

# The Harmony Experience



## A Message from our CEO, Dot Dorman

### Special Points of Interest:

- Message from our CEO
- Honoring Howie Madigan
- Introducing Mark Greenberg
- A Personal Story
- 2010 Reunion Celebration
- Fourth of July Picnic

Hello Everyone – it is starting to look like a real possibility that spring will come to Estes Park, and although there is still snow on the ground at Harmony as I write this, we are planning for summer. Our staff will soon be planting flowers (which we will try to keep the elk and deer from munching). I would like to personally invite you to become a “flower” in Harmony’s Garden of Hope. Interspersed with some lovely annuals, just in front of the main lodge, are personalized metal stanchions. A donation to Harmony of \$ 250 will give you the opportunity to immortalize your own recovery, or that of a loved one, or just offer a message of inspiration to our clients. The funds raised will go to Har-

mony’s scholarship fund and help to provide residential treatment for a still suffering alcoholic or addict who does not have the means to pay. This is only one of many giving opportunities that we have initiated, and more information can be found inside this newsletter. We continue to hear from many of you about your successes as well as your challenges in recovery. Please continue to keep in touch. It is so heartwarming to hear from you. We look forward to many opportunities to invite you back to Harmony. There are spirituality retreats being planned; the 4<sup>th</sup> of July picnic will be here before we

know it; reunion planning is in full swing for September 18<sup>th</sup> and 19<sup>th</sup>; and don’t forget that we invite our graduates to return and speak to the very new graduates on Saturday nights.

Also, I know that many, many of you have had personal dealings with Howie Madigan over the last 24 years. Please join me in congratulating Howie on his most recent award, as presented by Peer Assistance. It has been a delight to work with Howie, he truly is a gift! If you would like to offer personal congrats to Howie, please email him at [hmadijan@harmonystationinc.com](mailto:hmadijan@harmonystationinc.com).

## Howard “Howie” Madigan is Honored

Howie Madigan was honored April 23rd at the Peer Assistance Dinner, and was presented with their 2010 Founder’s Award. Howie has done such wonderful work with alcoholics and addicts over the 44 years that he has been in recovery, so this was a very special and deserving honor. It is amazing to think of how many lives he has touched – truly countless! Howie’s professional career in this field began in 1974 as a team member in the “Personal Arts” residential treatment center in Golden, Colorado. As his career progressed, he became the Director of the “Whole Person Health Center” Outpatient program in Boulder, CO. For the last 24 years Howie has been an Interventionist and Community Relations Representative for Harmony Foundation Inc. Howie has also conducted multiple independent interventions over his 36 year history as an interventionist. During the course of his career, Howie

has been a professional presenter for corporations, unions, and community organizations, offering both education and training on chemical dependency, intervention and treatment. He has received numerous recognitions, including an award as the State of Colorado “Outstanding Provider of 1999” and the 2004 Psychotherapy and Associates Award for “25 years of outstanding service in Chemical Dependency and Education.” Other awards for Howie include Colorado EAP Association, “Outstanding Provider 1999”, Harmony Foundation “H.O.L.A. award”, Advocates for Recovery, Advocate of the Year, Valley Hope Association “Golden Heart Award 2004, and the SACC “Leadership Award 2007”. Most recently, Howie was chosen by Channel 9 as the

January 2009 9WhoCares winner, and was honored on Channel 9 news for his volunteer time dedicated to intervention and substance abuse issues.

Howie received his original training in intervention from the Johnson Institute. However, his years of dedication in conducting over 1800 interventions to date, has earned him prestige as one of the most respected interventionists in the field. He continues to mentor and train others in the hopes of creating more interventions. “The Madigan Training Center”, which was named after Howie in 2006, trained over 23 new interventionists alone, most of whom are now active in intervention careers.

Howie is celebrating 44 years of his own recovery, and is known, loved, admired and respected by his colleagues, the 12-step community, and the entire recovery field.



**Howie Madigan**

## The Gift of Recovery

### Harmony Foundation Scholarship Fund

(Provides 28-day residential treatment, transportation to transitional living facility, first month's rent and/or security deposit for transitional living.)

\*

### The Garden of Hope

Located just outside the main lodge. Metal "flowers" are personalized with your message and stand tall to show your commitment to helping others in need.

**\$250 Donation**

\*

### The Serenity Path

Located in front of the main gazebo, a personalized brick is a permanent reminder of your support.

**\$150 Donation**

\*

### The Healing Trees of Life

As you enter the Harmony Campus, the drive is bordered by 24 stately pines signifying the 12 steps and 12 traditions. A personalized plaque placed at the base of the tree shows your dedication to helping others find recovery.

