

# 2019 2020

ANNUAL REPORT





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“

As we reflect on the events of the last year and look forward, we realize how our 50-year history had prepared us to respond with great focus, strength and resiliency.”

— JIM GECKLER  
*President/CEO, Harmony Foundation, Inc*





## Tenacity and Agility: *How 2020 Has Tested Us*

**TENACITY AND AGILITY** seem to be words we use most often to describe 2020.

Very much like the people we serve, Harmony has shown an ability to rise above difficult and unexpected situations making us stronger and more resilient.

As Harmony entered 2020, we were excited about the upcoming year. The 50th Anniversary Celebration Gala was a memorable success. We launched our new intensive outpatient program (IOP) in Estes Park and looked toward the opening of our new day treatment program on campus. After making some difficult decisions in 2019, we adjusted some services, which connected to our core values and helped us focus on our mission.

Then came COVID and the world changed.

As always, client safety remained our priority. To minimize exposure, we suspended campus visits, paused on-campus family programming, and transitioned our IOP to a virtual platform. We developed precautionary measures to mitigate COVID by implementing a more intensive admissions screening process and worked daily to create a safe campus environment for all clients and staff.

Rather quickly, we became aware that these changes were going to be long term. Recognizing our commitment to families and our alumni, we transitioned the family and alumni support programs to virtual platforms; we continued to assess how to deliver services, discovering along the way that these new changes enabled us to reach a larger number of



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people, regionally and nationally. We found that by adapting to the new world of social distancing, we could change the traditional style of engagement while continuing to help clients and staff stay safe.

As we settled into the new norm of COVID, we were faced with the threat of aggressive wildfires across the Front Range. Throughout most of the summer, Harmony was safely distanced from danger, but on October 22 things changed. The unexpected and rapid movement of the East Troublesome fire called for a mandatory evacuation of the Harmony campus. The continuous and mindful planning of our leadership team allowed us to safely and smoothly move over 80 clients and staff to Greeley, Colorado. The help of alumni and other treatment partners enabled us to successfully re-engage with clinical programming within hours of the evacuation

Staff, families, and clients all showed a dedication to recovery and resiliency in very challenging situations. We were met with new clinical scenarios, including how to help navigate clients' response to a bar in the

lobby. A week later, we gratefully returned to a safe and intact campus with all clients still engaged in their programming and more committed to their recovery.

As we reflect on the events of the last year and look forward, we realize how our 50-year history had prepared us to respond with great

focus, strength, and resiliency. The Harmony leadership couldn't be prouder of our staff and how they continue to show up each day to do the hard work that is so essential.

The Harmony Board, which has welcomed new members featured in this report, continues to be grateful and supportive of the organization's focus on mission and dedication to our strategic plan.

Of course, we would be remiss not to acknowledge so many of you who helped us with your ongoing support, whether it was referring someone to Harmony, interacting

through the Harmony Hub, or by contributing to our philanthropy department.

We are honored to be able to continue to serve the Harmony community into a hopefully less eventful 2021.



## Message from the Board Chair

### WHAT A YEAR!

As a long-term board member and current board Chair I have supported the Harmony staff through some very difficult situations. I have always been impressed with the team's ability to respond to situations while continuing to offer exceptional client care for which we are so well known. This year, the measured response to fire, pandemic, and the regular challenges of maintaining the daily operations of a busy campus has certainly been impressive. Our CEO, Jim Geckler, his leadership team, and all the staff should be exceptionally proud of the way they handled themselves.

The Harmony board also has been experiencing a year of change. As several Harmony board members retired, with up to 40 years of service to Harmony, we welcomed new board members. We have featured some of our newest board members in this report and their vision, experience, and passion for Harmony have acted as a catalyst for change in the ways the board supports the organization.

As a Harmony alumna, I have been proud to support the program which gave me the foundation to build a sober life. I will always be grateful for my time in Estes Park and for my opportunity to serve on the board. I want to thank the staff, the alumni, the donors, and all our partners who continue to support the Harmony mission.

***Yours in Recovery,  
Patricia Nielsen, Board Chair***



**PAT NIELSEN**  
*Board Chair*



*This year, the measured response to fire, pandemic, and the regular challenges of maintaining the daily operations of a busy campus has certainly been impressive.”*

## Recent Board Members



**DON MACPHERSON**  
*Technology Chair*

**DON MACPHERSON** is CEO, polymath-in-training, and Host of 12 Geniuses—a podcast for curious and voracious learners. Don interviews exceptional people about trends and technologies changing the way we live and work. A five-time entrepreneur, Don has spent 25 years studying the employee experience, the attributes of great leadership, and how healthy organizational cultures are created and sustained.

An avid traveler and volunteer, Don has visited 70+ countries and has been a Big Brother mentor for more than 20 years.

