

The Harmony Experience



Special Points of Interest:

- Message from our CEO
- Greetings from Admissions Dept.
- Read an alumnus' personal story.
- Scholarships: A priority to help our prospective clients.
- Intervention/Marketing update..

Inside this issue:

A Message from the CEO	1
Alumni Request	1
Greetings from the Admissions Dept.	2
Save the Dates!	2
Gift of Recovery	2
Personal Story	3
The Bike Ride	3
Intervention Corner	4

A Message from our CEO, Dot Dorman



Hello Everyone and Happy 2010! Personally, I have made several New Year's Resolutions, (some are working and some are not), and professionally, I have made a few for Harmony. First and foremost, to continue to offer our services to as many people as we can; did you know that nearly 30% of all of our admissions are referred by former graduates from Harmony? Thank you for that, and please continue to encourage the still suffering addicts and alcoholics who cross your path, to call Harmony when they are ready for help. If you have a friend or loved one who does not seem ready, but who truly needs help, consider contacting us for an intervention. Please see Mara's article on the back page about our intervention services. Harmony is unique in offering these services without cost.

A second Harmony resolution is to get our alumni back to the campus. With that in mind, we are planning a 4th of July picnic, here at Harmony, and you are all invited! This is an event that was very popular in the past and I hope to see many, many of you here. Our 41st Reunion will be back in Estes Park, as well. The main event, Saturday dinner, live auction and paddle raiser,

and presentation by Judy Collins, will take place at the YMCA of the Rockies Assembly Hall. This newly constructed building is just beautiful and we are excited about the venue. We will follow up with a brunch hosted here on Sunday, and a spirituality presentation. I know we are really planning ahead, but mark your calendars now. The reunion weekend is September 18th and 19th.

There is lots happening here at Harmony, and every day we think of those of you who have come through in years past, and hope that you are all thriving in recovery. Please keep in touch, it is heart-warming for us to hear from you all!

Request from a Fellow Alumni

Hello Harmony Alumni, As a fellow alum, I wanted to write to you about an opportunity to do something for Harmony. In December, we had a local photographer lend us some photo art to display in the Main Lodge. They are beautiful photos taken in the National Park. The framing and matting is museum quality. They fit so well and look so good, we would like to make Harmony their permanent home. We have been offered them at a greatly

discounted price. This is where you come into the picture (no pun intended). Another person and I, contributed \$250.00 each toward the purchase of this beautiful photo art work. We would like to raise money, with the help of the alumni, to purchase the remaining pictures. Contributions in the mentioned amount would be great, but any amount will help us reach our goal.

I considered this an opportunity to help Harmony and pay something back to a place that

helped me onto the road to sobriety. I also see it as a way to pay it forward to help create a healing environment at Harmony for those that are still coming here looking to find what you and I have already found. A road to recovery and a life of sobriety. Something I cannot put a price tag on. I hope you will consider this opportunity.

Thank you in advance. In the tradition of anonymity, A fellow grateful alum.

"Life isn't about waiting for the storm to pass.

It's about learning how to dance in the rain."

-- Anonymous

Call Harmony today to ask about our unique and cost free Intervention Services.

970-586-4491

Ask for the Admissions Department.

See the Intervention article on the back page.

Special Note: Welcome to Duke Rumely, newest member of the Harmony Intervention/Community Relations team.



HOPE GROWS
Our first Garden of Hope plaque is installed amidst the snow. Thank you to the Gardner Family.

Greetings from the Admissions Dept. Dale Maugans, Admissions Mgr.

The day that a new client first walks comes through the door into Admissions can be one of the toughest, most emotional times of their lives. We are proud of how our team greets every admission/tour/family member with warmth, compassion and chocolate!

From July through December, 2009, we admitted 323 clients to Harmony: 210 men and 113 women. Harmony has strived to make its ser-

vices more available to more people.

In recent years, we greatly increased our insurance contracts, helping to remove financial barriers. One third of the clients admitted during this same period were able to use their insurance benefits, making their treatment more affordable. In September, 2009, Harmony admitted its first client to our new, 14 Day Relapse Prevention Program; since then, 7 more clients

have participated.

The Admissions team of Arlene, Roni Marie, Barbara and Alyssa handled more than 2,000 phone calls, rummaged through hundreds of pieces of luggage, and presented 46 tours in the first half of the year. Our objective is to provide outstanding service and to expedite the beginning of the recovery process for clients and their families.

SAVE THE DATES!

Back by popular demand!

We are busily planning a **Fourth of July Picnic** for Sunday, July 4, right here on the Harmony Campus.

