



THE EXPERIENCE



Dot Dorman, CEO



Our New Logo

Highlights

- Sober Super Bowl
- Medical Director
- Spiritual Retreat
- Recovery APP
- Veterans
- Links to Recovery
- Parity, the Right Law, Right Now
- Kindle E-Readers

**A Message from our CEO, Dot Dorman**

Dear Friends,
 You will see a new look, beginning with this issue of our newsletter... a new title "The Experience" a new logo, which we are incorporating into all of our materials. I hope this newsletter finds you well, enjoying spring, and enjoying sobriety.

Are you reading this newsletter in hard copy? Online? As an email attachment? Do you consider yourself techno-savvy or are you a traditional, hand me the paper, type of reader? Do you have a smart phone, tablet, or an e-reader? Do you use Facebook, Twitter, YouTube? Do you know what a QR code is?

At Harmony, it is becoming more and more evident that there is a "generation gap" or sometimes more accurately a "technology gap" among our clients, and we are striving to bridge that gap! In this edition you will find information about our mobile aftercare app, our implementation of e-readers for curriculum, our social media icons, and, yes, a QR code. We have embraced technology in our record keeping, communications, and marketing and even presentation methods for treatment materials. But if you are more of a traditional reader, communicator and learner, don't worry, we are not abandoning the traditional methods, either. Because we treat adults ranging in age

from 18 to 80-something (we have no upper age limit) and we strive to individualize their treatment process, we are integrating the latest technological tools, as appropriate. The diversity of our clients, both in terms of age and inclination towards or away from technology, presents us with a wonderful opportunity to personalize our treatment program. If you are so inclined, "like" us on Facebook and send Harmony a message to let us know how you are doing. If not, personal, hand-written notes are most welcome!

I look forward to seeing many of you at the upcoming events detailed in this edition of "The Experience".

Path to expansion continues.....

Dot Dorman, CEO

Last fall, at our annual Alumni Reunion, we announced plans to initiate a Capital Campaign to fund an expansion project on campus. Phase I of this pro-

ject will include a new building to house a state-of-the-art Health Center and an expanded Admissions Center, named in honor of long-time Harmony employee, Howie Madigan. Also in Phase I is a much needed new commercial kitchen and dining room, and a multi-purpose education center. The goal of the

project is to replace aging buildings with more suitably matched, well-designed and energy-efficient structures, better suited to providing quality treatment, while maintaining a comfortable mountain feel and setting. Site development plans have been prepared and

Continued on page 4

Sober Super Bowl

Duke Rumely, Community & Alumni Relations Outreach Specialist

The Super Bowl has always been a significant day in my life. I missed the one in 88 because I was a guest of the Nogales, Mexico police department. So, when I was asked to work with Harmony Foundation's Alumni to help promote unity, I spoke with an alumnus (John H.) and we decided to have a Sober Super Bowl Party. Plus, I knew that people in recovery still like to have fun and get together, and what better excuse than a giant Super Bowl Party?

We co-hosted our second annual Sober Bowl with the folks from Phoenix Multisport in Denver. They are a sober community of active people and have a terrific building in Denver. Food and drinks were donated by Endurance Marketing. All we needed were Harmony Alumni and their guests and a good football game. It was great game, terrific fellowship with about 80 Harmony Alumni and Members of Phoenix Multisport. There is nothing quite like watching newly

sober people having fun for the first time without drugs and alcohol. Even though it was a mixed group of 49ers and Ravens fans, the mood was light and full of camaraderie. There were lots of funny barbs and chants going back in forth. As the last seconds ticked off the clock, all of the food was gone and everyone left happy, full and sober.

We look forward to seeing you all at more Alumni Events.

Harmony Addictionologist and Medical Director Expands Services

Dot Dorman, CEO

Harmony's Medical Director, Dr. Sean Murphy, has expanded his time on the Harmony campus to a full-time position. Dr. Murphy was among the very first physicians in the State of Colorado to earn certification by the American Board of Addiction Medicine as an addictionologist, attaining that certification in March of 2009. He has held certification by ASAM, American Society of Addiction Medicine, since November 2002.

