



Harmony Foundation

Recovery in the Rockies®

Annual Report | 2016-2017

HONOR



PAT NIELSEN
Board President

I attended Harmony 31 years ago as a student, and it is now my honor to serve as the president of Harmony's Board of Directors. It is astounding how Harmony has changed over that time. In just the past year, Harmony has seen an amazing series of successes and events you will read about in this annual report. Our fiscal year started in July 2017 with a new CEO, James Geckler, as Dot Dorman moves to retirement in a few months. The board established an annual "Excellence in Service" award to honor Dot's 32 years of service to Harmony's mission and clients.

With our new Madigan Admissions Building and Pavilion, we have been able to help many more people struggling with substance use than in the past, no matter their drug of choice. There is no shortage of people who need and want Harmony's services, and we are actively seeking contributions for scholarships to help those who need financial assistance.

We now have a continuum of care that spans a period of four or more months, with programs being designed for each person's needs. The great majority of our clients attend our full residential program. And now, increasing numbers are able to learn about sobriety through our shorter Residential Evaluation and Detox program and through our several-month Transitional Care Program subsequent to residential treatment.

Please read on about all the exciting 2016-2017 Harmony news and financial information. Thank you for helping us save and improve so many lives.



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DOT DORMAN
CEO Emerita



GRATITUDE

A Message from the CEO Emerita

From a leadership position, it is always interesting to look back over a completed fiscal year and, with hindsight, realize that the successes have significantly eclipsed the challenges. The accomplishments of the past year at Harmony fill me with great pride in our staff, our mission, and our results.

In this annual report, we will share with you, our stakeholders, many statistics and lots of financial information. Filled with changes such as expanding our collaboration with third-party payers, developing a team devoted to philanthropy, addressing the opioid epidemic, improving our website and social media outreach, selecting new electronic medical records software, and—by no means the least—turning over the leadership of Harmony to our new CEO, Jim Geckler, it has been an eventful and exhilarating year.

What is much harder to quantify and share is the spirit of the past year at Harmony. During these changes, our staff has always kept the needs of our clients and the mission of Harmony at the forefront. These are challenging times in the treatment field. It would be easy to be discouraged that almost daily the ravages of addiction are the focus of new local and national reports. But *discouraged* is not a word to be applied to the staff at Harmony. One life at a time and with amazing courage, we address this destructive illness and bring hope and healing to many.

As you read the numbers reflected in this report, please keep in mind the lives they represent, the families changed forever, and those people still suffering who haven't yet found their way to our doors.

Thank you. It has been an honor to be part of this glorious mission.





JIM GECKLER
CEO



VISION

This year's annual report celebrates growth and change, and we have much to celebrate at Harmony these days.

As we move through our 48th year of operation, we continue in our role as the leader in substance use treatment in Colorado. We have grown our relationships with insurance providers, increasing access for people seeking recovery. We have grown partnerships with new and established treatment programs in Colorado and beyond, working to build ethical networks and to support those whose missions are aligned with Harmony.

In our ongoing commitment to constantly improve the quality of care delivery, we have recently moved to a highly intuitive health records system, an upgrade that allows better interdepartmental communication and cohesiveness of care for clients and families. We have also had staff and program additions that address the needs of our clients. The launch of HOPE, Harmony's Opioid Program Experience, directly addresses the local and national opioid epidemic. Our continuum of care has expanded to address the needs of clients as they complete a residential stay with our Transitional Care Program.

As the profile of our client changes, we need to integrate medical and clinical advances with the 12-Step core of recovery, so we have broadened the skills of our team with additional training and by hiring staff with significant mental health credentials. My favorite staff addition would be Cooper, our therapy dog; he has become the most beloved staff member in a very short time.

We are also updating our look, both on campus and online. Our website has a new feel and new features that allow people to begin and maintain their connection with Harmony. The Lodge, Swickard, and the cabins are in need of updating to bring them in line with the quality of the dining pavilion and the Madigan Building. It is through the generosity of our donors that we are able to maintain the beauty and comfort of the campus.

I am honored to have had the opportunity to work with Dot for the past 18 months and to have her counsel as I moved into the role of CEO. I hope to be as fine a steward of Harmony, and I thank you for the good wishes and support as we continue to provide solutions for those in need.



