

# The Hazelden Betty Ford Foundation 2023 Community Benefit Report

To meet our commitment to the mission and underlying charitable purpose of the Hazelden Betty Ford Foundation, we invest time, financial resources and energy in helping people and communities understand and address addiction as a treatable disease, and we spread the word that recovery is possible. “Be of Service” is an integral core value that we demonstrate in a variety of ways.

## Patient Financial Assistance

Perhaps the most obvious way we meet our commitment to community is by providing treatment services to individuals and families who seek and qualify for care but are unable to pay the full cost. The Hazelden Betty Ford Foundation’s policy is to annually establish a target amount of patient financial assistance. In 2023, charity care costs were approximately \$5,558,000.

## Hazelden Betty Ford Graduate School

The Hazelden Betty Ford Graduate School prepares future leaders in addiction counseling through two available degrees: Master of Arts in Addiction Counseling: Advanced Practice and Master of Arts in Addiction Studies: Integrated Recovery for Co-Occurring Disorders. The school emphasizes public engagement as a means of serving constituent communities. In 2023, students provided approximately 40,800 hours of clinical services at agencies reaching underserved and economically disadvantaged populations.

The school offers a full scholarship each year to a student who works at Chisago County Health and Human Services, and we provide continuing education to these Chisago County professionals at no cost. In 2023, 44 students graduated from the school with master’s degrees. Overall, more than 92% of graduates who seek careers in the addiction treatment field find employment in their home communities or at regional or national treatment agencies. Faculty and graduate school leaders participate in public service events throughout the United States and make research, educational and scholarly contributions to the field of addiction treatment.

## Butler Center for Research

The Butler Center for Research (BCR) is dedicated to improving recovery from addiction by conducting clinical and institutional research, program evaluation and quality improvement, collaborating with other research centers and community-based organizations, 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 meaningful research into practice.

### In 2023, the BCR participated in the following activities:

■ **The VIOP Study.** At the time of the global novel coronavirus pandemic, very little was known about the efficacy of virtual group services for addiction. As a result, BCR scientists undertook an evaluation of HBFF’s intensive outpatient and partial hospitalization virtual services rollouts to better understand what type of patients benefit from in-person or virtual addiction care. Findings from this study have already helped inform Hazelden Betty Ford’s approach to providing virtual care as a viable alternative to some in-person services, and have resulted in three (two published in 2022, one published in 2023) published journal articles to date:

- “Virtual and in-person intensive outpatient treatment for substance use disorders: Associations between clinician-level factors and patient outcomes” This original research evaluated meaningful links between clinician-level factors and patient outcomes in patients who virtual and in-person intensive outpatient services. This study was published in *JMIR: Human Factors* in 2023
- “In-Person versus Telehealth Substance Use Treatment: An Ecologically Valid Comparison” included a description of the VIOP study, and detailed the similarities and differences between patients in in-person, hybrid, and virtual intensive outpatient. The study was published in *JMIR: Formative Research* in 2022.
- “Telehealth Services for Substance Use Disorders during the COVID-19 Pandemic: Longitudinal Assessment of Intensive Outpatient Programming and Data Collection Practices” showed that at three-month follow-ups, self-reported outcomes related to resumption of substance use, quality of life and well-being were similar for patients in in-person or virtual IOP, **which suggests virtual outpatient care for the treatment of SUDs is a feasible alternative to in-person only programming.** This study was published in *JMIR: Mental Health* in 2022.