The role of the Medical Director is multi-faceted and includes approving medically complicated persons for admission to Harmony, creating detox protocols, performing complete physi-

cal examinations on all clients, addressing both chronic and acute medical situations, advocating with clients' insurance providers to ensure coverage for residential treatment, community outreach activities and much more.

Dr. Murphy is also licensed to prescribe subutex, which allows a safer, more comfortable detox for clients who have been using opiates. Harmony has been experiencing firsthand the epidemic of prescription drug abuse. Subutex is proving to be very effective in easing the detox process from these medications as well as from Heroin and other opiates.

Harmony is very proud to boast a full-time addictionologist on staff and we welcome Dr. Murphy's continued guidance in providing state of the art medical care for addicts.



Sean Murphy, MD

Spring Spiritual Renewal Retreat May 3-5, 2013

Debra Avezzano, Spiritual Advisor

Harmony's Spiritual Retreat is designed to provide a peaceful, well-balanced, uninterrupted, spiritually focused experience. Participants will reconnect with themselves, their Higher Power and one another. Spiritual Advisors Debra Avezzano and Marty Faraguna invite you to a weekend of educational workshops, yoga, a Labryinth history and walk, chair massages, healing music, and prime rib dinner/graduation at Harmony on Saturday evening. All this, including meals and lodging at the luxurious Fall River Lodge, is only \$175 per person or \$275 per couple. Get the boost you need to renew, reconnect and recharge your recovery through inspirational workshops and fellowship.

Spirituality is the foundation for sustained recovery. We'll see you there!

Space is limited to 20 participants, so don't delay, contact us:

Debra 970-577-3160 davezzano@harmonystaffing.com
Marty 970-577-5380 mfaraguna@harmonystaffing.com

Harmony Launched New Recovery APP

Marvin Ventrell, Director Of Community & Alumni Relations

HARMONY AMONG FIRST IN THE NATION TO IMPLEMENT MOBILE PHONE "APP" FOR ADDICTION TREATMENT AFTERCARE

Harmony announces the implementation of a new mobile phone application (App) which will aid its clients in the process of recovery from alcohol and drug addiction. Harmony launched the App on January 15, 2013. All clients who complete residential treatment at Harmony will be given access to the App as a tool for continued recovery. The App, which functions on iPhone and Droid platforms, will give clients the opportunity to review and record their condition and progress on their mobile phones and receive immediate feedback. If a client does not

regularly record progress, the App notifies the client and designated support individuals called lifelines through text and email. Data from the App is accumulated and analyzed by Harmony Aftercare Clinicians in order to provide clients with the additional services they may need.

Marvin Ventrell, Director of Community & Alumni Relations at Harmony, said, "the App is part of Harmony's treatment theory which views recovery as a continuum of care with varying levels of intervention, commensurate with individual needs and circumstances. This App is a new tool that makes it possible to provide meaningful, continuous, and real-time help to recovering clients, long

after they leave our campus. It is particularly well-suited to younger, technologically engaged clients who tend to need longer care."

The App will be available to all graduating Harmony clients and current Harmony Alumni at no charge.

Ventrell and Harmony CEO, Dot Dorman, will present the Harmony App Program to industry professionals at the National Association of Addiction Treatment Providers Annual Conference in San Antonio, TX on May 19th 2013. Ventrell also presented this information to attendees of the 39th Advanced International Winter Symposium on Addictive Disorders in Colorado Springs, Colorado on January 28th, 2013.

"Links to Recovery" and Veterans

Alice Burkholder, Community & Alumni Relations Coordinator

"Links to Recovery" 2012 was a huge success, raising enough money to be able to help veterans needing treatment for drug and/or alcohol addiction. We have chosen to reserve these scholarship funds for veterans so they have an opportunity to live productive and sober lives.

Why designate this scholarship money to a veteran? Studies show that there are over 18,000 veterans in Colorado alone suffering from both Substance Abuse/Dependency and PTSD, simultaneously. 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 medical 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.

