

The Harmony Experience

The Newsletter of the Harmony Foundation



A Message from Dot Dorman, CEO



Dot Dorman, CEO

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Summer greetings to our alumni and friends of Harmony. I hope this summer season has been a safe and pleasant one for all of you. I am happy to share some exciting news and you're the **"first to know"**. Harmony's Board - along with our senior management team - have recognized that in order to continue to be Colorado's leader in the treatment of drug and alcohol addiction, some significant changes and upgrades to the facilities are needed.

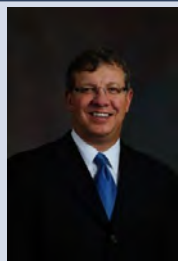


I know that many of you reading this newsletter went through Harmony 10, 20, 30, or maybe even 40 years ago. I don't need to tell you that the facilities, which were aging then, are aging still. (Happens to the best, doesn't it?)

Many sections of the main lodge were built in the 1930's with additions and "facelifts" through the years. Our newer buildings, the Barnes Building for admissions, and the Swickard Building which houses our gender-specific women's treatment program, were both constructed in the early 1990's. Three modular buildings (already well-worn when we bought them) were added to house the Health Center, the Exercise program, and to expand the office area in the women's program.

Here we are in 2012 – not only bursting at the seams, but also finding it a challenge to meet today's treatment needs in yesterday's facilities.

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Harmony is pleased to announce that Marvin Ventrell has been named as the Foundation's Director of Community and Alumni Relations.

43rd Annual Anniversary Celebration and Alumni Reunion

September 15, 2012 - 5:00 pm

YMCA of the Rockies Assembly Hall

\$50.00 per person

Keynote Speaker: Rev. Leo Booth

**Sunday Brunch, Program by Rev. Leo
and Closing Ceremony**

9:00—11:00 am

\$10.00 per adult, \$5 under age 12

Register by August 31st

www.harmonyfoundationinc.com and click on Events button

or call Alice at (970) 586-4491 or (970) 577-3150



Denver Attorney (Service Systems Expert) to lead Community and Alumni Relations Office (CARO)

Harmony has named Marvin Ventrell as Director of the new Community & Alumni Relations Office (CARO). Mr. Ventrell is responsible for developing greater regional and national awareness of Harmony's services and for ensuring that individuals leaving treatment receive access to ongoing recovery services in their communities. He will also be responsible for providing community education and awareness around the disease of addiction. Other members of the CARO team include Duke Rumely, Outreach Specialist, and Alice Burkholder, Team Coordinator.

Harmony CEO, Dorothy "Dot" Dorman said, "The appointment of Mr. Ventrell to this position represents a renewed and increased commitment to set and then keep Harmony clients on the path of life-long recovery." Harmony treats approximately 650 adult men and women each year, providing a foundation for lifelong recovery from addiction. Since its founding in 1969, Harmony has graduated approximately 25,000 alumni.

This position (and the new CARO office) was created out of recognition that both individuals and agencies serving addicted individuals are not adequately aware of the services offered at Harmony. In addition, Alumni have indicated a desire to partner with Harmony to further strengthen our programs and services and the CARO office provides a point of contact for them.

During Mr. Ventrell's 27-year career, he has been an attorney, a public interest association director, and a teacher. His career has been dedicated to advocating for families in crisis and developing high functioning systems to address community needs. Mr. Ventrell previously served as CEO of the National Association of Counsel for Children and Director of the Juvenile Law Society. He is an author, a legal commentator, and talented lecturer. He is passionate about the 12 Step recovery process and is eager to use his professional background to enhance Harmony's alumni community. He says that his favorite part of his new job is the Alumni Launch program where graduating clients share their Harmony recovery experience with him and "you can just feel the power of recovery."

We are thrilled that Marvin has joined the Harmony team. Please join us in welcoming him. mventrell@harmonyfoundationinc.com or 970-577-4718.

"Links to Recovery" Golf Tournament & Veterans

"Links to Recovery" 2012 was a huge success and raised over \$15,000 - which is enough money for one scholarship for a veteran or active military person.