**BETSY RECENTLY RETIRED** after 12 years with the Betty Ford Center and four subsequent years with Hazelden Betty Ford Foundation (HBFF).” She is a 2002 graduate of the Hazelden Betty Ford Graduate School of Addiction Studies. In her work, she served in both clinical and philanthropic leadership positions, as well as overseeing alumni services for HBFF. Although she formally retired at the end of 2017, Betsy knew she “wasn’t done” giving back and helping others begin the path to recovery.

“I’m thrilled to be asked to be a part of the place where my mother began her sober journey in 1985, where I attended her family program, and the seed was planted. Harmony has a special place in my heart, and it is the perfect fit for me to continue my service to others, both in the nonprofit sector and within the clinical model. I’m beyond grateful.”



**ELIZABETH FARVER,  
MAAC**  
*Philanthropy Chair*



## Recent Board Members

**KATY DRAKE BETTNER** is an executive in the entertainment industry having co-founded both Playful Corp, a game studio in McKinney, TX with her husband Paul (Words With Friends, Super Lucky's Tale) and BetRed Stories, a production company with Amy Redford (The Guitar, Professor Marston, and The Wonder Women) out of Sundance, UT.

As a long-time person in recovery, Katy is dedicated to bringing awareness and opportunities to people and families still suffering from addiction. She serves on various boards including The Treatment Support Fund, Harmony Foundation, and the McKinney Chamber of Commerce. Katy is also a member of the Women at Sundance Leadership Council, Women Donor Network, Way to Win, and the TED community. Katy is active in politics and philanthropy while raising three kids (ten, eight, and five years old), a fluffy dog, and splitting time between McKinney and Sundance (Dark Money, The Infiltrators, Raise Hell: The Life & Times of Molly Ivins, Swallow, Always in Season).

**ALAN JOINED THE BOARD IN 2019.** He is an attorney who most recently served as general counsel for an insurance group on behalf of multiple insurance companies. Alan continues to provide consulting services to the insurance industry, serves on the board of directors for the Boulder Alano Club, and provides pro-bono legal services.

As a long-time person in recovery, Alan passionately believes that a better life is achievable and sustainable once we are no longer actively engaged in our addictive behavior. Alan joined the board because he believes Harmony offers exceptional care and a foundation for sustained recovery to Harmony's clients and their families.



**KATY BETTNER**  
*Board Member*



**ALAN LITNER**  
*Secretary*

## Welcoming a New IOP in 2020



**FOR OVER 50 YEARS** Harmony has maintained a long-standing commitment to support individuals and families in their recovery journey. This year, we expanded our efforts by investing in a 12-week, intensive outpatient program (IOP), designed for individuals who want to continue their treatment experience from clinical care model to self-management.

The design of our IOP initially involved an on-campus weekend experience for clients. The changing landscape of addiction treatment during the COVID pandemic required changing our IOP from an in-person experience to an online treatment program.

This transition took us into uncharted territory but under the direction of our new IOP counselor Mary Evans, MA, LPC, LAC, we successfully restructured this new program, being responsive to clients living in different areas of Colorado. In March 2020, we turned the existing Harmony IOP into a virtual IOP taking place in the evening. Currently, we have served over 50 clients that way.

The creation of this new line of service has allowed us to expand into a full continuum of care. This extension of services has allowed current Harmony residential clients to continue their treatment, integrating our services into their home life.

Today, our IOP services are available both during the daytime and evening. To learn more about the program and to access information about the next steps, visit the Harmony website at <https://harmonyfoundationinc.com/residential/iop/>.

### THE PRIMARY GOALS OF HARMONY IOP PATIENTS ARE TO:

- Maintain abstinence
- Demonstrate an ability to sustain behavior change
- Eliminate a drug-using lifestyle and replace it with treatment-related routines and drug-free activities
- Identify relapse triggers and develop relapse prevention strategies
- Identify personal problems and begin to resolve them
- Begin active involvement in a 12-Step or other mutual help program



**71**  
Clients Received Scholarships



**\$482,957.04**  
*Scholarship Dollars Awarded*



**692**  
CLIENTS RECEIVED  
treatment



**\$1,135**  
TWO VETERAN SCHOLARSHIPS



**3,217**  
Calls for treatment



Caroline Glynn Neal  
Paducah, Kentucky

**CAROLINE GLYNN NEAL** of Paducah, Kentucky is a dear friend of the Harmony Foundation and we are grateful for her wisdom and generosity. “I have never been a Harmony patient myself, but I give every month to help someone who needs the help my mom needed and never got,” she says.

“My mom struggled with alcoholism for many years, and frankly, growing up I wasn’t sure what to do with that, so I moved away after college,” Caroline remembers. “My family attempted an intervention, but she wasn’t ready, and so it didn’t go well. It was just like one of those movies. It was difficult and we were not successful.”

“Her last text to me said that she was finally ready to go into treatment. Mom could have gone to a place like Harmony, but she had an accident and passed away. If it would’ve been possible for her to go to Harmony, our lives could have been very different.”