**\$2500 Donation**

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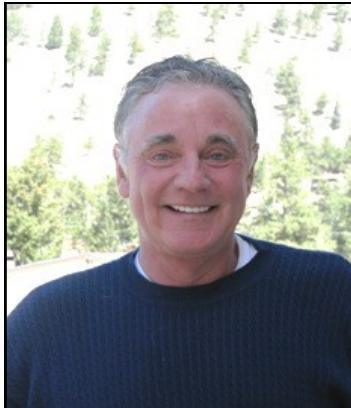
Go to:

[www.harmonyfoundationinc.com](http://www.harmonyfoundationinc.com) for easy ways to donate.

Or

Call **(970) 577-3150** to request a brochure.

## Introducing Mark Greenberg



Dear Friends and Alumni of the Harmony Foundation,

I am delighted to have this newsletter opportunity to introduce myself. My name is Mark Greenberg and as of March 1, 2010 I joined the team at Harmony Foundation as their Director of Resource Development. I am thrilled about joining the Harmony Team and am looking forward to meeting those of you that have benefitted from the services Harmony has offered over the 41 years of its service delivery. I have had the great fortune to have worked in chemical dependency treatment my entire career. My roots and beginnings were in Minneapolis, and much of my early education was with Hazelden and the Minnesota Model of Care. I served as the Executive Director of Michael's House, the Treatment Center for Men in Palm Springs, CA, and prior to that, I was for 17 years, with the Betty Ford Center in Rancho Mirage, CA, serving as their Clinical Director and Vice President of Business Development. After 32 years of living in Southern California, my family and I are thrilled with the opportunity to be part of the mission and vision of Harmony and being part of the Estes Park, CO community. I am committed to the 12 step program and have a passion and love for recovery. It is without a doubt an honor to part of an organization like Harmony, which is focused in helping to provide quality and cost effective treatment to our clients and their families.

My major goal is to assist with Harmony's financial health. Philanthropy

is critical to Harmony's long range strategic and financial well being. Today, more than ever, **we need your help**. We all have been affected by our national economy. Our nation's financial crisis has proved devastating and health care has been effected. As addiction rates continue to rise, the current economic recession has widened the void between those who need help and those who provide it. The vast majority of those dealing with an addiction lack the financial resources and insurance coverage to afford the treatment they deserve. There are signs that people are cutting back or foregoing services in an attempt to save money or because they no longer have insurance coverage due to job loss. The high cost of COBRA makes it impossible for many to continue coverage. For those suffering from addiction, life already presents challenges.

Overwhelmed in these times, the person addicted often sinks further into the abuse they are accustomed to as the only coping mechanism they know. This is evidenced by the massive numbers of people who are seeking help for their addiction. If there is a single positive factor associated with the struggles we are experiencing in the financial sector, it has forced many to finally admit they have a problem and seek the help of Harmony. The key is to help those suffering as quickly as possible.

I am anxious to work closely with you, the Alumni and friends associated with Harmony. You and I know best how treatment benefits individuals and their families suffering from dependency on alcohol and other drugs. For Harmony to help those in need takes a strong effort from all of us.

Today Harmony is receiving more and more requests for financial assistance. **During the last fiscal year there were 561 potential clients who could not be admitted to Harmony due to lack of funds.** Our current fiscal year already shows an increase of those seeking admissions that can't afford to do so. Since July 1, 2009 Harmony has had 2,144 phone inquiries resulting in 430 admissions. Of those phone inquiries 615 or 37% of all callers did not have the financial resources or health insurance to cover residential treatment at Harmony.

Since 1969, Harmony has provided life-saving treatment to thousands of individuals and their families. You are receiving this newsletter because you or someone you care about took the first steps toward recovery by completing a program at Harmony Foundation. Isn't it rewarding to know that you can give that same opportunity to another family struggling with chemical dependency?

Because of our grateful alumni and other individual donors, we are able to offer treatment services that are considered and recognized as the most successful model of care used around the world today. Our model of care is based on the fact that addiction is a disease and abstinence is the best way to manage the condition. We at Harmony will always be committed to the Minnesota Model and to 12-step fellowships. We ask for your financial support to sustain and possibly even expand the treatment services offered here.

Your donation makes a difference and will help us reach our goal of helping those who seek recovery, find it. Help us continue to serve the community successfully with outreach, education, public advocacy, intervention services, and treatment for individuals and their families.

I am looking forward to meeting you in the future. Please do not hesitate to call me directly.

Best Wishes in Continued Sobriety,

Mark Greenberg, M.A.  
Dir. of Resource Development

## Personal Story

### A 12-Step Journey to Happy, Joyous and Free

**Step 1:** Admitted we were powerless over alcohol, that our lives had become unmanageable.

My story is the same as and different than every addict who finds themselves in a treatment program. Pretty much it can be summed up in a few simple words: pain, misery, and despair. The details aren't as important as the plain and simple fact that alcohol and cocaine had consumed my life and somehow become more important to me than anything or anybody.

