

The Harmony Experience



Dot Dorman, CEO

Special Points of Interest:

- Message from our CEO
- Howard Clarke Memorial
- Moment of Change Conference
- Upcoming Events
- United Airlines
- Family Program News
- Personal Story



Memorial Service for Howard Clarke, Former CEO of Harmony Foundation

**Sunday, July 10th
2:00 PM**

Harmony Campus

A Message from our CEO, Dot Dorman

Hello Friends - When you receive this newsletter spring will have finally sprung - the season of hope! At Harmony, we consider every season to be a season of hope – hope for addicts and alcoholics and their families that they truly can find a better life. It has been a long winter here in Estes Park, with lots of snow and temperatures so far below zero that pipes were freezing! Our mission goes on despite the weather outside and we strive to always provide a warm, safe, cozy environment for our clients, families and staff. Looking around the campus, even when it is blanketed in snow, and surrounded by snow-capped mountain peaks and the bluest of blue Colorado skies, we can't imagine a more beautiful setting for treatment. A focus for us this spring is to es-

tablish, and in some cases, re-establish a network of alumni groups, throughout Colorado and beyond. The first of this year's alumni events was held in Delray Beach Florida in January. We are planning more events, closer to home, including a golf tournament on Monday, July 11th and 4th of July picnic (on July 3rd). You will find more details within this newsletter. We invite all of our Harmony graduates and family members to become involved in these events. We would love to see you. And believe it or not, we are already in full swing planning our 42nd reunion. Save the date – September 17th, – come prepared for wonderful fellowship and the opportunity to hear Dr. Kevin McCauley share his story and his cutting edge research on addiction as a disease.

I was privileged to hear Dr. McCauley speak at a symposium recently and feel that he is likely to be one of the very best reunion speakers ever. We cherish the opportunities to see Harmony graduates and to hear how you are doing. If you aren't able to attend any of the alumni events, we still would love to hear from you. Feel free to send notes, letters, or emails and let us know how you are. If any of you would like to share your sobriety story in the newsletter, we'd love the chance to include it. And don't forget, we are always looking for inspirational speakers for our Saturday night speaker meetings. Of course, if there is anything we can do for you, don't hesitate to call. Wishing you all a spring filled with hope!

Moment of Change Conference in Palm Springs, CA

The Harmony Foundation recently participated in the 7th national conference on intervention in Palm Desert, CA. "The Moment of Change: Intervention Approaches for Professionals" was held April 6-9, 2011 at the JW Marriott Desert Springs Resort.

The conference concentrated on specific topics dealing with intervention, disease concepts, family illness, and practical business considerations in the treatment field of alcohol and other drug addictions. Advances in the field of addiction and intervention were presented along with differentiations among key philosophies of intervention.

Mark Greenberg, Director of Development, along with Mara Lehnert, Director of Marketing and Intervention Services, were among the over 800 registrants and 150 exhibitors. Mark was quoted as saying, "This conference was a 'networking extravaganza'. It gave Harmony the ability to interface with other leaders in the field of addiction and learn of other resources available to the chemically dependent and their families."

During the conference, Mara was able to visit the Betty Ford Center in Rancho Mirage, CA and Michaels House of Palm Springs, CA.

Several lasting relationships were formed and many new ideas and information were shared. It was a sensational event that was co-hosted by Foundations Recovery Network and Southworth Associates.



Mark Greenberg of Harmony Foundation and Jerry McDonald of Betty Ford Center in Palm Springs

Picnic!



Upcoming Events



Anniversary Celebration!



**Annual
4th of July
Picnic**
Fun for
everyone!

Harmony Campus
Sunday, July 3rd
12 Noon—2 PM
\$5 Adults \$3 Under 12
There will be a clown/
magician, animal balloons,
face painting, cotton candy,
and more!
We will provide hotdogs,
beans, chips and sodas.
Bring a dish to share.
Register by June 25th
www.harmonystaff.com
www.harmonystaff.com/picnic
Or call (970) 586-4491

Note Change in Date!
42nd Annual Anniversary Celebration will be held on September 17th
at the YMCA of the Rockies in Estes Park.

Our guest speaker will be Dr. Kevin McCauley.
5:00—10:00 PM, \$50.00 per person
Please register by August 31st.

Sunday Brunch and Closing Ceremony
In the dining room at Harmony - Sunday, Sept 18th
10:00 AM—12:00 PM with
Closing Ceremony Following
Adults: \$10.00 Under 12: \$5.00
Register by August 31st

To Register: go to
www.harmonystaff.com/reunion
(Or call 970-586-4491 with Credit Card information.)



