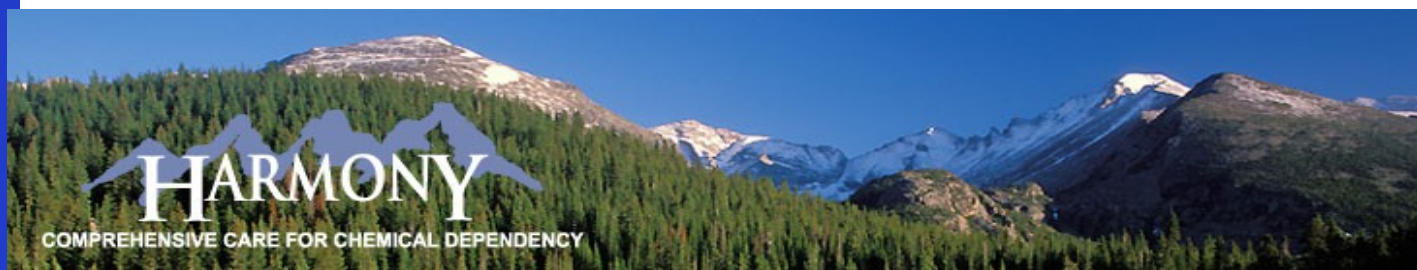
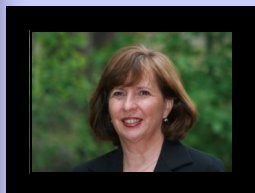


The Harmony Experience



A Message from our CEO, Dot Dorman



Special Points of Interest:

- Message from our CEO
- The Rise of Prescription Narcotic Addiction and Heroin
- A Note from Mark Greenberg, Director of Funds Development
- 2010 Reunion Celebration
- A Personal Story from an alumnus



Dear Friends - As I compose this summer newsletter, I realize that it may reach you for a variety of reasons – perhaps you personally graduated from Harmony, perhaps you had a loved one or family member attend the program, or, you may have attended our family program. The newsletter also reaches current and past board members, employees, donors, and community members. What a wide audience with one thing in common – Harmony! Whatever your link to Harmony, I appreciate your continued interest in what is happening here, and wish you a wonderful summer.

I was asked today what sets Harmony apart. This is a common question, and very hard to characterize. Certainly, from my vantage point, there are many treatment centers offering services similar to Harmony's, but there are a number of things that make Harmony special. Our setting definitely helps to define us as a peaceful, serene location for people to find respite from their daily lives and get well. In terms of programming, offering gender separate treatment, having medically assisted detox, having a 4- week stay, using a 12-step model, including family in the treatment process, offering interventions; these are all things that reflect positively on the quality of care given. Our director of admissions, Dale Maugans, reminds us frequently that "Harmony has heart". Dale and her team of admissions specialists – Roni Marie, Barbara and Ali, are

always prepared to give appropriate referrals to those people not suitable to come to Harmony; they maintain a fabulous resource list and they never cut the conversation short just because the caller won't be coming here. They show such care and concern, recognizing the courage it took to reach out for help, and help is what they provide. To me, this is what sets us apart – the "heart" and sincere concern for all still suffering from the diseases of alcoholism and chemical dependency. I see this concern reflected at all levels of our staff at Harmony, even those who have very little client contact. Our staff recognizes that whatever their job function may be, it contributes to an overall mission that is very important. At Harmony, we realize that we can't be all things to all people, but within our niche – 28 day, 12-step residential treatment, we feel that we are the cream of the crop.

However Harmony has touched your life, I can speak for all the staff in saying we are grateful for you – grateful for the opportunity to help in any way that we can, grateful to offer a referral when we must, and grateful to have you come back whenever you can and share your stories with us.

On the 4th of July this year, we were so pleased to have a little picnic. Approximately 175 people – current clients, family members, board members, alumni and families, staff- came together at Harmony and shared a little food and fellowship. We had picture-perfect Colorado weather, and for those of us who have seen snow in Estes Park on the 4th of July, this was truly a blessing. It was great to see so many here, and we hope that this tradition will continue long into the future.

Speaking of the future (well, the near future) there is a bevy of activity here in preparation for Harmony's 41st anniversary celebration. Please join us in Estes Park on Saturday and Sunday September 18th and 19th as we honor what Harmony has meant to so many lives for four decades and counting! All of the details are in this newsletter – dinner and a presentation by Judy Collins along with a live auction and paddle raiser to generate much needed scholarship funding on Saturday evening at the YMCA of the Rockies; and a Sunday brunch right here at Harmony – not to be missed! Mark your calendars; make your reservations now; and remember just what it is, in your mind, that sets Harmony apart. See you then.