Why designate this scholarship money to a veteran? Studies show that there are over 18,000 veterans in Colorado suffering simultaneously from both Substance Abuse/Dependency and PTSD. The current capacity of the VA system to treat substance abuse is only 15% of the need, and the ability to treat substance abuse and PTSD concurrently (which is the ideal) is almost non-existent.

We feel these numbers warrant a specialized program with which to treat these disorders concurrently. Harmony is working diligently to raise enough funds through grants and other means to design and implement this new, specialized program for our veterans. It will take over one million dollars to implement this program and run it for one year, but we feel that we are in a unique position to implement this program since we already have an excellent counseling team and full time nursing staff.

We also feel it is our patriotic duty to help our veterans who have given so much of themselves to this country. It is now our turn to step up and give something back.

To quote the president; "The nightmares of war don't always end when our loved ones return home. Sometimes, the deadliest wounds are the ones you can't see. We, as a society, cannot afford to let the unseen wounds go untreated." U.S. President Barack Obama (2009)

Harmony Screens New "Bill W." Film



Harmony sponsored the Denver Premier of the new film, "Bill W.", produced by *Page 124 Productions* to a sold-out crowd of Harmony Alumni and friends at the historic Mayan Theater in Denver on July 25th. The film chronicles the life of Bill Wilson, the visionary and architect of AA and the 12-Steps. The film captures the essence of the man and the program by revealing a human being and a recovery program, warts and all. It captures a human being, not a deity, and a recovery program, both of which struggled to survive without self-promotion or pecuniary gain. In the end, the viewer is left with a deeper understanding of the core AA value of anonymity. The *anonymous* in Alcoholics Anonymous, Bill, and the audience, come to understand, is less about self-protection than it is about humility, or "right sizing" oneself. Individuals recover from the disease of addiction, and AA survives as an entity, each amidst much dysfunction, because both find their honest place in the world.

A Letter from an Alumnus

Alumnus: Jim T.

Thirty-seven years and thirty-seven DUI's did not provide enough incentive for my sick mind to commit to sobriety. For twenty of those years I knew what I was, and I knew that there was only one way out. Yet the alcoholic death of my brother, my own near-fatal car crashes, a suicide attempt, prison, divorce, loss of many, many jobs; these all seemed like standard happenings in a normal life. For the alcoholic it is just like that. With some legal prodding and with the knowledge that all hope was gone, in my fifty-first year I decided I must go to any lengths to get sober, or die.

I entered Harmony beaten, but I was willing to grab onto any reed that might be offered to pull me out of the sea of despair that my life had become. Armed only with an open

mind, I was reintroduced to hope and shown miracles - true miracles. Not only was I released from hell, I saw people at death's door given a new spark of life. Physical healing is amazing, spiritual recovery is a miracle. I wanted that like I had wanted nothing in my life; not even a drink. I listened to every word that was spoken at me on that mountain.

It was made clear that what is taught on the mountain is but a very small set of tools to get you started on the much larger journey that lay ahead. It is an assumption doomed to failure to think that the thirty days at Harmony are the end of the recovery process; they are but the very beginning. My new life began the first day I rolled back down that hill. I had been told what to do and I did it.

Living sober is simple if you just follow what others have done.

It has only been a year since I drove away from the elk and the bear, but I am now sponsoring other AA's, chairing meetings, answering late-night calls, and I am happier than I ever dreamed possible. The AA principle is simply to be a better person today than you were yesterday: progress rather than perfection. I can do that. In the past year I have lived through death, sickness, legal issues, and mean people, but never did I have to drink. Not one day has gone by that something I learned on the mountain hasn't helped me through a sticky situation. Harmony Foundation saved my life and I still stay close...I still stay in the herd.

Jim T.

