

COURAGE TO CHANGE

How the Hazelden Betty Ford Foundation's History of Innovation Shaped the Field of Addiction Treatment and Recovery

1949

DIGNITY AND RESPECT

Hazelden Foundation opens in Center City, Minnesota; AA's Twelve Steps and respect for each patient are core aspects of care.



1953

SOBER LIVING MODEL

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



1956

CARE FOR WOMEN

Dia Linn opens in Dellwood, Minnesota, one of the first residential addiction treatment centers designed for women.



1961

MULTI-DISCIPLINARY APPROACH

Psychology is integrated into treatment, initiating development of the multidisciplinary "Minnesota Model" emulated worldwide.



1964

THERAPEUTIC COMMUNITY DESIGN

Major expansion positions patient units around a central administration hub; innovative design is widely emulated in health care.



1966

FAMILY HEALING

Family conferences are incorporated into care, paving the way for a formal Family Program, launched in 1972.



1969

RESEARCH-INFORMED CARE

Hazelden launches its first formal outcomes study; leads to establishment of the Butler Center for Research in 1977.



1974

STANDARD BEARER

Hazelden accredited by Joint Commission on Accreditation of Hospitals; demonstrates commitment to quality standards commensurate with all of health care.



1981

SPECIALTY CARE FOR TEENS

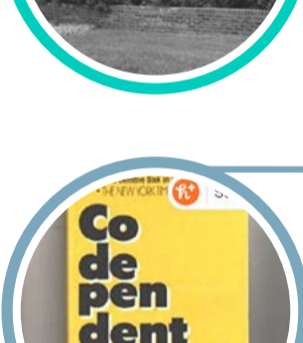
Pioneer House in Plymouth, Minnesota, is acquired as a specialized treatment center for adolescents and young adults.



1984

RECOVERY RETREATS

Renewal Center opens, welcoming guests to an unrivaled roster of Twelve Step-inspired retreats and workshops.



1994

BOLD ADVOCACY

Former First Ladies Betty Ford and Rosalynn Carter lobby together in Washington, DC, to promote treatment; Betty Ford Center and Hazelden have influential public policy role from this point forward.



1997

FOR THE KIDS

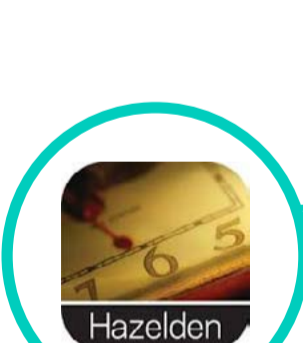
Betty Ford Center develops a pioneering Children's Program, distinguished for prevention effectiveness in landmark 2004 study.



2006

WEB-BASED RECOVERY SUPPORT

Hazelden implements My Ongoing Recovery Experience (MORE®), a web-based patient portal to continuing care resources.



2012

MEDICATION-ASSISTED RECOVERY

Clinicians develop what becomes the field's leading opioid addiction treatment protocol, Comprehensive Opioid Response with the Twelve Steps, COR-12R.



2015

MEDICAL SCHOOL CURRICULUM

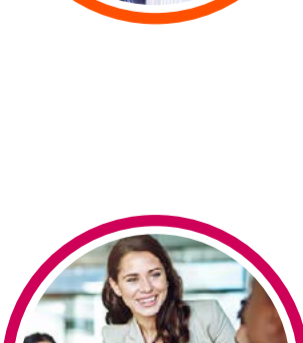
Course on Addiction and Recovery Education (CARE) launches, a first-ever online curriculum for medical students worldwide.



2017

CLINICAL COLLABORATION

The Hazelden Betty Ford Patient Care Network forms; a first-in-the-field collaboration among health care organizations to improve patient outcomes.



2019

GENETICS AND TREATMENT

Collaborative research project begins with Mayo Clinic to identify biological markers that would predict a patient's response to a medication used in treatment of alcohol use disorder.



1950

DOCUMENTING EFFECTIVENESS

Hazelden reports serving 156 men in first 20 months, noting 78 percent "have recovered and demonstrated marked progress."

1954

SELF-HELP BOOKS

Hazelden enters the publishing industry by acquiring *Twenty-Four Hours a Day*; helps to launch the self-help literature genre.

1957

SUBSTANCE DEPENDENCE

Hazelden coins the term "chemical dependency," broadening its scope to treat all substance dependencies—not just alcohol.

1963

TRAINING TREATMENT PROFESSIONALS

Counselor training program begins; leads to establishment of Hazelden Betty Ford Graduate School of Addiction Studies in 1999.

1965

SPIRITUAL CARE

Full-time chaplain joins staff, solidifying non-religious spiritual care as a key component of multidisciplinary treatment.

1967

RELAPSE PREVENTION

The first formal aftercare program introduced, advancing the chronic-illness treatment model.

1972

PROFESSIONALS IN RESIDENCE

Program brings professionals to campus to shadow clinicians and patients; Summer Institute for Medical Students begins in 1988.

1976

OUTPATIENT SERVICES

Partnership with local hospital brings Hazelden's first outpatient program to St. Paul; new level of care meets treatment needs of more people.

1982

FIRST LADY OF RECOVERY

Betty Ford Center opens in Rancho Mirage, California, bringing unprecedented visibility to addiction, treatment and recovery.

1986

DETACHING WITH LOVE

Hazelden Publishing's *Codependent No More* is a New York Times bestseller, introducing the term "codependent" into self-help lexicon.

1996

BRAVE NEW WORLD

Hazelden web page arrives on the Internet, exponentially increasing access to information about addiction and access to help.

2000

CARE FOR CAREGIVERS

Betty Ford Center launches a Health Care Professionals treatment program focusing on return-to-practice and other specific recovery issues.

2010

INSTANT ENCOURAGEMENT

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

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.

2016

ADDRESSING AN OCCUPATIONAL HAZARD

Groundbreaking study conducted with ABA on substance use disorders among legal professionals informs recovery efforts specific to this population.

2018

INDUSTRY REFORM

In testimony before a U.S. House Committee, president and CEO Mark G. Mishek makes the case for stronger quality standards in the addiction treatment industry.

TODAY

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.

