

The Harmony Experience



Howard Clarke

Special Points of Interest:

- Message from our CEO
- Grant Received
- Development of Alumni Chapters
- Family Workshop
- Thank You from a Grateful Family Member
- Save the Dates
- Harmony Receives Excellence Award

Honor a loved one's sobriety birthday by making a donation to Harmony in their name.

Visit our website for more information.
www.harmonystaff.org



Chris Desizlets and Scott McReynolds in Delray, FL at first Delray Alumni Chapter meeting. (See pg. 2 for story)

Harmony Leader, Howard Clarke, passes away at age 82

Dot Dorman CEO

I am deeply saddened to share with you that Howard Clarke passed away on February 24, 2011, at age 82. I am certain that most of you receiving this newsletter either knew Howard personally, or if you came through Harmony in more recent years, know Howard through his image on the granite rock and bas-relief located in front of the main lodge and gazebo.

It is very hard to pay tribute to someone who has meant so much to Harmony over the years. Howard came to treatment and then went to a halfway house to establish himself solidly in his recovery. When he left the halfway house in 1969, Howard came back to Harmony, feeling certain that he had something worthwhile to give back. What an understatement! Howard had a very successful career in hotel

and restaurant management and he put those skills immediately to work. He lived on campus and quickly became the manager of food services, and then facilities. In 1985 Howard was asked by the Board of Directors to step in as the interim Director, when health considerations forced the Director at that time to give up the position. Shortly thereafter, the Board offered Howard the position of Director and CEO, which he accepted.

Howard was the CEO at Harmony until 1999, and then served as a board member and liaison between the board and the CEO. Howard retired in 2001 and moved to Portland, Oregon with his wife, Irene, to be closer to their grandchildren.

I feel that Harmony would not have survived many challenging times, were it not for Howard's

leadership and foresight. Without a doubt, Howard made it possible for many thousands of people to find help for their addiction. He was dedicated to the cause and had a gentle way of "intervening" on people who were not quite ready for treatment by saying "I have a bed waiting for you when you are ready, my friend".

Howard was an inspirational leader at Harmony. Personally, although Howard was my boss from 1985 until 1999, he was much more than that – he was a role model, mentor, example, father figure and friend. I learned so much from Howard, and my staff can attest to the fact that I still quote him often. Howard was one of the kindest people I have ever had the pleasure to know. He will be missed.

Harmony Receives Grant

by Mark Greenberg, MA, Director of Resource Development

The Harmony Foundation is pleased to announce that it received a \$30,000.00 grant in January from the Kenneth King Foundation to provide financial assistance for those clients seeking help that just do not have the resources available to seek treatment. Dot Dorman, CEO of the Harmony Foundation, made this announcement recently to the Harmony Staff and its Board of Directors.

The Kenneth King Foundation is a private foundation founded in

1990 by Kenneth Kendal King. The King Foundation, located in Denver, Colorado, was established to perpetuate and expand the eleemosynary principles that Kenneth King developed in his lifetime of helping those less fortunate than himself. Today at the King Foundation, they continue to focus on helping those in need by doing *the common thing in an uncommon way*.

The Foundation is multipurpose, with interests primarily in human services and religious

organizations based in Colorado.

The Harmony Foundation encourages other foundations as well as its alumni and community resources to help those in financial need. With difficult times for many people, Harmony is experiencing having to turn away a significant percentage of its callers. To make a donation please visit our website at www.harmonystaff.org or call Mark Greenberg directly at 970-577-4718.

HARMONY FOUNDATION ANNOUNCES DEVELOPMENT OF ALUMNI CHAPTERS



Delray Alumni Chapter

Scott presented a two day relapse prevention workshop to the recovering community of Delray Beach. This was followed up by a meeting of several of the Harmony Alumni living and working in the South Florida community. Discussions were held on formalizing the Alumni Association at Harmony and

developing other chapters, particularly in Northern Colorado. If you are interested in getting involved with "The Friends of Harmony" please contact either Mark Greenberg at 970-577-5718 or Alice Burkholder at 970-577-3150.

It is also time to mark your calendars for Harmony's Alumni 4th of July picnic on the grounds of Harmony, and its annual Alumni Reunion, October 1, 2011 at the YMCA of the Rockies in Estes Park, CO. This year's speaker is nationally Recognized author lecturer Kevin McCauley, MD. (See more about Dr. McCauley on page 3)

Recently, Harmony kicked off its first meeting of the Delray Beach Alumni Chapter in Delray Beach, Florida. Chris Desizlets, Men's Treatment Coordinator; Scott McReynolds, Men's Counselor; and Mark Greenberg, Director of Resource Development, traveled to Delray to help in these efforts. With the continued support of Sober Living in Delray, Chris and



Scott and the Guys of Delray Alumni Chapter

NEW! Harmony's Family Day Workshop

**When? The 3rd Thursday of each month
8am-4:30pm**

Where? Harmony, Estes Park, Swickard Building (pond in front)

Who? Open to anyone, 12 & over, who would like to attend. 12 - 14 years old must be accompanied by an adult

Cost? \$100/person, lunch included
Upon completion, free Harmony Aftercare

What it includes:

Information & discussion about chemical dependency & codependency

Introduction to communication & other recovery tools

Introduction to the Al-Anon & Al-Anon skills of detachment with love, loving confrontation, how to be supportive and minimize enabling.