We're planning to provide the meat and drinks. Everyone attending can bring a dish to pass. More details to come later. Keep your eye on our website for updates.

www.harmonyfoundationinc.com

2010 Reunion

Our 41st annual Reunion will be held on **Saturday, September 18th** at the YMCA of the Rockies Assembly Hall right here in Estes Park!

We are still working on all the details. This year's entertainment will be none other than the incomparable **Judy Collins**. She will share her story with us and grace us with some music.

GIVING THE GIFT OF RECOVERY

Alice Burkholder CCHt, Admin. Coord.

Each month, dozens of families and individuals reach out to Harmony to help save a loved one's life. In many cases, the individual or family cannot afford the fee for treatment. There are very few quality treatment options for those who cannot afford to pay for them.

Harmony has several different giving programs available for those who are able to help make a difference in someone's life. For a \$250 donation, you will receive a flower (plaque) in the **Garden of Hope**. A \$150 donation will place your message on a brick on the **Serenity Path** and for a donation of \$2500, there will be a personalized plaque positioned at the base of one of

the **Healing Trees of Life**, located on either side of the drive as you enter the Harmony campus.

And, of course, we are always very happy to accept donations of any size. Every bit helps to make a positive and lasting difference in someone's life. Please visit our website at www.harmonyfoundationinc.com/donations for more information on ways to give. Our website utilizes PayPal, so your donation can be made right on-line. Or, you may send a check to: **Scholarship Fund**, Harmony Foundation, Inc., PO Box 1989, Estes Park, CO 80517

Did you receive this newsletter in the mail?

**Want to get it via your e-mail?
Let us know.**

aburkholder@harmonyfoundationinc.com

**Receive it by e-mail?
How did you like it?**

We welcome and appreciate your comments.

Coming Soon...Check us out on Facebook!

Personal Story

The road to Harmony actually began for me six years before the day I found my way to its doors. In 2001, my mother began saving money for treatment, fearing for my life, and the family had started researching possibilities for help, the "How To's" of intervention, and on May 13, 2007, the window of opportunity arrived.

I awoke on that Mother's Day, shaking (as usual) and needing to drink, and so, I did. When I began drinking at 15, I did not know it would lead to a 16 year journey, the last ten years as a daily drinker mixed with drug use, leaving me shaking in the morning, unable to get out of bed, frightened by the world, harming the ones I loved, and reliant on alcohol to function. So I drank all morning, until I drove to Mom's house to meet my two sisters for pedicures. Thus began the intervention; two courageous women confronting my disease, and then, my mother entered. And the four of us, with God's guidance, quickly found ourselves on a new path.

My mom, having done much research, knew who to call – Harmony. Suddenly, I heard myself

saying to a man on the phone, "If you don't take me today, I'll never come." They had one bed available, so I packed a mysterious mixture of luggage in my drunken state, and we headed up the hill. When we arrived, my mother and I parked outside the Swickard building, and inside, a group of women had their arms around each other. I looked at my mom and said some expletive – "I can't do this!" She looked at me and calmly replied, "One day, you'll lead that group of women." And off we went. During my stay at Harmony, I was given the gift... of myself. The structure of the program, the staff, the environment, the work... unveiled the small spark within. I found purpose. Hope. Community. This seemingly small spark uncovered through the power of sharing, understanding, learning to be vulnerable, has grown into a much brighter light. After graduating I attended the Continuing Care program for six months. When they opened it up for all alumni for a lifetime, I returned and re-engaged in the program, and my recovery grew again. The group grew, and longer

JS, Alumnus

term sobriety alumni were offered the opportunity to become volunteer peer facilitators, and so I jumped at the chance. As others transitioned from treatment into real life recovery, it was a joy to share in the challenges and successes of a new life. And again, more was revealed about me, and my light grew.

Through the pain of addiction, Harmony revealed the possibilities for joy, acceptance, and growth, and facilitated the recovery a family. Most of all, Harmony has given me the gift of knowing within each of us lies a spark that can grow into a bright light, for each of us has divine purpose. Today, I have been blessed with the opportunity to work in the women's program at Harmony as a Counseling Technician. Each day, I pull my car up and park next to the Swickard building and remember the conversation my mom and I had, the women, with their arms wrapped around each other; and I hear the chant we say at the end of every group, "Keep coming back, it works if you work it, and you're worth it!" Let your light shine, JS

THE BIKE RIDE

At first I saw God as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I die. He was out there sort of like the President. I recognized his picture when I saw it, but I really didn't know him.

But later on when I recognized my Higher Power, it seemed as though life was rather like a bike ride: but it was a tandem bike, and I noticed that God was in the back helping me pedal.