**Dr. Kevin
McCauley**

Read all about
Dr. McCauley at
www.addictiondoctor.com

United Airlines Group Visits Harmony Contributor: Mara Lehnert, Director of Intervention/Marketing

Harmony had the privilege of hosting a special group from United Airlines on March 17th. The 21 men and women were made up of EAP's (Employee Assistance Professionals), Union Members, Teamsters, and Management from two separate divisions of the company.

Harmony provided a day of education and training for the group, with presentations given by 6 Harmony staff.

Howie Madigan, who recently retired after 25 years of service to Harmony, did a brief introduction with information regarding the history of Unions' contributions to the early growth and success of Alcoholics Anonymous.

Denise Owens, Women's Treatment Coordinator, followed with "Family Systems," a presentation that discusses the overall affect that addiction has on the family, and the various roles that family members take on when the dynamic of addiction is present in the household.

Mark Greenberg, Director of Resource Development, presented "Men's Issues in Recovery". Mark's presentation was an exploration and history of the roles that both society and social influences play in the lives of young boys and

men, and how these distorted views of the world and expectations end up playing out in the lives of the addicted and alcoholic male. Mara Lehnert, Director of Intervention Services and Marketing, presented the "Love First" method of Intervention. Mara's presentation covered what is involved in an actual structured, professional intervention and the effectiveness of Intervention as a tool for families, peer groups, and co-workers in getting help for their family member or friend that is suffering from the disease of addiction.

The majority of the afternoon featured Kathleen Christopher, Family Program Coordinator. Kathleen first presented "The Disease Concept," an in-depth look at the effects of addiction in the brain. Her second topic, "Co-dependency, Boundaries and Communications," identified some of the major differences between unhealthy enabling of the disease vs. healthy support for recovery in dealing with the addicted person in their lives. The importance of recovery for family members affected by the disease, because of the learned behaviors that have resulted from living with the addict/

alcoholic, was also a focus of the presentation.

Duke Rumely, Community Relations Representative and Interventionist, presented "Recovery Tools", a description of the importance of connecting with 12-step recovery groups and developing support systems immediately upon completion of treatment. Duke explained why those who get involved in these support systems right away have a much greater chance for success in sustaining long-term recovery.

Finally, Dale Maugans, Director of Admissions, took the group on a tour of the property and explained the Harmony Admissions process.

It was a pleasure hosting and training the group from United. Since the disease of addiction affects all employers in some capacity or another, it was impressive to see the enthusiasm and willingness these men and women showed in taking advantage of this unique opportunity.

Thanks United!

If your group or company would like to know more about Harmony's cost-free opportunities for educational workshops, please contact Mara Lehnert @ 303-513-7226 or mlehner@harmonystaff.com

Golf Tournament

Upcoming Events

Golf Tournament

7/11/11

Links to Recovery Golf Tournament

Benefit for Harmony's Gift of Recovery Scholarship Program
in Memory of Howard Clarke, Past CEO

7/11/11

July 11, 2011 8:00 AM Shotgun Scramble

\$125.00 per player/ \$500 per Foursome

Includes entry into all events, 18 holes of golf, golf cart, breakfast & lunch.

**Events:**

Putting Challenge, Longest Drive,
Closest to Pin, Hole in One Shootout



Lake Valley Golf Club
4400 Lake Valley Dr.
Longmont, Co 80503
303.444.2114
www.lakevalley.com

REGISTER EARLY!

Space is limited to 80 Players

Register easily and securely online. Go to:
www.harmonystaffing.com/golf
 (or call Alice at 970.577.3150)



Spring has Sprung!

Bighorn Sheep on
the Front Lawn**Our Title Sponsor****Co-Sponsor**

Interested in sponsoring a hole or a player?
Sponsorship levels from \$125 to \$2500

Contact Duke Rumely at
303.888.9019

drumely@harmonystaffing.com

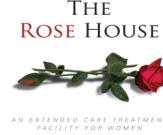


SOBER LIVING in Delray
• RECOVERY RESIDENCES •

Man (561) 276-9370

Delray Beach, FL

Woman (561) 279-8900

**Register Early!**Register at: www.harmonystaffing.com/golf or by calling Alice at 970.577.3150**Family Program**

Contributor: Denise Owens, Treatment Coordinator for Women's Program

I'd like to tell you the exciting news about our family workshop. Harmony has now successfully completed its 4th monthly family workshop. Here is some history and information about this new, informational, and healing program we are offering to all.