In 1995, I took part in a residential treatment program for these same substances. The next 11 years I remained drug and alcohol free but did not participate in any 12-step programs or any other process that would help me maintain my sobriety or even remind of this terrible disease that I have. I'm not going to say that these were bad years, in fact quite the opposite. I was blessed in count-

less ways: family, friends, a job at the pinnacle of my profession. I quickly forgot that I am an addict and the horrible pain that I was in, in '95. The insanity returned. I thought a simple toast of champagne was perfectly appropriate. For the next 1.5 years I drank more and more, started using, and was a "high-functioning" addict. The last 6 months I more or less disappeared off the face of the earth and into a hell of my own making.

I wanted to die. Quit. Leave the agony behind and skip the rest of life. Just curl up in the fetal position and give myself over to the despair. But on July 13, 2007, thanks to an amazing family, I took the blessed step of finding and getting to Harmony.

**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

I have always had and believed in a loving, caring and forgiving God. What I didn't know was how I was ever going to face up to the realities of where I had taken my life and how it had affected those I love; or if I

## JAS, Alumnus

would ever be able to live with myself; or if I deserved forgiveness. My spirit was crushed. Every day I had to decide that I would choose life in the middle of devastating circumstances instead of giving in to emotional death, depressing discouragement and defeat. I knew instinctively that God's hand was the only one strong enough to pull me out of my darkness.....

.....Embracing recovery is the most empowering choice I ever made. It transcends common sense. It is sticky, uncomfortable, agitating and difficult. But it is liberating and life giving and spirit enriching. It changes your life and the lives of everyone who joins you on your journey. And then quite unexpectedly, you realize you are splashing hope into the lives of others!

**Read the rest of the story at  
[www.harmonyfoundationinc.com/programs-services](http://www.harmonyfoundationinc.com/programs-services)**



**Swickard Women's Center**

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and save the  
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at the same time.**

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[kschmid@harmonyfoundationinc.com](mailto:kschmid@harmonyfoundationinc.com)**

## HARMONY

**DATE:** Sept. 18, 2010  
**TIME:** 5:00 -10:00 PM  
**PLACE:** YMCA of the  
Rockies Assembly Hall  
**COST:** To Be Announced  
**Reservations Required.**

## Harmony Foundation 41st Annual Reunion/Celebration

We are very pleased to bring the annual reunion celebration back to Estes Park this year. We have lined up a very special guest speaker for the occasion. None other than the incomparable Judy Collins! This special evening is not to be missed.

## HARMONY

**SUNDAY BRUNCH AT  
HARMONY CAMPUS**  
Sept. 19, 9:00 TO 11:00 am  
Harmony Dining Room  
Cost: \$10.00 per person  
**Reservations Required**

**We will be hosting a Live Auction and a Paddle Raiser; proceeds will go to the Scholarship Fund.**

**Go to our website at [www.harmonyfoundationinc.com/auction](http://www.harmonyfoundationinc.com/auction) for more details.** Auction Items will be posted as they arrive. Check back often to see what will be available for auction..

**The YMCA has many lodging options. You must book early. Please call the Y for info/reservations. (800) 777-9622, #2, or visit their website at <http://www.ymcarockies.org/home/reservations/familyres>**

**Reservations must be made by  
4:00 pm Friday, September 3rd.**

**To make reservations for the Reunion and/or for Sunday Brunch,  
please go to [www.harmonyfoundationinc.com/reunion](http://www.harmonyfoundationinc.com/reunion).  
(Or you may call (970) 577-4719. Please have your credit card ready.)**



## FOURTH OF JULY PICNIC



**The return of an old favorite!  
The 4th of July picnic at Harmony Foundation.  
All alumni and family members are invited to attend.**

**July 4th, 2010  
12:00—2:00 PM  
Harmony Campus  
Adults \$5.00  
Children 3—12, \$2.00**

**We will provide the  
hotdogs, beans, chips, drinks,  
and condiments.  
Please bring a dish to share.**

### FAMILY, FOOD & FUN ON THE FOURTH!

**Go to [www.harmonystaff.com/July-4th-picnic](http://www.harmonystaff.com/July-4th-picnic)  
to make your reservations.  
Or, call (970) 577-4719 to leave your reservation via voice-mail.**

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#### **ARTICLE CONTRIBUTORS**

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J.A.S., alumnus

#### **HARMONY MISSION:**

Our mission is to provide the foundation  
for sustained recovery from chemical  
dependency.



The Harmony Experience  
is published by Harmony  
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To avoid missing any issues,  
send us your new  
address promptly.

#### **MOVING?**



Website: [www.HarmonyFoundationInc.com](http://www.HarmonyFoundationInc.com)

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#### **FORWARDING SERVICE REQUESTED**

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