

White, W. (2003). Hazelden Foundation. In Blocker, J. and Tyrell, I., Eds. *Alcohol and Temperance in Modern History*. Santa Barbara , CA: ABC-CLIO, pp. 290-291.

## Hazelden Foundation

### William L. White

The Hazelden Foundation is a Minnesota-based, non-profit organization whose mission is to “help build recovery in the lives of individuals, families and communities affected by alcoholism, drug dependency and related diseases.” For more than fifty years, Hazelden has been one of the best known providers of addiction treatment services in the United States, as well as the largest publisher and distributor of addiction- and recovery-related publications. Since its opening in 1949, Hazelden has treated more than 200,000 chemically dependent individuals and their families from all fifty states and every continent, and has distributed more than 50 million pieces of addiction/recovery-related literature.

Hazelden was conceived during a period in which alcoholics languished in the “drunk tanks” of city and county jails, and in the “snake pits” of aging state psychiatric hospitals. Few resources existed for any alcoholic, either rich or poor. The first Hazelden treatment facility opened in Center City, Minnesota, following extended discussions about the need for an alcoholism treatment facility for priests and other professionals. Initial financial support came from the Catholic Diocese and contributions from local businesses. The expectations placed on its first residents were exceedingly simple: make your bed, conduct yourself as a gentlemen, attend the daily lectures on the Twelve Steps of Alcoholics Anonymous, and talk with one another. Hazelden’s treatment philosophy was able to expand and evolve, due in great part to the financial resources of Emmet, Patrick and Lawrence Butler, whose combined largesse sustained Hazelden through its early years. During the 1950s, the collaboration between Hazelden and two other Minnesota alcoholism treatment facilities, Pioneer House and Willmar State Hospital, created a unique approach (the “Minnesota Model”) that exerted an enormous influence on the evolution of addiction treatment in the second half of the twentieth century. This model, as articulated by its early proponents-- Dr.

Nelson Bradley, Dr. Dan Anderson, Reverend John Keller, and Reverend Gordon Grimm--defined alcoholism as a primary, progressive disease whose resolution required lifelong abstinence; extolled the importance of treating the alcoholic and addict with dignity and respect; emphasized the importance of a mutually supportive treatment milieu; utilized a multi-disciplinary treatment team and a full continuum of services; and integrated the steps and social support of Alcoholics Anonymous during and following treatment.

Over the years, Hazelden grew beyond its humble beginnings as a small, obscure treatment facility by adding an array of programs and services. These expansions began with the opening of a halfway house for men (Fellowship Club) in 1953 and a treatment facility for women (Dia Linn) in 1956. Services continued to expand on the Center City campus under the leadership of Dr. Dan Anderson both in terms of residential treatment capacity and in the variety of new services offered, including a formal family program and outpatient services. Hazelden later expanded beyond Minnesota by opening treatment centers in Florida, New York, Texas and Illinois.

In 1954, Hazelden entered the world of publishing when it bought the rights to *Twenty-Four Hours a Day*, a recovery meditation book that would go on to sell more than seven million copies. Hazelden went on to publish materials ranging from scholarly texts such as *Not-God: A History of Alcoholics Anonymous* by Ernest Kurtz, to popular self-help books such as Melanie Beattie's *Codependent No More*. Hazelden publishing grew from this single title to a division that today distributes more than three and one half million books, pamphlets, videos, and recovery celebration items per year.

Hazelden's commitment to provide public and professional education on addiction and related disorders has also led it into the arenas of training and consultation. Hazelden offers a chemical dependency counselor certificate training program as well as a master's degree and post-graduate certificate in addiction counseling. The Counselor Training Program in Center City has graduated more than 500 individuals from thirty-two countries, and more than 100 individuals have graduated from Hazelden's Counselor Training Program in Europe. Hazelden's Pastoral Training Program and its Professional in Residence and Physician in Residence programs have also trained more than 2,500 addiction treatment providers from all over the United States and more than fifty other countries.

Hazelden was the primary instrument through which the Minnesota model of chemical dependency treatment spread throughout the United States and abroad. This model was spread by persons who had been treated at Hazelden, by graduates from Hazelden's training programs, by the thousands of addiction professionals

from more than fifty countries who have visited Hazelden, and by the large body of professional literature and treatment aids published and distributed by the Hazelden Publishing and Educational Services Division. Hazelden staff also served as consultants on the development of alcoholism treatment programs in other countries.

Another Hazelden service milestone was the 1993 opening of the Hazelden-Pittman Archives, a repository of books, manuscripts and artifacts related to the history of addiction treatment and recovery in America.

Today (2002), Hazelden's 400 clinical staff treat more than 9,000 individuals and their families each year within its treatment centers. The philosophy undergirding these services has shifted from one that focused on providing treatment services to a mission of providing recovery services. Where the former focused on initiating recovery from addiction, the latter offers a wide range of services that can support individuals and families through the long-term developmental stages of recovery. Symbolizing this broadened vision was the opening of Hazelden's Renewal Center. This center provides relapse prevention training, as well as a wide variety of retreats aimed at strengthening sobriety and enhancing the emotional, relational and spiritual growth of individuals and families in recovery from alcoholism and other addictions. Hazelden has also expanded its mission to address recovery support services for other chronic and related diseases. To that end, Hazelden provides mental health services for recovering people who experiences such co-occurring disorders as depression, anxiety, post-traumatic stress disorder, gambling, and eating disorders.

## **References**

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