Encouragement to develop your own support system in appropriate 12-step group, and Harmony Aftercare

Our goal: For family members and/or concerned others will come to understand that chemical dependency is a disease, that it is not the fault of the family, and that the chemically dependent individual must be responsible for his/her own recovery.

Our hope: For you to begin to understand how you have been affected by caring about/living with someone with this disease and how you may want to make changes in your attitudes and behaviors.

We are aware of how important it is for family members to become involved in their own recovery.

Contact: Kathleen Christopher: **970-577-4704**
kchristopher@harmonyfoundationinc.com

Register by phone or online: **866-686-7867**
www.harmonyfoundationinc.com/Family-Day-Workshop

Thank You Letter

from a Grateful Family Member

Less than two months ago I was certain my 23 year marriage was over, I was stressed out of my mind, I couldn't take another moment of it, my children were upset cranky miserable and stressed out themselves, my husband was all of those things and drowning it daily in more alcohol that I ever dreamt a person could consume...I had zero understanding for him and stress and contempt filled my life.

Today, I was just sitting here feeling so overwhelmingly grateful for the good things that are happening in our lives...Yeah, OUR lives, we are functioning like a family again... and I needed to be able to tell Harmony thank you, to all of you, it all started with you, your program, the understanding and guidance from people who really get what the alcoholic is going thru and how it has affected their entire lives, especially their family. My husband and I made the agreement on the last day of the family weekend in my wellness plan and his sobriety plan, that we would adopt recovery as a way of

life in our home...it is working so well for both of us, the two younger kids are feeling the difference in the home and the calmness that has replaced the anxiety is priceless.

I got to come home from my al-anon meeting last night (where I felt good about myself, my decisions, and where I am right now...which was awesome) to find my husband on the couch with our seven year old son asleep on one side, our 12 year old daughter's head on his other shoulder watching TV with him...no drink in hand, the volume at a civilized level, no video games, no yelling...just three people content to be together, two of them who smiled when I walked in the door and asked how my meeting was...my house was tidy, dinner dishes cleaned up...It was so serene and peaceful I couldn't believe it was my home...MY home! Wow!!!

Everything has been good since we've been home together, but I think the best part is that I have

stopped worrying about the future...like he says, promising to never drink again is huge so huge that he can't imagine it, but he has TODAY, and is pretty sure he's got tomorrow, he'll let me know for sure when we crawl into bed together tomorrow night...I'm not worrying about if or when he will drink again or what that is going to do, because right now TOGETHER, we have TODAY, and we're pretty sure we got tomorrow...but we'll let you know for sure tomorrow night we when crawl into bed together.

Again thank you so much for existing...I never would have thought that a place was in existence that could help my husband find realization and understanding and sanity much less a path back to serenity...the fact that it was inclusive of our family still blows my mind daily...and I am appreciative of it multiple times throughout my day.

Thank you from the depths of my now healing heart. KCB



Winter
at
Harmony
Foundation



Go Green!
Receive your
newsletter
electronically.

Send your
e-mail address to:
kschmid@harmonyfoundationinc.com

SAVE THE DATES



July
4th
Picnic

Harmony Campus

Watch for more info in
next newsletter and
on-line as it becomes
available.

42nd Annual Reunion Celebration will be held on October 1st this year at the YMCA of the Rockies in Estes Park. Our guest speaker will be Dr. Kevin McCauley.

Kevin McCauley is a graduate of the Medical College of Pennsylvania. After completion of medical school, he joined the Navy and became a Naval Flight Surgeon. After earning his wings at Pensacola, Florida, he was assigned to a Marine helicopter squadron (The Red Lions). Later he was transferred to Marine F/A-18 Hornet squadron (Sharpshooters). While working as a flight surgeon he treated pilots with alcohol and drug problems. As a physician, he advocates strongly for the rights of addicts as patients.

Dr. McCauley is the author of 6 books, 1 CD, and the award winning DVD,

"Pleasure Unwoven"; all dealing with the disease of addiction. Read more about

Dr McCauley at www.addictiondoctor.com



Harmony Receives Award



Mara Lehnert and Gary Forrest

Psychotherapy Associates and Educational Supporters
37th Annual International "Addictive Disorders and Behavioral Health" Winter Symposium

Harmony Foundation

In recognition for sustained exemplary symposium and community support and chemical dependency treatment, education and training.

The Harmony Foundation was well represented recently at the 37th Annual Advance International Symposium in Colorado Springs, CO. This conference each year brings together a distinguished faculty to address the issues of treatment, recovery, and research in the addictive disorders, behavioral health, and mental health fields. This year, there were over 1,000 in attendance along with approximately 36 exhibitors from treatment facilities across the country.

Harmony was proud to have two of their Directors speak at the conference. Mara Lehnert spoke on Structured Family Interventions and Mark Greenberg on Men's Issues in the Recovery Process. Harmony was also given special recognition by the Executive Director of the Conference, Gary Forrest, Ed.D., PhD. A special acknowledgement was given to the Harmony Staff members, Dot Dorman, Mara Lehnert, Howie Madigan, Wendy Stine, and Duke Rumely. Along with the staff acknowledgement, the entire organization was recognized for sustained exemplary symposium and community support and chemical dependency treatment, education and training.

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ARTICLE CONTRIBUTORS

Dorothy Dorman, Mark Greenberg,
KCB (family member)

HARMONY MISSION:

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



The Harmony Experience
is published by Harmony Foundation, Inc.

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

MOVING?



Harmony

www.harmonystaff.org

Phone: 970-586-4491

Toll Free: 1-866-686-7867

Fax: 970-577-0392

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