Caroline Neal has a unique understanding of the power of giving because she works at a non-profit children’s advocacy and sexual violence resource center in Paducah. She and her husband recently moved to Kentucky to be closer to family. She had lived in Colorado for four and a half years, with two seasons spent in Estes Park where she served as an outdoor education instructor for YMCA of the Rockies.

“I give monthly now to honor my mother and to give someone else a chance to recover,” says Caroline. “I’m happy to help inspire monthly giving—no matter how much you give, making it monthly is easy and it’s great to help.”

If you would like to be a Harmony donor, please contact Judy Keller at [jkeller@harmonyfoundationinc.com](mailto:jkeller@harmonyfoundationinc.com).

“

*Her last text to me said that she was finally ready to go into treatment. Mom could have gone to a place like Harmony, but she had an accident and passed away. If it would’ve been possible for her to go to Harmony, our lives could have been very different.”*



## With Gratitude

Harmony Friends,

In a year like no other, when the need for healing and support was so high, our donors came through like shining stars.

We are so grateful. Your unwavering generosity made healing possible.

Anyone ready to begin their freedom from addiction has a home at Harmony thanks to our generous donors.



**Elizabeth Farver**  
Chair, Philanthropy Committee  
Board of Directors

## Alumni Engagement & Programs



### SPIRITUAL RETREAT

On Harmony's alumni spiritual retreats, these are the aspects of spirituality we focus on: a reconnection to our internal and external worlds, a slowing down, a re-evaluation of our lifestyles and making goals for change, and community. Alumni take advantage of this quality opportunity to disengage from the modern world for a day and re-engage with their internal feeling of peace and the Harmony community. During spiritual retreats, alumni will spend time in nature, do a mellow yoga/stretching session including light meditation, spend some time journaling and in quietude, listen to a talk given by the leader of the program, and get to know each other through group discussions, free time, and having lunch together.



### ALUMNI PEER SUPPORT GROUPS

Harmony's alumni support group is a place for those who have shared the Harmony experience. This group welcomes recent graduates of Harmony and connects them to other alumni in their communities who have experience in recovery and can help introduce them to the larger recovery communities and services in their area. Within these groups, cross talk is encouraged for alumni to be able to hold each other accountable as well as share specific hope and recovery tools that would be beneficial to the alumni who are experiencing barriers. This is also a space for all alumni to find acceptance, community, and growth throughout their life-long journey in recovery.



### FORT COLLINS RECOVERY CENTER

The Fort Collins Recovery Center offers a safe space for alumni to build community, diversify their recovery, and have the opportunity for educational growth. In order to reach more than just the local alumni, we have introduced a hybrid model that allows alumni to join on Zoom to be able to participate in activities such as our book club and art therapy classes. The Fort Collins Recovery Center is also a hub for engaging in volunteer work.



## Financial Health

REVENUE	FISCAL YEAR ENDED JUNE 30, 2020
Private donations	\$152,548
Government grants	1,256,900
Special events	160,183
Corporate, Foundation, and nonprofit grants	50,000
Program service fees	9,652,510
Miscellaneous revenue	182,802
<b>Total Revenue and Support</b>	<b>11,454,943</b>
<b>EXPENSES</b>	
Program services	8,880,529
Management and administration	1,408,562
Fundraising	155,368
<b>Total Expenses</b>	<b>10,444,459</b>
<b>Net income</b>	<b>\$1,010,484</b>



## Pay It Freely



AS THE HARMONY FOUNDATION staff and board of directors thought about how to best describe the critical role voluntary contributions play in providing for our clients' recovery journeys, we quickly came to this central theme.

Our donors are so gracious in their philanthropy, and we want to acknowledge that in everything we do. Your gifts are given freely, without conditions or expectations and we should never take that for granted.

This year, gifts came in all shapes and sizes. We were offered everything from granola bars to unrestricted major contributions. Every gift was exactly what was needed at the time: snacks during the fire evacuation, campus improvements, new sidewalks, remodeled residential cabins, and a labyrinth for spiritual growth.

Scholarships are such a transformational gift for clients and this year our donors gave freely—at a golf tournament they couldn't play and during a virtual gala.

Some gifts are monthly, through direct deposit, or on our website. Some are checks or online. Some are legacy gifts, planned many years ago. Each of them go directly into our clients' recoveries.

All gifts make real change possible. Beyond the obvious tangible assistance they provide, these donations served as small votes of confidence, providing emotional support during a very trying year.

Thanks to Harmony, there is help. It may be as simple as a phone call referral. Or full residential treatment with outpatient services.

Thanks to your generosity, anyone ready for recovery has a home at Harmony.

“

*Because we want to give the gift that was so freely given and make it possible for others to experience the road to recovery.*



## Thank you, Donors!

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# Thank you, Donors!

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