"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)

"Links to Recovery" 2013

June 24th, 8:00 am shotgun start

\$125.00

Cart, breakfast, lunch, prizes, awards included

Register by June 10th

www.harmonyfoundationinc.com or (970) 685.9590



Sponsor a Hole

Hole sponsorships start at \$250.00 and go up to \$5000 for Title Sponsor

Contact Duke Rumely

drumely@harmonyfoundationinc.com

(303) 888-9019

Parity: The Right Law, Right Now!

Dale Maugans, Director of Insurance

Health care reform is a hot topic, but parity is getting even hotter. The Parity Act of 2008 required that any group health plans that offered substance abuse and mental health benefits must provide coverage for these services with the same financial requirements and levels of coverage as any other medical benefits. However, a final, supplemental rule to ensure that parity is enforced, has yet to be passed by the federal government. People seeking mental health and substance abuse treatment still encounter obstacles when trying to access their insurance benefits. Today, more than four years since the initial Act was passed, there are renewed efforts to obtain the supplemental law needed to enforce parity.

The Colorado Coalition for Parity was formed in the fall of 2012 with the goal of advancing efforts to ensure that this law is passed. The Coalition is a grassroots organization representing over 40 mental health and substance abuse providers in Colorado. Harmony Foundation is proud to be a founding member of the coalition, and to be a participant in the effort to make parity a reality for its clients.

On January 10, 2013, the Colorado Coalition for Parity sponsored the Addiction and Mental Health Parity Field Hearing at the Denver Museum of Art, with guest speaker and moderator Former Congressman Patrick Kennedy. More than 200 consumers, providers, employers, researchers, and lawmakers attended the event to hear panels of speakers, and to show support for parity. Patrick Kennedy called for an end to the “stigma, marginalization and isolation” associated with mental illness and substance abuse. The first panelist was a Harmony alumnus who shared their fortunate experience of being covered by insurance for their treatment at Harmony, which became the beginning of their 3 years of sobriety! Another speaker, who had a negative, frustrating experience in trying to use their insurance benefits for treatment, advocated for parity for these illnesses, “that cannot be seen from the outside”. Former First Lady of Colorado and Mental Health Ambassador, Jeannie Ritter summed up the sentiment in the room and stated, “the time for equal access to healthcare for people struggling with mental illness and substance abuse disorders is now”. The Colorado Coalition for Parity and its supporters will continue the pursuit for parity; more information is available at <http://wwwparityispersonal.org>.

Path to Expansion Continued from page 1

submitted to the Town of Estes Park for review. There is also an opportunity for Harmony's 42 acres of land to be annexed into the town. Meanwhile, a steering committee has been formed to work with S4F (Solutions for Fundraising) professionals to begin the process of securing donations to support this exciting project. . Frank Albert with Solutions for Fundraising is here with us in Colorado guiding the process. To date, we have launched the “Support and Renew” campaign with staff donations and pledges exceeding their goal of \$ 60,000! The Harmony Board of Directors is 100% supportive of the campaign, having all made their individual pledges and gifts.

If you would like to be involved in the steering committee efforts please feel free to contact me, or you can reach Frank Albert, the campaign director at 303-905-3817. Watch for progress updates in “The Experience”.

We Need YOU, Harmony Alumni

We are looking for graduates of Harmony with one or more years sober/clean to become Community Connections. YOU provide that essential link between treatment and recovery for a brother or sister leaving Harmony that lives in your area. We need people willing to welcome graduating clients into the recovery community in your home town. Talk on the phone, go out for a cup of coffee, take them to their first meeting. This is such a positive and powerful thing for both the giver and the receiver.

