago	\$97,000
New York	\$31,000
Plymouth	\$666,000
Springbrook	\$984,000
Mental Health	\$115,000
Renewal	\$172,000
Fellowship	\$179,000
Total	\$5,340,000

Graduate School of Addiction Studies

The Graduate School of Addiction Studies is dedicated to preparing future leaders in addiction counseling through the Master of Arts in Addiction Counseling and the Certificate in Addiction Counseling programs. The school offers a full scholarship each year to a student from Chisago County Health and Human Services. The school also provided approximately 7,550 hours of clinical services by student interns at agencies specially designed to reach underserved and economically disadvantaged populations.

Forty-seven students graduated with master degrees from the school in 2008, and eleven addiction counseling certificates were awarded. All members of the class of 2007 who sought careers in the addiction treatment field found employment in their home communities, or at regional or national treatment agencies. Faculty and graduate school leadership speak to local and national audiences on a broad range of addiction, treatment and addiction counseling topics.

Butler Center for Research

The Butler Center for Research is dedicated to improving recovery from addiction by conducting clinical and institutional research, collaborating with other research centers, and communicating scientific findings.

It is the center’s vision that sustained recovery for all who seek help will be achieved through advancements in knowledge and integration of research into practice. To this end, the staff of the Butler Center for Research conduct research with sound scientific integrity, work to advance innovation and research inquiry, and promote objectivity and data-driven decision-making.

Among the department’s many activities in 2008:

- As part of Hazelden’s commitment to evidence-based practice, 24 projects were conducted to inform clinical care and academic programming, identify treatment needs, drive data-based decision making, contribute to outcomes initiatives, and add to the field’s knowledge of addiction treatment. Over 20 additional projects were continued into 2009.
- The Huss Research Chair on Older Adults is a collaborative initiative that allows Hazelden researchers to partner with leading experts on older adults with addiction. Two critical studies have been designed and conducted thus far examining the unique characteristics and treatment needs among this vulnerable and under-studied population. Extensive data analyses--and the subsequent dissemination of findings to professionals, the public, and others--was the main focus in 2008. In addition to dissemination, critical findings have been incorporated into Hazelden’s clinical practices to provide the best possible chance of recovery to those with alcohol and/or drug dependence. Planning is underway for the next large-scale Huss Chair project that will continue to build upon the relevant findings discovered thus far.
- A significant study on the neurobiology of stimulant addiction and recovery among young adults was launched in November of 2008. This exciting project is conducted in partnership with scientists at the University of Minnesota’s Department of Psychiatry and Center for Magnetic Resonance Research.
- A new study on the role of spirituality in abstinence and recovery from substance dependence was also launched in 2008 with over 60 adult participants recruited by year-end. This intriguing project will examine how changes in gratitude, resentment, and self-centeredness are related to spiritual development and set the stage for ongoing recovery.
- Enrollment of participants in the Youth Treatment Process study was completed in 2008 and follow-up data collection continued. Specifically, 388 follow-up interviews were completed with participants. Data are being prepared for analyses. This important project seeks to identify and understand the mechanisms by which young people affiliate with treatment, affiliate with the Twelve Step philosophy and groups, and find and sustain recovery.
- Over 34,000 issues of Research Update were disseminated to professionals, educators, students, and others. These two-page summaries of scientific findings from the field of addiction treatment research are provided at no cost as a community benefit to policymakers, treatment professionals, and the public at large.
- The annual Dan Anderson Research Award honors a scientist whose published work significantly advances the field’s knowledge of addiction recovery. The 2008 award recipient, Markus Heilig, M.D., Ph.D. of the National Institute of Alcohol Abuse and Alcoholism (NIAAA), Bethesda, MD is recognized for his study titled, “Neurokinin 1 receptor antagonism as a possible therapy for alcoholism,” published in a 2008 issue of Science.

Professionals in Residence

Hazelden’s Professionals in Residence program (PIR) trains professionals across the country to recognize and respond appropriately to people with substance abuse problems and addiction. Participating professionals represent a variety of disciplines, including medicine, nursing, psychiatry, psychology, family therapy, school guidance counseling, employee assistance professionals, probation and corrections, clergy, and others. In 2008, 475 professionals participated in PIR programs, including 326 people at Hazelden’s Minnesota sites, 134 in New York and 15 at Hazelden Springbrook.

Center for Public Advocacy

Hazelden's Center for Public Advocacy exists to improve public understanding of alcoholism and drug addiction by serving as a leading national expert on issues related to addiction, treatment and recovery. Their public advocacy and education efforts expand public awareness of addiction as a disease and that recovery is possible at the grassroots, state and federal levels and support effective public response to addiction issues. This includes ongoing health care reform, ending discrimination against addicted and recovering people, coalition building and putting a face on recovery.