### Other innovative research findings published in 2023 with BCR authors include:

- “High-intensity drinking and hours spent drinking.” High-intensity drinking (HID) is associated with negative consequences, but it remains unclear whether a time qualifier (i.e., time spent drinking) is needed to identify individuals at highest risk. To improve the measurement and conceptualization of High-intensity Drinking (HID), this study examined the utility of adding a time qualifier to define what constitutes an occasion of HID using repeated daily surveys in a sample of young adults. These findings were published in *Alcohol: Clinical and Experimental Research*.
- “The moderating role of mental health on the association between COVID-related stress, isolation, and economic hardship and using substances to cope.” Published in *Preventive Medicine Reports*, researchers examined whether the relationship between COVID-related stressors and using substances to cope with COVID-related social distancing and isolation was moderated by depression and anxiety among young adults.
- “The protective effects of developmental assets on internalizing symptoms among youth impacted by parental incarceration.” This study sought to investigate the protective quality and effects of developmental assets, such as empowerment, positive identity, and social competency, on the negative consequences of youth who have been impacted by parental incarceration. These findings were published in the *Journal of Child and Family Studies*.
- “Response to “commentary on ‘increased nicotine vaping due to the COVID-19 pandemic among US young adults: Associations with nicotine dependence, vaping frequency, and reasons for use’”.” This commentary, published in

Preventive Medicine, provided a evidenced-support response to claims made in a previously published study.

- “Feasibility of mailed biomarker data collection among U.S. young adults: Saliva-based cotinine and self-reported nicotine use.” The current study examined whether young adults in a national sample would be willing and able to provide a saliva sample via mail, and the correspondence of cotinine in the saliva sample with self-reported vaping and smoking. Findings are published in *Drug and Alcohol Dependence*.
- “Nonpartner violence perpetration among emerging adults: Associations with polysubstance use and trait mindfulness.” Published in *Psychology of Violence*, this cross-sectional study examined the association between substance use, trait mindfulness, and violence perpetration outside of romantic relationships, utilizing a compensatory model of resilience.

#### Research collaborations with other industry leaders expanded in 2023 and included:

- In partnership with **Spark Biomedical**, the BCR continued the **RESTORE study, funded by the National Institutes of Health HEAL Initiative**. This multi-site randomized clinical trial will examine how tAN (transcutaneous auricular neurostimulation) therapy, delivered by an FDA-approved and -cleared non-invasive wearable device worn behind the ear, can improve relapse prevention for individuals with opioid use disorder. Recruitment first began in 2022 and will continue across the Betty Ford Center, Center City, MN, and Plymouth, MN sites well into 2024. Findings from this study will ultimately help people stay engaged in their care, avoid returning to use and sustain their recovery, while contribute to one of the many safe, effective clinical treatment options for those struggling with opioid dependence.
- The BCR continued their **multi-year collaboration with the Mayo Clinic. Funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA)**, Mayo & BCR researchers completed recruitment and data collection for this project examining the use of acamprosate, an FDA-approved medication targeting alcohol craving. This research study aimed to identify biomarkers that may predict patient response to the use of the medication, with the hope of finding new genes linked to alcoholism treatment response. The project which first began in 2019 ended recruitment and data collection in 2023. Of the total 378 patients who volunteered to participate, 308 were recruited from HBFF. Findings from this study aim to be published in 2024 and will contribute to advancing precision addiction medicine and inform substance use treatment on a national scale.
- In collaboration with the **Recovery Research Institute at Harvard Mass General**, BCR began recruitment in 2023 for a research study funded through the **National Institutes of Health (NIH)**. This project will examine the role and influence of social identity and social networks in the development of recovery capital and substance use outcomes for adolescents with alcohol or other drug use disorder. Recruitment will continue into 2024. Future study results will contribute to researchers and clinicians understanding of adolescent-specific recovery journal and the unique factors that help or hinder successful treatment and sustainable recovery.
- BCR scientists continued their partnership with **Virginia Commonwealth University researchers on a NIAAA grant-funded study, “Genes, Addiction, and Personality” (GAP)**. This research is part of a national genome-wide association study to learn more about the relationships between personality, mental health, substance use and genes. Data collection first began in 2018, continued in 2023 and will be ongoing in 2024.
- The BCR continued to support University of Minnesota in 2023 through recruitment efforts of the **Healthy Brain and Child Development Study, a national research project funded through NIH Heal Initiative**. This study will recruit a large cohort of pregnant individuals and follow them and their children through early childhood in efforts to better understand prenatal and postnatal

exposure to environmental conditions and help identify resilience factors that may mitigate adverse outcomes.