Contact Aftercare Counselor Penny for more information (970) 577.4702

pdougherty@harmonyfoundationinc.com

The form is also available online at www.harmonyfoundationinc.com/alumni

Mail the form to Penny c/o Harmony, 1600 Fish Hatchery Road, Estes Park, 80517

SAVE THE DATE!
44th Annual Anniversary Celebration and Alumni Reunion

October 4,5,6, 2013

**Friday Evening Prime Rib Dinner/Speaker Meeting/Alumni Medallion Ceremony/
Graduation—Harmony Campus**

Saturday Alumni Activities - Harmony Campus

Saturday Evening Dinner/Speaker (Mel Pohl, M.D.)/Auction - YMCA of the Rockies

Sunday Brunch, Alumni Activities, Closing Ceremony - Harmony Campus

Mark your calendars today!

Stay tuned for more information as it becomes available.

www.harmonyfoundationinc.com/alumni

www.harmonyfoundationinc.com

Smartphone
& Android
users scan for
Harmony
website



**Harmony Becomes First Treatment Center in the US to Standardize
Kindle E-readers in Addiction Recovery Curriculum**

Marvin Ventrell, Dir. of Community & Alumni Relations

Harmony will introduce **Kindle E-readers** as a standard component of its addiction treatment curriculum for young adults. Each client who enters Harmony's Young Adult Recovery Track – YART (approximately one third of clients in treatment at Harmony) will be given a Kindle E-reader loaded with recovery education and treatment process materials. The Harmony E-reader program is part of Harmony's commitment to better serve the increasing population of young adults who suffer from alcoholism and drug addiction. The program also serves Harmony's commitment to advanced technology systems in treatment and Harmony's Going Green environmental commitment.

Harmony began its YART program in 2012 out of recognition of the unique needs and learning styles of young people in treatment. The program focuses on the use of *technology learning* rather than traditional lecture learning. YART substantive components include daily groups on impulse control, anger, resentment, sexuality, relationships, codependency, trust, grief, loss, and life skills. YART activities include experiential art, music therapy, yoga, meditation, acupuncture, enhanced exercise, and T'ai Chi.

Instead of the traditional notebook / binder with hard copy handouts, E-reader clients will have easy access to their recovery materials in a highly efficient format that appeals to them and engages them. In addition to replacing traditional hard copy materials, E-readers will give clients access to video and film and will allow clients to complete their assigned work and to perform the recovery activity of *Journaling* all in one place. Harmony believes that young adults deserve a young person's treatment program that respects and speaks to them. Harmony CEO, Dot Dorman, said that "Harmony is committed to **state of the art best practices** and we feel a special obligation to provide new and innovative offerings to our young adult clients in order to give them the greatest possible opportunity at a lifetime of recovery." The E-reader program also complements the recent launch of the Harmony Sober App, which allows Harmony alumni and aftercare clients to check in their recovery status on smart phones.

**If you are interested in being a speaker for the Saturday Night Speaker Meeting at Harmony,
call Duke at 303.888.9019**

Website and Social Media



Recent Post on Harmony's Facebook Page

"I want to take this opportunity to say thank you to Harmony Foundation and the staff working there. You all have given my partner, Mark, a new lease on life. He just completed your 30 day inpatient program and he is a completely different, much happier person. I had the opportunity to participate in your Family Weekend. It was truly life changing for me. Just sharing my story and seeing that there are other families out there that are facing the same struggles that we are was tremendously helpful!! Just as he made strong bonds with the guys he was there with, I bonded strongly with the other family members there. These are friendships that I know I will have for a long time! I'm looking forward to our future with him being clean and sober!! This is all possible because of your program, so, from the bottom of my heart, thank you!!"

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

BOARD OF DIRECTORS

Tom McCarthy—President
Andy Johnson—Vice President
Paul D. Whittle—Treasurer
Susan Kitchens—Secretary
Cal Davis, BJ Jones,
Marilyn Rock, Jill Thomas,
Hank Valentine, Pat Nielsen

NEWSLETTER STAFF

Dorothy Dorman—CEO
Alice Y L Burkholder—Editor

HARMONY MISSION

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



Proud Member since 2011 of the



Building Community. Strengthening Community.



National Association of Addiction Treatment Providers



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

MOVING?

Send your Go Green!
e-mail address to:
jwestover@harmonyfoundatiioninc.com

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

FORWARDING SERVICE REQUESTED

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