Hazelden's advocacy efforts, along with many others for the past 13 years, resulted in the unprecedented passage in October of the Paul Wellstone and Pete Domenici Mental Health and Addiction Equity Act, which ends discrimination by insurance companies against people who need addiction treatment.

Hazelden took the lead through the Center for Public Advocacy and sponsored a forum to develop a collective voice to represent the field of addiction treatment and its needs in future discussions on health care reform. To initiate this effort, the Center for Public Advocacy invited leaders in the addiction treatment field to a forum on the Center City campus. The Hazelden Foundation Board of Trustees has asked that this become a bi-annual event, and the December forum was the first of a series titled One Vision, One Voice.

Leaders and educators representing public policy, national trade associations, heads of government agencies and executive staff from treatment facilities similar to Hazelden attended as well as Hazelden trustees, several key Hazelden constituents, donors and senior staff. The day concluded with a dinner honoring retiring Minnesota Rep. Jim Ramstad as the recipient of the first ever Hazelden Leadership Award given by the Center for Public Advocacy.

William Moyers actively "carried the message" of hope for recovery from addiction at several speaking engagements throughout the U.S. and media interviews to raise awareness for Hazelden.

Under the direction of the Hazelden Speakers Bureau, 51 employees presented to more than 14,000 attendees at 142 events in 16 states and Washington D.C. on a broad range of subjects including drug trends, prevention, treatment advances and dual diagnosis. This includes more than 2,000 people who attended Hazelden's Women Healing conferences in five cities. Addiction Forums throughout the United States were attended by 560 professionals. Another 225 attended Youth Workshops and Conferences in the Twin Cities.

Hazelden New York continued its popular Friday Series, which offers free experiential recovery workshops for professionals, including psychotherapists, clinicians, social workers, counselors and EAP providers – over 200 attended in 2008.

Community Relations Services

Through its community relations services, the Hazelden Visitors Program in Center City scheduled and conducted 156 tours for 1,021 individuals. Volunteers at facilities in Minnesota, Illinois, New York and Oregon donated 10,768 hours valued at \$202,116

Educational scholarships from Hazelden were awarded totaling \$5,200 to students at six high schools in the Twin Cities and the surrounding Center City area.

Hazelden continues its involvement with the efforts of the Partnership for a Drug-Free Chisago County, providing expertise from staff, hosting meetings and allowing staff to serve on the organization's board.

Hazelden Publishing

Hazelden Publishing is the nation's leading publisher of bibliotherapy materials (books, literature, and audio/video) for individuals who are in recovery or suffer from addiction, and of treatment and prevention curricula for professionals to use with their patients and students and for related training. Much of this material would not be published and available to consumers if it were not produced and distributed by Hazelden as part of its mission because of its limited appeal to mainstream publishers. Publishing materials also go to underserved populations, including many customers in the community treatment, faith-based and corrections markets. In 2008, through its BookAid program, Publishing sent 35,922 products reaching the lives of over 200,000 people through 101 libraries to underserved programs and institutions. An author anonymously donated \$5,500 dollars in gratitude for getting their book to this population. The retail cost of the BookAid items totaled \$574,750.

Hazelden began training for 200 Navy and Marine substance abuse counselors and directors in late 2008 that will continue through September 2009. Each group has the opportunity to receive up to five items from BookAid. Several people from transition homes and sober living residences who are unemployed have traveled to Hazelden one day a week to help fill the BookAid requests. All are encouraged to take product with them when they leave. BookAid continues to donate to several local Drug Courts with very positive results. Several Hazelden staff were invited to observe a day at the drug court in St. Croix County. They use their BookAid donations as "incentive gifts." Other drug courts in Ramsey County received donations in 2008, as did several countries, including Uganda, India, and Tibet.

Hazelden Web site

Hazelden's Web site at hazelden.org recorded nearly three million visits in 2008. Through the site, Hazelden touched the lives of over 85,000 people every day in 2008 with our free daily inspirational email, Today's Gift. The recipients share these emails with thousands of other people. In addition, through free electronic iCare Cards and eMedallions, thousands of people were able to offer supportive messages to friends and loved ones.

Contact Center

In 2008, there were 159,739 calls and 6,565 online inquiries received by Hazelden's Contact Center from people seeking information, assistance and products related to addiction issues. Part of the Contact Center's work is connecting people to the help they need, including products, services and free informational publications. If they are not appropriate for care at Hazelden, the Contact Center searches its database of more than 30,000 agencies to help find one that fits their needs.

Alive and Free

Hazelden distributes a free newspaper column called Alive and Free that offers current information and advice about substance abuse prevention, treatment, and related issues. In 2008, a total of 26 columns were distributed to more than 200 news organizations with an audience of two million people in the United States.