#### Other Service and Public Outreach

Drs. Ngo, Braughton, and Parks developed and presented in national and local conferences, on-demand webinars, and participated in public radio panels and industry leader podcasts in 2023 on emerging research for professionals, researchers, educators, and alumni. In addition, Drs. Ngo, Braughton, and Parks actively engaged in service and public outreach initiatives through advisory board membership, state grant review panel, peer review for scientific journals and grants, and Dr. Parks remains an associate editor for the scientific journal, *Preventing Chronic Disease*.

Lastly, the BCR continues to curate and disseminate free Research Updates, or brief summaries of scientific findings, at [HazeldenBettyFord.org/Research-Studies](https://www.hazeldenbettyford.org/research-studies).

#### Medical and Professional Education

The Professionals in Residence (PIR) program and the Summer Institute for Medical Students (SIMS) give medical students, residents, health care and legal professionals an in-depth experience with the dynamics of the disease of addiction. Intensive one-week programs blend classes presented by Hazelden Betty Ford Foundation physicians and expert clinicians with time spent interacting with patients and staff on residential and day treatment units. Participants learn about the latest research and evidence-based methods from our multidisciplinary faculty.

A rotation on addiction for psychiatry, family medicine and internal medicine residents is available in Minnesota and California. A one-year ACGME-accredited Addiction Medicine Fellowship is available at the Betty Ford Center in Rancho Mirage, California, and a Course on Addiction and Recovery Education (CARE) is available worldwide. The Minnesota, California and Oregon sites offer customized programming for larger groups. In 2023, our Medical and Professional Education programs trained a total of 338 participants.

#### Public Advocacy

By informing public audiences and key stakeholders about important issues, Hazelden Betty Ford seeks to diminish public stigma related to addiction and improve the formulation of policy at its earliest stages. Through its advocacy, the Foundation also supports each Hazelden Betty Ford facility, its employees and other interested stakeholders by responding to requests and providing information on relevant federal, state and local issues and legislation.

At the federal level, Hazelden Betty Ford continued contributions to the Partnership to Amend 42 CFR Part 2, a coalition that advocates for aligning conflicting federal laws related to the sharing of medical records to allow appropriate access to patient information that is essential for providing whole-person care. Additionally, Hazelden Betty Ford advocated for policy changes to improve access to quality prevention, treatment and recovery-related resources.

At the state level, Hazelden Betty Ford met and communicated with policymakers in California, Florida, Minnesota, New York, Oregon, and elsewhere related to organizational priorities to expand services to people across the country. The firm Fredrikson & Byron, P.A., was retained to help with lobbying efforts in Minnesota.

Hazelden Betty Ford’s advocacy leaders sponsored or provided speakers for numerous events in 2022 and distributed a monthly Advocacy Update email to a national list of subscribers, while also producing blogs and audio-video content, providing or securing media interviews to

support its advocacy agenda, and generating thousands of social media impressions and website visitors. The Foundation regularly receives requests for information on addiction, treatment and recovery issues from policymakers, the media and the public. By serving as a reliable resource to many, the Foundation was able to influence policy and public attitudes in diverse ways.

Through its advocacy, Hazelden Betty Ford provides a leading and trusted voice on emerging topics and public policy issues related to addiction and mental health, and facilitates conversation among those in recovery, those still suffering and society-at-large. The Foundation is and will remain committed to smashing stigma, shaping public policy and educating people everywhere about the problems of addiction and the promise of recovery.

## The Children's Program

The Hazelden Betty Ford Children's Program provides both virtual and in-person prevention and education services to children and families with addiction. Programs are located in California, Minnesota and Colorado. The program hosted 77 total programs and served 461 children both virtual and in-person. Virtual programming includes a two-day initial Virtual Children's Program, Stage II and caregiver workshops. The traditional in-person program is a 4-day comprehensive program that includes caregivers. An additional 1,460 children received support through virtual and in-person continuing care offered weekly on Wednesday evenings for alumni of the Children's Program. No child has ever been turned away because of lack of financial ability to pay: All of the virtual participants attended at no cost, due to the generous donations received through philanthropic support.

