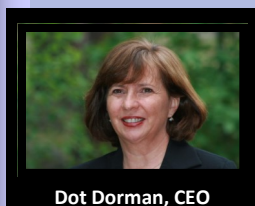


# The Harmony Experience



## A Message from our CEO, Dot Dorman



Dot Dorman, CEO

### Special Points of Interest:

- Message from our CEO
- Serenity Path
- Anniversary Celebration
- Treatment in the News
- Golf Tournament
- Community Connections

Hello friends - well, we have held two very successful events this summer and we are looking forward to our 42nd anniversary celebration in September.

Our Independence Day picnic at Harmony was great fun. There were around 400 people on campus - current clients and their guests, lots of Harmony alumni, Harmony staff, Harmony Board members and friends and family members of all of these groups. The weather was picture perfect, the food was great, and the fellowship was heartwarming. This is an annual event and if you didn't make it this year we hope to see you next year.

A new tradition kicked off in July with the 1st annual "Links to Recovery" golf tournament. The tournament was held in memory and honor of former Harmony CEO, Howard Clarke, who was an avid golfer. 80 golfers of all skill levels competed in a fun scramble format at the beautiful Lake Valley Golf Club. With gratitude to all who made it possible - sponsors of the event, hole sponsors, contributors, golfers and volunteers, I am happy to say that over \$14,000 was raised to support Harmony's scholarship fund.

This brings me to our upcoming Anniversary Celebration, on September 17th and 18th. Invitations have been mailed and we

are happily accepting reservations now! This will be a fabulous event including dinner, a live auction to support our scholarship fund, and a not-to-be missed talk by Dr. Kevin McCauley on Saturday evening, followed by a delicious brunch at Harmony on Sunday morning and capped off by a moving closing ceremony.

If you have never attended a Harmony reunion, why not plan to come this year? It is a wonderful opportunity to meet other Harmony graduates, to inspire the current clients in treatment and to see the campus.

## Harmony Unveils the Serenity Path

Contributor: Mark Greenberg



Independence Day Picnic



The Harmony Foundation recently completed the initial brick laying of the Serenity Path. This is another way to show your appreciation to the program that gave you back your life. This is a way and opportunity to commemorate a sobriety date, honor a loved one, or leave your mark of gratitude at Harmony along the path.

Your gift of \$150.00 will memorialize your message etched forever on a brick where others can see your encouraging message of hope.

For more information please contact Alice Burkholder at 970-577-3150, [aburkholder@harmonyfoundationinc.com](mailto:aburkholder@harmonyfoundationinc.com) or Mark Greenberg at 970-577-4718, [mgreenberg@harmonyfoundationinc.com](mailto:mgreenberg@harmonyfoundationinc.com), or you can visit our website at [www.harmonyfoundationinc.com](http://www.harmonyfoundationinc.com)



One of the bricks placed.



Serenity Path



## Anniversary Celebration!



**42<sup>nd</sup> Annual Anniversary Celebration Dinner, Program and Auction will be held on Saturday, 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**

**9:00 AM—11:30 AM with**

**Closing Ceremony Following**

**Adults: \$10.00 Under 12: \$5.00**

**Please Register by August 31st**

**To Register: go to**

**[www.harmonyfoundationinc.com/reunion](http://www.harmonyfoundationinc.com/reunion)**

**(Or call 970-577-3150 with Credit Card information.)**



**Dr. Kevin McCauley**

Read all about Dr. McCauley at [www.addictiondoctor.com](http://www.addictiondoctor.com)

## Treatment in the News

Contributor: Dot Dorman

The treatment and recovering communities lost a powerful champion and advocate for treatment with the passing in July of Mrs. Betty Ford. The extent of her influence is evident by the fact that President Obama, after hearing of her death said, "After leaving the White House, Mrs. Ford helped reduce the social stigma surrounding addiction and inspired thousands to seek much-needed treatment."

Mrs. Ford made it a mission that treatment successes were publicized and many celebrated people told the world their stories about finding sobriety through the help of treatment centers and the twelve steps.

Lately, the press about treatment is not so flattering. Celebrities are frequently in the news about their treatment experiences, however it seems that the stories being printed are often about shocking behaviors after discharge from treat-



ment, or multiple "failed" treatment experiences.

The results of a recent survey by SAMHSA ( Substance Abuse and Mental Health Services Administration) contained some distressing information about drug use in Colorado. As reported in the Denver Post and the

Associated Press, "Colorado's rates of marijuana and cocaine use, alcohol consumption and binge drinking are far higher than the national average and among the highest states in the nation." (The Denver Post, July 22, 2011).