FINANCIAL PERFORMANCE

OUR ACHIEVEMENTS

STATEMENT OF FINANCIAL POSITION

	JUNE 30, 2016	JUNE 30, 2017
ASSETS		
Current assets		
Cash and investments	\$ 1,098,993	\$ 1,358,828
Accounts and notes receivable	\$ 497,361	\$ 783,440
Other current assets	\$ 157,512	\$ 163,370
Total current assets	\$ 1,753,866	\$ 2,305,638
Property and equipment, net of depreciation	\$ 8,028,622	\$ 7,687,124
Other assets	\$ 294,528	\$ 462,367
Total assets	\$ 10,077,016	\$ 10,455,129
LIABILITIES AND NET ASSETS		
Current liabilities	\$ 1,426,679	\$ 1,472,064
Long-term liabilities	\$ 4,217,135	\$ 4,116,116
Net assets	\$ 4,433,184	\$ 4,866,949
Total liabilities and net assets	\$ 10,076,998	\$ 10,455,129
STATEMENTS OF ACTIVITIES		
Revenue, gains, and support		
Program service fees	\$ 8,802,226	\$ 10,392,397
Gains and other revenue	\$ 57,981	\$ 61,658
Support and contributions	\$ 186,281	\$ 287,447
Total revenue, gains, and support	\$ 9,046,488	\$ 10,741,502
Functional expenses and losses		
Program services	\$ 8,367,831	\$ 8,432,371
Support services	\$ 1,684,752	\$ 1,865,160
Total functional expenses	\$ 10,052,583	\$ 10,297,531
Losses	\$ 13,903	\$ 10,206
Total functional expenses and losses	\$ 10,066,486	\$ 10,307,737
<i>Change in net assets</i>	<i>\$ (1,019,998)</i>	<i>\$ 433,765</i>



RESULTS of our work

OMNI results: This year, Harmony Foundation contracted with OMNI Institute to evaluate treatment outcomes. The report summarized data from 148 clients admitted to Harmony between June and October 2015. Overall, the results replicated those from the previous OMNI study regarding client demographics and post-discharge abstinence rates. The most common primary drug treated this year at Harmony was alcohol, followed by opioids, providing more evidence for an increased need to offer specialized opioid support for clients.

- Alcohol (74%)
- Opioids (16%)
- Methamphetamines (6%)
- Marijuana (3%)

GENDER BREAKDOWN:

Harmony Foundation treated 665 clients this year. As seen in years past, men continue to represent higher in treatment admissions with 69%, while women comprised 31% of admissions this year.

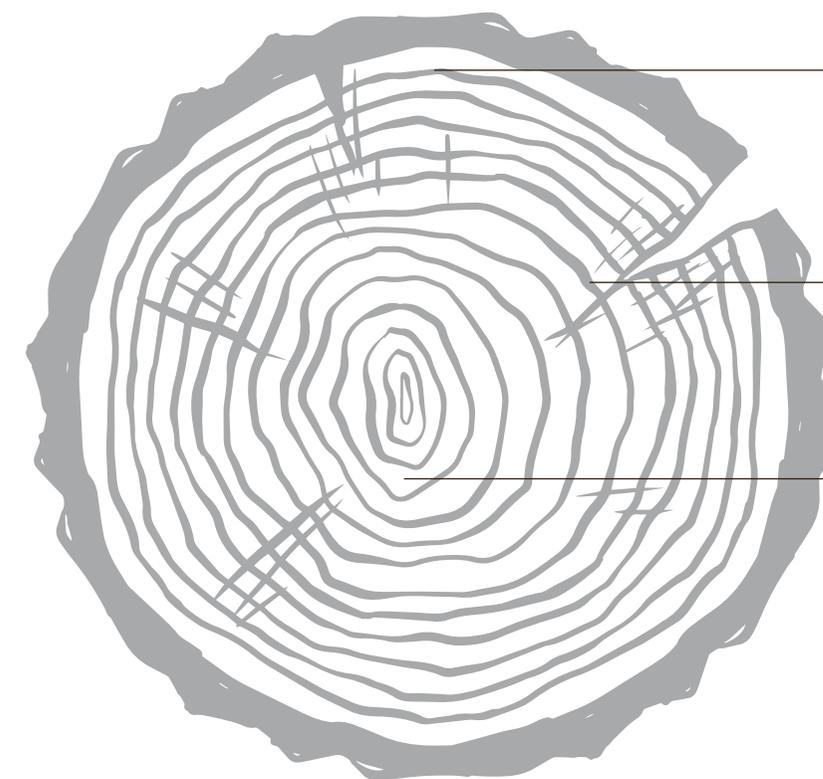
Outcomes Indicated That:

During treatment, physical health and all domains of life satisfaction improved significantly, and symptoms of anxiety and depression decreased significantly.

Post-discharge, employment rates rose and arrest rates decreased significantly.