Collectively, the team provided program information and training through meetings, webinars and conferences to over 10,000 professionals and community members.

Additionally, the Children's Program continued to provide its Holiday Hotline over the winter break. In 2023, the Hazelden Betty Ford Foundation provided multiple phone numbers and added additional Children's Program staff to continue the tradition and serve even more children across the nation.

## Community Education

The Hazelden Betty Ford Foundation continued to deliver both virtual and in person events to our alumni and the recovery community. Between alumni events and live and recorded webinars, we reached more than 848,000 people.

Our Speakers Bureau helped place the organization's many spokespeople at events, with 87 different employees delivering 130 presentations in 44 locations, as well as virtual presentations available globally.

We also provided education and support at our free, open-to-the-public Caring Families groups, held online twice weekly for the Florida community.

## Community Relations

Educational scholarships from the Hazelden Betty Ford Foundation totaling \$5,200 were awarded to students at six high schools in the Twin Cities and Center City areas of Minnesota, as well as two western Wisconsin high schools.

In addition, we sponsored community events celebrating recovery including:

Plymouth Fentanyl event: What You Need to Know – January

MN Wild Recovery Night – January

Twin Cities Pride Festival – June

Gay & Sober NYC Pride week event – June

Mobilize Recovery – Washington – September

Sober Tailgate – St. Paul – September

She Recovers – Chicago – September

Sober Scene – St. Paul – October

Minnesota Recovery Connection Walk – September

Oregon Recovers Walk for Recovery – September

Palm Springs Pride – November

## Hazelden Publishing

Hazelden Publishing is the leading publisher of state-of-the-art resources for preventing, treating and managing addiction and closely related issues. Translating research into practice, we help organizations treat the whole client by offering information, guidance, tools, and support to meet their unique needs. Our publications continue to provide inspiration, guidance and encouragement to millions around the world every day. In 2023, Hazelden Publishing generated 27 new publications, nine new distributed products, one new e-book, one new translation right, two new subscriptions, 16 new and refreshed trainings, three new videos, and six new licenses. If not for our mission and commitment, much of this material would not be published and available to consumers because of its limited appeal to mainstream publishers. Hazelden Publishing's materials also reach underserved populations, including many customers in the community treatment, faith-based and corrections markets. Additionally, through its BookAid program, Hazelden Publishing sent out book packages that reached people through libraries that serve programs and institutions in need. BookAid resources were sent to individuals and organizations in the United States and around the world.

In 2023, Hazelden Publishing published the first volume of the fourth and newest edition of *The ASAM Criteria*, the comprehensive set of guidelines empowering behavioral health professionals to develop holistic, person-centered treatment plans for patients with addiction and co-occurring conditions. Available in both digital and print versions, *The ASAM Criteria's* digital edition brings the full value of the guidelines to life in an engaging and accessible interface with an intuitive, user-friendly design and practical features that make it an essential tool for professionals, helping them elevate care and increase rates of reimbursement. Hazelden Publishing also offered trainings to help organizations effectively implement *The ASAM Criteria*.

Hazelden Publishing's Training and Consulting Solutions team transforms organizational systems and culture, empowering educators and providers in health care, treatment and social services to deliver evidence-based, best-practice services throughout the continuum of care. The Building Assets and Reducing Risk division—a strengths-based program that provides schools with a comprehensive approach to meeting the academic, social, and emotional needs of all students through training and coaching—trained schools in 14 states 2023, impacting the lives of 9,900 educators in a diverse range of communities. In addition, our Prevention Solutions division delivered intensive education to over 61,000

students across 34 states and 17 countries. Consultants and trainers in the Clinical and Medical Solutions division reached more than 3,000 professionals in 26 states in 2023, addressing stigma associated with addiction and helping communities embrace recovery as the expectation. Finally, our Summer Institute for Medical Students and Professionals in Residence programs—both managed within the PECS division of Hazelden Publishing (see more under the Description of Program Service Three). For yet another year, the Training and Consulting team is empowering professionals to be agents of hope and healing.