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For example, we are seeing a growing population of opiate addicts in treatment, and we are licensed to provide the very best method of detoxification for this drug, utilizing subutex for a few days to ease the physical withdrawal. This protocol requires close nursing and medical observation, and our health center (one of those converted modular buildings) can only serve 7 clients in detox. Phase 1 of the building plan includes a new health center to better care for all of our clients, regardless of drug of choice, and will include 20 beds.

There are other exciting highlights of the multi-phase expansion plan, such as:

- Updated dining room and kitchen facility - which is now housed in the very oldest part of the Lodge
- Increased space and functionality for the admissions department
- A lecture hall better suited to our growing number of clients, along with other educational needs
- A state of the art fitness center
- A chapel for the men's program



There are many, many, benefits that will be derived from this plan, all undertaken with our Mission at the forefront, "To Provide the Foundation for Sustained Recovery from the Diseases of Alcohol and Drug Addiction." Client care remains our number one priority in all that we do.

We are embarking on an ambitious multi-million dollar building campaign to expand, modernize, and renovate our facilities and services. It will be a delightfully new chapter in Harmony's history that we want to share with you. The official unveiling of the expansion plans will take place at our 43rd Anniversary Celebration & Alumni Reunion.

Please join us on September 15th to learn more about our project. Thank you.

Harmony Loses Some Wonderful Friends



Bob Gammon, 79, Of Estes Park, CO, died at his home Sat., Jan 7, 2012. Robert E. Gammon was born Oct. 17, 1932 in St. Louis, MO. Bob was a tireless volunteer at Harmony Foundation. His presence will be greatly missed. Bob is survived by his sister, Alberta Gammon, of St. Louis, MO.

Mitch (Harry Lee) Mitchell, 70, died on Nov. 6, 2011, in Aurora, Colo., at University Hospital. He was born in Bedrock, Colo., on April 27, 1941. He was educated in Rifle, Colo. He graduated from Colorado State University in 1967 with a bachelor's degree in business administration. He and his wife, Diane, were married on Sept. 29, 1968, in Glenwood Springs. Mitch started his professional career with State Farm Insurance Company. This career took them to St. Paul, Minn., Columbia, Mo., and finally to Greeley in 1976.

In June, 1979, he went for alcohol treatment at Harmony Foundation in Estes Park and was a friend of Bill W. for over 32 years. Mitch was a trainee counselor at Harmony from 1981 until he and Diane moved to Ft. Collins in 1993. There he worked for the Institute for Alcohol Awareness and Mountain Crest Hospital.

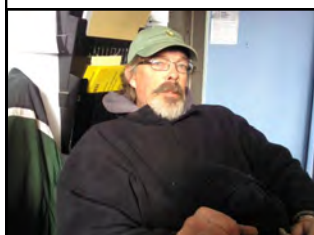
In November 1995, they moved to Wheatland, where Mitch became a licensed addictions therapist at the Southwest Wyoming Mental Health Center. In October 2000, Mitch retired.

Tree Planting Ceremony Held in Memory & Honor of William "Bill" Sell, Harmony Maintenance Team



The staff at Harmony was very saddened to lose one of our own this spring. Bill Sell, our Maintenance Team Leader, passed away suddenly in March, 2012. Bill had been employed at Harmony since July 12, 1999. To work side by side someone one day, and feel their loss the next day can be such a shock, and reminds us all how precious life is. Bill was a devoted, hard-working Harmony employee, but beyond that he was a dear friend to many staff. He had a quiet, mischievous way about him, a delightful, dry sense of humor, and a genuine concern about the clients.

A tree has been planted at Harmony, in Bill's honor and memory. Bill is survived by his wife, Gloria, and his daughters, Charlotte and Candace, along with a family of co-workers here at Harmony who miss him every day.



Penny Dougherty, CAC III
Aftercare Counselor

Become A Harmony Alumni Community Connection.

Being a newcomer in the recovery community can be intimidating. If you have one or more years of continuous sobriety, you can provide that essential link between treatment and recovery for a brother or sister leaving Harmony, that lives in your area.