ABSTINENCE DATA

The most consistent factor predicting post-discharge abstinence was how much clients' anxiety and depression decreased during their treatment stay.



1 YEAR

71% 30 days abstinent

48% 30 days abstinent (*opioid*)

68% continuous abstinence

33% continuous abstinence (*opioid*)

6 MONTHS

57% continuous abstinence

29% continuous abstinence (*opioid*)

1 MONTH

54% continuous abstinence

33% continuous abstinence (*opioid*)



HARMONY BUILDS PARTNERSHIPS

This year, Harmony Foundation has turned its efforts toward engagement with new and existing partners in Colorado. The landscape of Colorado is rich with treatment providers who are valuable to the continued care of our clients once they discharge. Fostering these relationships has a significant impact on our clients' long-term recovery success.

The Business Development Department launched a comprehensive campus site visit program for treatment partners interested in learning more about Harmony and our clinical and medical program and connecting with key staff. Since January 2017, we have introduced

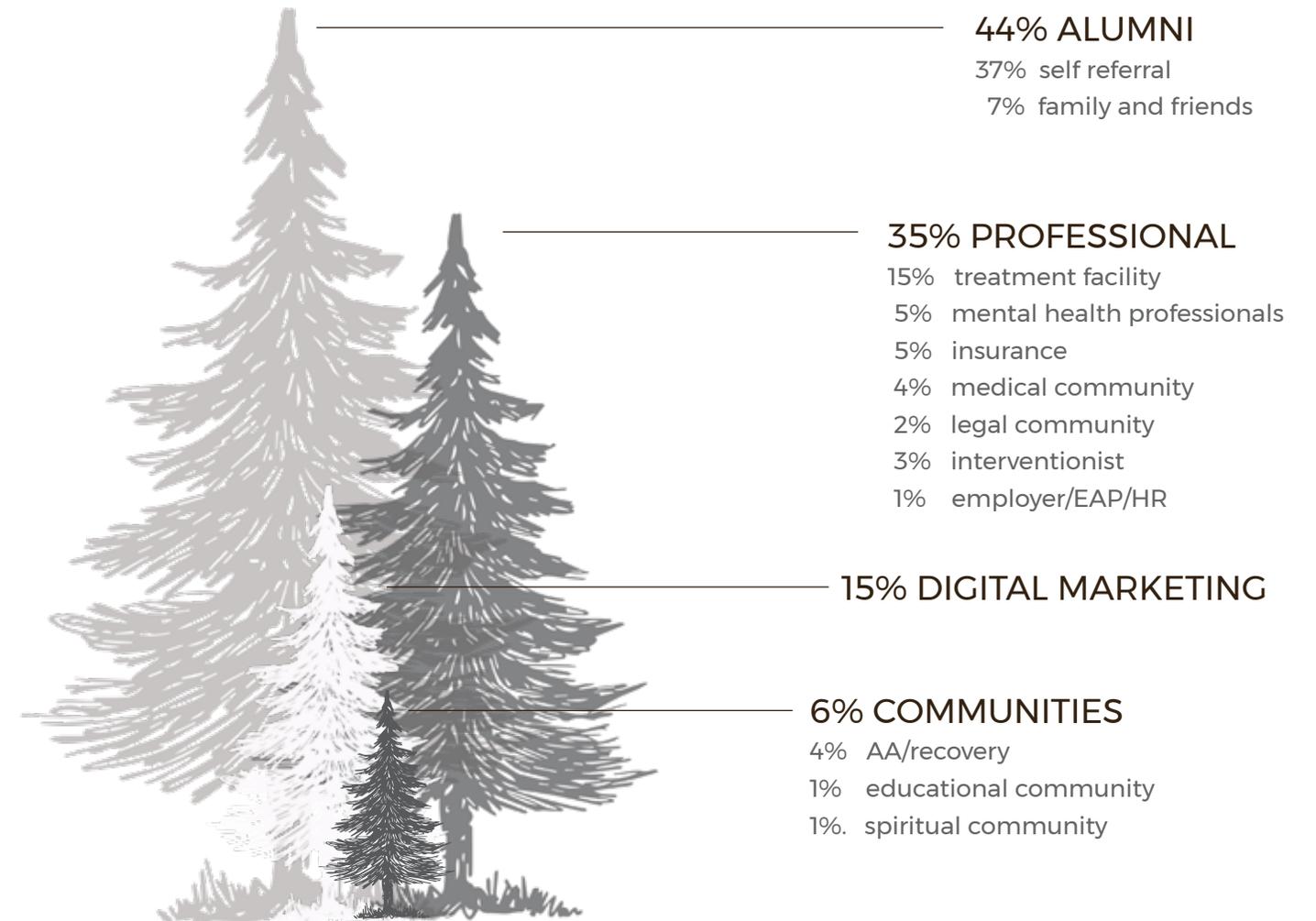
structured and organized site visits for over sixty providers, representing outpatient and in-patient centers, interventionists, transitional living/sober living, and EAPs.