Dot Dorman, CEO

The Rise of Prescription Narcotic Addiction and Heroin

By Mara Lehnert, CACIII, Director of Intervention Services

(Please note that as a recovering alcoholic/addict and a professional interventionist for Harmony, I have observed some significant trends that I would like to share in this newsletter. Most of this information is anecdotal, based primarily on clients admitted to Harmony and my own personal experience.)

This particular subject matter-the increasing addiction to prescription opiates and to heroin-is close to home for me.

As I was writing this, I found myself torn between presenting the information from the standpoint of a recovering alcoholic/addict and Harmony graduate who battled a serious addiction to prescription narcotics and a professional interventionist delivering information, statistics and research. I ended up deciding to contribute a little bit of both.

The National Institute on Drug Abuse reports that 20% of people in the U.S. have used prescription drugs for non-medical reasons. Overdoses from prescription drug addictions have now surpassed deaths from all the other street drugs combined. They are the second leading cause of death across the nation, second only to fatal car accidents.

Harmony has seen a shift in our client's primary drug of choice which reflects that opiate addiction has become more prevalent in our treatment population than addiction to methamphetamines.

Several factors seem to contribute to this changing trend. It seems that doctors are prescribing more drugs for health problems these days than ever before. Pain and pain levels are subjective and doctors rely on self-reporting by the patient to assess pain. Sadly, one of the side effects of certain narcotic medications (such as oxycontin, Vicodin, Percocet and methadone) is that beyond short-term usage, physical dependence may develop. With

prolonged use-or sometimes even short term use (especially if the person is already pre-disposed to addiction) this dependence on the drug sometimes becomes much more than just physical, and can begin affecting the whole biopsychosocial-spiritual being. As dependence progresses, higher and higher dosages become necessary to produce the same effect. To support this greater need for the drug, an addicted person often goes to great lengths to get more, sometimes seeking medication from multiple physicians; helping themselves to other's medicine cabinets or even writing themselves fraudulent prescriptions. Additionally, on-line pharmacies, internet access, the black market, all make it easier than ever to buy narcotics.

By contrast, the medications used to produce methamphetamines have seen restricted access in recent years. Financially, prescription drug abuse is a very costly addiction resulting in devastating consequences. Prescription meds, such as oxycontin command a very high street price. Unfortunately, these highs cost often drives the addict to "cross the line" and turn to heroin.

My own experience and the experience of many others I have worked with, was that in the end I kept my narcotic addiction alive not so much for the high, but to avoid the intense pain of the withdrawal-just to feel "normal". Withdrawal from opiates is not typically life-threatening, but in my opinion is the "granddaddy" of them all in terms of pain and misery. It may not kill you, but it sure can make you feel like you want to die.

Many years ago, I personally suffered through a miserable withdrawal from large quantities and prolonged use of oxycontin. The withdrawal, in its most acute phase, lasted nine days and some of the less painful but awful side effects lasted several weeks more. Picture having the worst flu you've ever had, add to it a feeling similar to "restless leg syn-

drome" throughout your entire muscular system and throw in overwhelming depression and the new realization of the tornado you've left behind in your life. This pretty well describes an unassisted opiate withdrawal.

Harmony's physician, Dr. Sean Murphy, Board Certified Addictionologist, is licensed to prescribe Subutex for opiate withdrawal. This drug offers significant relief for the withdrawal symptoms associated with both prescription opiates and heroin. It does not take all the pain away-but it helps make the symptoms manageable and helps the client engage in treatment more rapidly. Subutex is used short-term and for withdrawal purposes only, use determined on a case by case basis by our medical staff. Sometimes a person's level of usage can be too high for safe or effective usage of Subutex, and some clients may not be appropriate for admission to Harmony, particularly when high levels of methadone are involved. However, in most cases we are now able to support withdrawal from opiates in ways that were unavailable to addicts in the past.

In many ways, prescription addiction is the most insidious addiction of all. Denial is high because the doctor is prescribing it and signs and symptoms are often harder to detect and easier to hide. The lonely miserable feeling of self imprisonment is the same as it is with any other drug of abuse and the consequences can be just as tragic.

Please don't hesitate to call Harmony Foundation if you or a loved one is suffering from these or any other addictions. There are choices and there is always hope.

News from Resource Development

by Mark Greenberg

Harmony Foundation is pleased to announce that we have been awarded a generous grant from the Daniels Fund. The Daniels Fund is a Colorado based foundation whose mission is to partner with individuals, organizations, and communities to recognize inherent value, develop abilities, and provide opportunities in order to fulfill our collective potential. As stated in the Daniels Fund 2009 report to the community, "Bill Daniels was a patriotic American who achieved his success through a combination of hard work, determination, and a willingness to take risks. He was a decorated pilot in World War II, and he went on to become one of the pioneers in the cable television industry. Throughout his lifetime he gave generously to people in need and the organizations that serve them. Bill Daniels spent his final years carefully

defining his goals for the Daniels Fund which carries his legacy of generosity by providing college scholarships to deserving students and grants to nonprofit organizations in Colorado, New Mexico, Utah, and Wyoming."