For more information, call Penny at **(970) 577-4702**

or email her at pdougherty@harmonyfoundationinc.com

The form is available on-line at www.harmonyfoundationinc.com/alumni

Harmony's Vision Statement

Nestled in a serene mountain setting, Harmony provides treatment for alcohol and drug addiction. Clients and their families are welcomed into a collaborative and respectful treatment process that utilizes accepted best practices in addiction treatment. Harmony promotes physical, emotional and spiritual healing, empowering our clients to embark upon the lifelong journey of recovery.

CHECK US OUT! Harmony Has Gone Social!



Smart Phone users, Scan
for Harmony's Website

New Alumni Section on our website: www.harmonyfoundationinc.com/alumni

Read Our New Blog and Subscribe: <http://blog.harmonyfoundationinc.com>

Join us on Facebook and Stay Current: www.facebook.com/HarmonyFoundation

Join us on LinkedIn: <http://www.linkedin.com/company/harmony-foundation-inc>

Follow us on Twitter: @HarmonyMarv

Watch us on You Tube: <http://www.youtube.com/user/HarmonyFoundationInc>

Harmony's Mission Statement:

To provide the foundation for sustained recovery from the diseases of Alcohol and Drug Addiction.

Harmony Launches YART Program—Young Adult Recovery Track

Harmony has created a new recovery treatment track to address the increasing number of young adults who suffer from drug and alcohol addiction. Harmony recognizes that while many addiction issues are shared by addicts regardless of age, gender, background, or substance of choice, young adults have specific needs which their treatment must address. The young adult population tends to be heavily cross-addicted and often suffer from severe opiate addiction from a very young age.

YART, the Young Adult Recovery Track, is designed for clients ages 18 to 25. YART is a more interactive and technologically engaged process that includes modules on life skills, communication strategies, anger and resentment, and sexuality. Clients can participate in Rock Climbing, Yoga, and T'ai Chi. YART is designed to prepare the younger adult client for a successful transition to sober independent healthy living.

Download the YART Brochure at: www.harmonyfoundationinc.com/pdf/YARTBrochure-2.pdf

Have you been in recovery for a year or more?

**Would you like to be a speaker for the
Saturday Night Speaker Meeting at Harmony?**

Call Duke at (303) 888-9019

**Duke Rumely, Community and
Alumni Relations Outreach Specialist**



Estes Park Fire Update

Thank you to all who reached out to Harmony to be sure that we were not in danger during the Woodland Heights fire, here in Estes Park. We were not far away, as the crow flies, but we were never in immediate danger or required to evacuate. As we know, good things come from tragedy and the Estes Park community has rallied to help the families who lost their homes in the fire. Another good thing that resulted from this event was an opportunity for us to review our evacuation plan, make some changes, and feel confident that we could handle such a situation if it arose. Again, thanks for your calls and emails of concern, they are much appreciated.

Harmony Receives Three Year CARF Accreditation

In March, Harmony received its 3-year accreditation from CARF (Commission on Accreditation of Rehabilitation Facilities) for Detoxification and Residential Treatment. This accreditation represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a 3-Year Accreditation has put itself through a rigorous peer review process and has demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable, and accountable.



Harmony Joins TPAS



**TREATMENT PROFESSIONALS
IN ALUMNI SERVICES**

Treatment Professionals in Alumni Services (TPAS) is a new professional membership association for treatment center staff who work in treatment provider's alumni and community

outreach offices, such as Harmony's new Community and Alumni Relations Office (CARO). Harmony is proud to be part of the national movement to provide better communication and service to treatment alumni. Our CARO Director, Marvin Ventrell, has been named to the TPAS National Leadership Board.

TPAS believes that treatment provides a strong foundation for life-long recovery, but that it is what the alumnus does after treatment that to build on that foundation that keeps us clean, sober, healthy, happy, and useful. For more information on TPAS, visit the website at: <http://tpascommunity.com>



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HARMONY MISSION

Our mission is to provide the foundation for sustained recovery from the diseases of alcohol and drug addiction.



Would you like to work at Harmony? Visit our website for new job postings. www.harmonyfoundationinc.com

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