Seldom do we find equal press time or attention given to the positive aspects of treatment and recovery. Certainly well-known recovering people can advocate as Mrs. Ford did. There is clearly a very strong need for treatment, and the need is not confined to Colorado. Harmony is here to help, and has been since 1969. Obviously we strive to get the word out

that treatment leads to recovery, that people *can* and *do* recover and improve their quality of life in innumerable ways. But I am urging all of you in recovery, along with your friends and family members to help us continue Betty Ford's efforts to reduce the social stigma, to educate and re-educate the general public about the value of treatment and the joys of recovery.

If you would like to become one of the proud faces and voices of recovery, I urge you to visit the web site, [facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org) and join with other recovery people to shine a positive light on life in recovery. Please visit the website, take part in the on-line rallies, add your years of recovery to the growing numbers recorded there (over 12,000 in 2010) and follow in the footsteps of a very brave woman to help the world recognize that people RECOVER!



## Harmony Launches its First Annual Golf Tournament

Contributor: Mark Greenberg

On July 11, 2011, Harmony had its first ever "Links to Recovery" golf tournament. We had over 80 participants and many volunteers making this event a fun filled success. It was held at Lake Valley Country Club in Longmont on a beautiful sun soaked day. We experienced participation from the local community, alumni, Harmony Board members, and staff of Harmony.

Harmony Interventionist and Community Outreach Liaison, Duke Rumely, did a sensational job as tournament coordinator. Our main sponsor, Sober Living in Delray, of Delray Beach, FL, and our secondary sponsor, The Rose House, of Lafayette, CO, made significant contributions to support this event. All proceeds are going to the Harmony Scholarship Assistance Fund. Many prizes were awarded by generous contributions from many other treatment professionals, Harmony vendors, and community businesses. Everyone was excited to win the car donated by Longmont Kia, but as every golfer knows, we all came up short on the hole-in-one. We are currently in the planning stages for next year's "Links to Recovery" golf tournament. Please mark your calendars for June 25th, 2012 for the 2<sup>nd</sup> annual event. You will not want to miss out on this very exciting and fun experience.



## Alumni Helping Alumni

Contributor: Penny Dougherty

Alumni from Harmony are in a unique position to offer a helping hand to other soon to be Harmony alumni. **Harmony's Community Connection program** provides an essential link between treatment and recovery. The client's primary counselor matches each graduate leaving Harmony with a Harmony alumnus living in the graduate's home community. The alumnus can be a huge support to the new graduate in the following ways:

- Make yourself available by tele-

phone before the individual graduates Harmony.

- Take the graduate to various 12-step meetings their area.

- Explain the benefits of sponsorship and home groups.

- Share your experience, strength and hope and especially the tools you found useful when you transitioned from Harmony.

If you are a Harmony alumnus and you have more than one year of continuous sobriety, are active in your recovery community, and willing to

be of service to your fellow alumni, please email Penny Dougherty, After-care Counselor, [pdougherty@harmonyfoundationinc.com](mailto:pdougherty@harmonyfoundationinc.com) or call 970-577-4702. Please provide your name, phone number, sobriety date, city where you live, if you are AA or NA (or both!) and we can get you added to the list. Thank you for your willingness to be of service to another alumnus. In doing so, you are letting the graduates know they are never alone traveling the road to recovery!

## Personal Story

Contributor: Jackie

I am Jackie from Las Vegas, NV. I was in treatment one year ago March/April 2010 and have remained sober for over one year and am progressing wonderfully.

I have a sponsor who is a German gal that I have grown very close to. She's been sober 6 years, is wise and keeps me honest. Currently, we are busy hiking each week and rock scrambling. What a blast to spend so much time together and outdoors in the fresh air. We're like two 10-year old girls playing together.

While I have no desire to drink anymore, I'm faithful to read/meditate, work the Steps and go to AA meetings regularly. It doesn't take much for me to spiral back into self-absorption, anxiety and discontent. Life must be lived only one day at a time. My professional background is medical social work, but I haven't gone back to work for the past year because of a deep need to work on my core issues. I'm just lucky I've had some savings to fall back on.

I will be forever grateful to Harmony and to all of you for guiding me through one of the most difficult periods of my life. You are all a class act and I love you dearly.

Affectionately,  
Jackie

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## HARMONY MISSION:

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



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is published by Harmony  
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To avoid missing any  
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