As part of a client's treatment, they identify up to two family members/friends whom they would like to attend the family weekend experience during their third weekend in treatment. Harmony also offers clients the opportunity to bring other family members/friends back for the weekend experience at a later date. This offer is open for a year after they discharge from treatment.

Harmony's mission is: To Provide the Foundation for Sustained Recovery from Chemical Dependency. Family members/friends are part of that mission because we believe the disease of chemical dependency is a family disease. We would like as many family members/friends

as possible to receive education about this disease, so they are able to not only understand their loved one and the disease, but to help themselves to heal as well.

The workshop is scheduled the 3rd Thurs. of every month from 8am-4:30pm. It is for any family member or friend (12 years of age or older) interested in learning about chemical dependency. They do not have to have a loved one in treatment at Harmony to participate. It is open to the public. The cost for this workshop is only \$100.00, and it includes the invitation to join our Harmony family/friends aftercare in Loveland or N. Denver.

You will learn about the disease concept, co-dependency, family systems, and interventions, have lunch with our family counselors, and will be introduced to Al-Anon and Harmony aftercare. All of your questions about this disease will be answered. Our hope is that many more family members/friends are able to

attend. Some of the comments we have received are:

- "This workshop provided us with a good understanding of addiction and where we go from here."
- "Wow, it was great. So much material that not only explains the disease but also how it relates to us personally."
- "Excellent. I would definitely recommend it to others."
- "Inspirational, informative testimonials and useful presentations."

If you are interested in attending a future workshop, please contact our family counselor Kathleen Christopher at 970-577-4704, or Denise Owens, Treatment Coordinator for the women's program at 970-577-4707. If you have no questions and want to attend the next workshop on May 19, 2011, please call the front office and make reservations. We look forward to spending the day with you.

Personal Story

Contributor: Shawn B.

When I tell people how lucky I feel these days, they think I'm crazy. Two and a half years ago I almost died. I woke up in the hospital after being shot, with police outside of my hospital door waiting to hand me papers saying I was charged with numerous felonies and a couple misdemeanors. If the bullet didn't kill me, surely prison would.

After four months in jail I was presented with the unique opportunity to go to Harmony. At that point, I didn't have a problem with drugs. Just because I used meth every day for the past ten years didn't mean I had a problem! Then I was told, if I didn't change my life I surely would be going to prison, so I agreed. It was the best gift I have ever received in my life.

Even before my ten year love affair with drugs, I wasn't a happy person. Even with my best successes, I never was fulfilled. I tried college numerous times and couldn't find anything that held my interest beyond a year or two. I had a couple of great jobs, but even those left me unsatisfied. I was wandering the world feeling like I didn't belong.

Flash forward ten years and it came down to change or die. It was that simple. Sure, I still have challenges, but I don't allow that to affect where I want to go. I have two and a half years of sobriety and each one has been a gift. I returned to school last year to become drug and alcohol counselor. I'm getting the best grades I ever have. What do I credit my success to? I found a new purpose in my life. At Harmony, I learned that I wasted all my time and money getting high; I had to find something new to fill that void. For me it was school, reconnecting with a family I thought I'd lost and living my life one day at a time.

I have found who I am, what I want to be, and the power of hope. Thank-you Harmony, I wish everyone the best. Life takes work and life is very interesting... in the end, some of your greatest pains, become your greatest strengths.

Sincerely, Shawn B.

BOARD OF DIRECTORS

Tom McCarthy—President
Andy Johnson—Vice President
Paul D. Whittle—Treasurer
Hank Valentine—Secretary

Cal Davis, BJ Jones,
Marilyn Rock, Jill Thomas,
Susan Kitchens, Pat Nielsen

STAFF

Dorothy Dorman—CEO
Mark Greenberg—Director of Resource Development
Alice Y L Burkholder—Editor

ARTICLE CONTRIBUTORS

Dorothy Dorman, Mark Greenberg,
Mara Lehnert, Denise Owens, Shawn B.

HARMONY MISSION:

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



The Harmony Experience
is published by Harmony
Foundation, Inc.

address promptly.
issues, send us your new
To avoid missing any

MOVING?

foundationinc.com
kschmid@harmony
e-mail address to:
Send your
Go Green!

www.harmonyonlineinc.com
Phone: 970-586-4491
Fax: 970-577-0392
Toll Free: 1-866-686-7867

FORWARDING SERVICE REQUESTED

Estes Park, CO 80517
1600 Fish Hatchery Road
P.O. Box 1989