Funding programs that help people overcome alcoholism and substance abuse was of personal importance to Bill Daniels. Bill, to his own admission, was a recovering alcoholic. In his personal recovery, he sponsored and paved the way in assisting friends and colleagues access to treatment. He also supported organizations that help people with alcohol and substance abuse problems. Stated on their website, "Today, the Daniels Fund partners with organizations that ensure youth and adults with alcohol and substance abuse challenges, achieve stability in their lives."

Daniels fund President and CEO, Linda Childers, says about the Daniels Fund, "Today, we carry on this personal style, not only because it was important to Bill Daniels, but because we feel it's the most effective way to deliver on our mission. Our responsibility at the Daniels Fund is to find and support organizations that are changing the lives of people in the communities we serve, and we take that very seriously. We believe the best way to make an impact is to listen, to work together, and to truly be part of the communities we serve. We are *invested* in them."

The Harmony Foundation takes great pride in being awarded this grant and will use the funds in "honoring the principles that guided Bill Daniels' life in the following; A man dedicated to making life better... one person at a time."



Welcome to Harmony

**Help us save
Money
and save the
Environment
at the same time.**

**Receive your
newsletter
electronically.**

**Send your
e-mail address to:
[kschmid@harmony
foundationinc.com](mailto:kschmid@harmonyfoundationinc.com)**



Harmony Foundation 41st Annual Reunion/Celebration



DATE: Sept. 18, 2010
TIME: 5:00 -10:00 PM
PLACE: YMCA of the
Rockies Assembly Hall
COST: \$50.00
Reservations Required

Special Guest - Judy Collins!
We are so very pleased to be bringing the annual reunion celebration back to Estes Park this year. Our guest speaker for the occasion is none other than the incomparable **Judy Collins!** This special evening is not to be missed..

**SUNDAY BRUNCH AT
HARMONY CAMPUS**
Sept. 19, 9:00 TO 11:00 am
Harmony Dining Room
Cost: \$10.00 per adult
\$5.00 under age 12
Reservations Required

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

Auction items include: Up to one week stay at a timeshare of your choice; Exciting sports package; One week in a quaint Victorian home in Leadville; Personalized plaque along the Healing Trees of Life path. Other items to be announced on our website, so check back often. .

Go to our website at www.harmonyfoundationinc.com for more details.

YMCA of the Rockies in Estes Park 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.
DON'T DELAY!**

**To make reservations for the Reunion and/or for Sunday Brunch,
please go to www.harmonyfoundationinc.com/reunion.
(Or you may call (970) 577-4719. Leave a message and we will return your call.)**

A Personal Story by Susie S., Alumnus

You may not remember me. I'm the one that didn't need you, a sponsor, the steps, AA, anyone or anything. I'm the one that could quit drinking on my own.

I went to a treatment center, a few meetings and was a dry drunk from 1988 until 1993. Wow, five years of no alcohol or drugs. Now I could finally drink like a "normal" person.

I thought I "deserved" to go out for a few NA beers, you know, socialize a little. My alcoholism was patiently waiting for me. By the end of the night I was drunk and stayed that way for 16 years. After a few times in jail, overdoses, uncountable ER visits, several marriages, uncountable geographical changes, DUI, and on and on and on, I surrendered to alcohol. I was one that would never be able to stop drinking and nothing would work for me. I had "tried" everything, AA, psychiatrists, outpatient treatment, marijuana maintenance, and nothing worked. I was hopeless.

My Dad died in March of 2009, and I spiraled out of control even more than I thought possible. I finally prayed, for the first time, that God would help me to

stop. That very night, my daughter who has been sober for 8 years, orchestrated an intervention. I had no idea anyone even knew how much I was drinking. I agreed to go to Harmony out of pure desperation. I didn't care at that point if I died, I just didn't want my children to be sad.

Harmony taught me, among so many things, that if I truly wanted to be sober that I must be willing to go to any lengths to get and stay sober.

Now I was the one that needed you, a sponsor, the steps, AA, and my God that I had pushed away for so many years. I'm the one that couldn't quit drinking on my own.

Today I am celebrating a miracle. I have been sober one year. I have no idea why God blessed me and lead me to Harmony, but I can never thank you enough. I could not have done it without you. Each and every one of you worked together to help me, whether directly or indirectly. This week I'm getting a tattoo with the Harmony symbol and my sobriety date to always remind me of the gift you gave me. I never want to forget where I came from.

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Mara Lehnert, Susie 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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