I don't know just when it was that He suggested we change places, but life has not been the same since...life with my Higher Power, that is. God makes life exciting.

When I had control, I knew the way. It was rather boring, but

Excerpt from "The Twelve Step Prayer"

predictable. It was the shortest distance between two points.

But when He took the lead, He knew some delightful long cuts, up mountains, and through rocky places and at breakneck speeds. It was all I could do to hang on! Even when it looked like madness, He said, "pedal!"

I worried and was anxious and asked "Where are you taking me?" He laughed and didn't answer, and I started to trust.

I forgot my boring life and entered into the adventure; and when I'd say, "I'm scared," He'd lean back and touch my hand.

He took me to people with gifts that I needed, gifts of healing, acceptance and joy. They gave me their gifts to take on my journey; our journey, God's and mine.

And we were off again. He said "Give the gifts away. They're extra baggage, too much weight." So I did, to people we met, and I found that in giving I received, and still our burden was light.

I did not trust Him at first, in control of my life. I thought He'd wreck it. But He knew bike secrets, knew how to make it bend to take sharp corners, jump to clear high places filled with rocks, fly to shorten scary passages.

And I'm learning how to shut up and pedal in the strangest places, and I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion, my Higher Power.

And when I'm sure I can't do any more, He just smiles and says, "PEDAL"!



Men's Gazebo

Completely Harmony Boutique

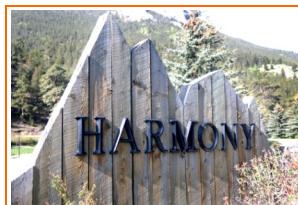
Check out our new boutique on-line!

We have clothing, hats, note cards, bookmarks, jewelry and are adding new items all the time.

All proceeds of Completely Harmony go to the Scholarship Fund.

www.harmonyfoundationinc.com/completelyharmony

"The value of my experience at Harmony is priceless. A changed life, the changed lives of my family members and friends, and the opportunity to discover my purpose are priceless gifts and valued beyond words."



Welcome to Harmony

INTERVENTION CORNER By Mara Lehnert, CACIII, Director of Intervention Services

"A Remarkable Event"

In the words of Jeff and Debra Jay, co-authors of the book "Love First", Intervention continues to be a truly "remarkable event." This not only holds true for the chemically dependent person. The entire intervention team, which is typically made up of a combination of family members and friends and lead by one of Harmony's highly qualified Interventionists, begin to heal from the disease of addiction just by participating in this loving and hope-filled event. A combination of factors contributes to this healing process. First, letters are prepared in advance of the intervention by each of the teams members, allowing them to express their love, concern, and support for their addicted loved one. The interventionist explains the format for the letters, and gives specific instructions and guidelines for the content. Though the letters deal with realities of

the abuse, they are also void of judgments and shame. The alcoholic/addicts' greatest assets and qualities as a human being are expressed openly. Special, sometimes humorous memories are shared, and the letter ends with an offer of support, and a request to accept the treatment being offered...today. After hearing all the letters at the formal training and rehearsal, which takes place prior to the actual intervention itself, the group becomes one with a common purpose. They are reminded, as a direct result of writing and then hearing each others letters, that the chemically dependent person and the real person are two separate people.

The final phase of the Intervention itself is about responding to objections that are typically thrown out by the alcoholic...a sometimes huge list of reasons that they can't or won't accept

treatment. A well trained team is ready to respond to this list—not by arguing, but rather by offering a solution that is has been discussed in advance to each of the obstacles spoken. "I can't go right now—who will take care of the dogs?" "There is no way I can be away from the kids for 28 days!" The team has put in place persons to solve these problems for the addicted person, and slowly, one by one, defuses each objection.

The ultimate goal is to let the chemically dependent person know that "everything has been taken care of", and that there is nothing between them and the beginning of the hopeful process of healing that the recovery journey offers.

A very special sort of "high", one of hope, relief and love, comes from those magic words that we almost always hear at the end..."yes, I'll go." Truly remarkable.

BOARD OF DIRECTORS

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

STAFF

Dorothy Dorman—CEO
Alice Y L Burkholder—Editor

ARTICLE CONTRIBUTORS

Dorothy Dorman, Dale Maugans,
Mara Lehnert, Alice Burkholder,
G.C., alumnus & J.S., alumnus

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 issue,
send us your new
address promptly.

MOVING?



Website: www.HarmonyFoundationInc.com

Fax: 970-577-4710

Toll Free: 1-866-10-STOP

Phone: 970-586-4491

FORWARDING SERVICE REQUESTED

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