## Web and Social Networks

**HazeldenBettyFord.org** had 8.6 million sessions in 2023. “Thought for the Day” remained the most popular feature on the website, with 1.1 million visits. “Thought for the Day” provides daily inspirational readings from one of five Hazelden Publishing meditation books.

More than 3.5 million people from 259 countries visited the website seeking information on a variety of addiction-related topics, including treatment, recovery, education, public advocacy and products in our online bookstore. Seventy-one percent of all visits to the hazeldenbettyford.org website were from a mobile device. Twenty-six percent of sessions were from a desktop or laptop computer and only two percent were from a tablet.

Hazelden Betty Ford produced 53 new episodes of the award-winning Let’s Talk Addiction & Recovery and Recovery Equity educational podcast series, which generated 562,100 engagements and 141,367 downloads; since July 2018, total podcast engagement is nearly 1.9 million worldwide. More than 259 Recovery Road episodes have been created with helpful excerpts from leading authors in addiction recovery and mental health, surpassing well over 363,500 downloads since the podcast began in May 2020 to provide support during the early days of the pandemic.

Mobile apps provided free of charge between March 2020 and January 2023 had over 354,000 downloads in that time with nearly 95% of reviews rating the apps with four stars or higher. Weekly Living in Recovery emails continued in 2023, reaching out with nearly five million emails that shared helpful resources, news, and tools to help alumni and those in recovery continue their healing journey. Almost 18 million Today’s Gift daily email meditations reached inboxes with a 77% open rate.

**TheDailyPledge.org** is an online support community for people in recovery and those who care about them. It is provided free of charge by the Hazelden Betty Ford Foundation. The Daily Pledge is built around the idea of pledging to stay sober one day at a time. It also offers chat recovery meetings, forum-style discussions, and other ways for people to interact and support each other in recovery.

Traffic to the site remained steady in 2023. Total users reached about 24,000 with over 75,000 page views. The community offered more than 600 meetings during the year with an approximate attendance of roughly 1,500 participants. Total daily pledges made during the year came in at about 6,500, which was up from the previous two years.

The Hazelden Betty Ford Foundation’s Facebook, Twitter, Instagram, YouTube, LinkedIn and other social media accounts (combined for more than 25 million impressions) along with its award-winning mobile apps—including several available at no cost—offered additional access to recovery resources, providing daily inspiration, information and fellowship.

## Resource Center

In 2023, Hazelden Betty Ford’s Resource Center and Referent Relations received 163,554 from people seeking or referring to substance use disorder and mental health treatment, as well as many more seeking information, assistance and products related to substance use and addiction.

## Hazelden Betty Ford Library

In addition to its core mission of fulfilling the informational needs of Hazelden Betty Ford staff and students, our Addiction Research Library—accessible at **HazeldenBettyFord.org/Education/BCR/Addiction-Research-Library** serves the public by:

- Working daily with information-sharing and advocacy efforts in the regional Minitex, international Docline, and international SALIS (Substance Abuse Librarians and Information Specialists) networks
- Facilitating on our website the preservation and access of archived versions of the ETOH and CORK addiction-related journal databases, free to all internet users and available nowhere else online
- Providing scholarships, via the A.A. Heckman Endowed Fellowship Fund, to help individuals study the addiction-related archives housed on our campus in Center City, Minnesota

## Mission, Vision and Values

### Our Mission

Harnessing science, love and the wisdom of lived experience, we are a force of healing and hope for families and communities affected by substance use and mental health conditions.

### Our Vision

Empowering recovery and well-being for all.

### Our Values

**RESPECT:** Treat every person with compassion, dignity and respect

**SCIENCE:** Treat addiction as a family disease using evidence-based practices that address the mind, body and spirit

**RECOVERY:** Commit to the Twelve Step principles, including abstinence-based recovery

**LEADERSHIP:** Innovate and demonstrate the courage to change

**GROWTH:** Pursue personal and professional growth in ourselves and others

**SERVICE:** Be of service

**TEACHING:** Be the leader in education, advocacy and dissemination of addiction knowledge