We believe that these partnerships have been helpful to our clinical case managers in creating a case management plan for clients that is individualized and supportive of their early days of sobriety.

On behalf of the Harmony staff, we want to thank our treatment partners for your continued efforts to build a safety net that will reinforce the work clients complete here.

CLIENT REFERRALS

Referrals to Harmony represented a rich cross section of providers from the Colorado area. Alumni continue to represent the largest percentage of referrals, with digital and other treatment programs following close behind.





2016-2017 WAYS YOU GAVE

WAYS YOU GAVE

PHILANTHROPY UPDATE

In the 2016-2017 fiscal year, Harmony submitted eleven full grants and seven letters of inquiry. The total amount of foundation grants received was \$11,700. This represents generous contributions from The Kerr Family Foundation, supporting health and human services; The Village Thrift Shop for projects that enhance the Estes Valley community; The Rocky Card for health and human services; and The Volentine Family Foundation, for community health services.

This amount represents grants of financial support for scholarships, equipment, and upgrades to facilities. At the end of the year, foundation requests outstanding equaled \$165,000, of which \$24,749 was subsequently granted from The Hope Fund in July 2017, for trauma-informed training, materials, and consultation.

OTHER WAYS YOU GAVE

- Ride for Recovery
- Colorado Gives Campaign
- Scholarship Gala
- Pay It Forward Campaign
- Links to Recovery Golf Tournament
- 2016 Duck Race Festival - Estes Park
- 12-Step Benches
- Facilities Remodel (donation of fitness equipment/new laundry facilities)
- Campus Beautification

Harmony's mission is supported by people like you; we are grateful to our alumni, family, businesses, foundations, and community members who give in a multitude of ways. Every gift counts. When you give to Harmony, you'll be making sure that everyone we touch, regardless of age, income, gender, or background, has an opportunity to recover and thrive.

BENCHES

Harmony has created a serene 12-Step meditation walking path on campus behind the Main Lodge. Along the path, there will be twelve benches, one for each of the twelve steps of recovery. A number of generous supporters of Harmony have made this path possible through their donations toward a bench representing a step of their choice.

The 12-Step meditation walking path and benches will provide peace and comfort to Harmony's clients, family members, staff and greater community.

*“ONE DAY, MY SISTER WILL PILGRIMAGE
HERE, AND SHE AND I WILL SIT AND SAY
RECOVERY PRAYERS ON THIS BENCH IN
REMEMBRANCE OF MY DAD, WHO WAS
UNABLE TO MAKE IT TO STEP TWO.”*



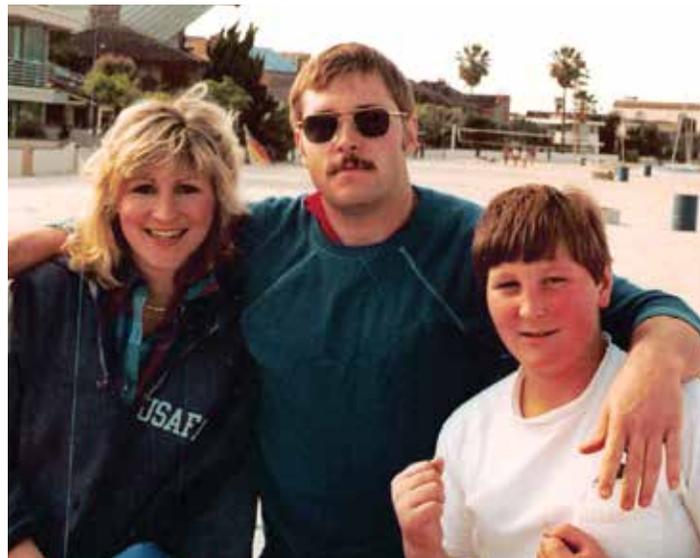
2016 SCHOLARSHIP GALA

On September 24, 2016, the 47th Harmony Alumni Reunion and Anniversary Celebration was hosted for the second time on the Pavilion campus. It was an evening of laughter and fun, inspiration and hope. An incredibly generous group of Harmony alumni, families, staff, sponsors, and community members joined Harmony in closing the gap for the multitude of people who contact Harmony seeking help but are without resources for treatment. It was Harmony's most successful Celebration to date, raising approximately \$100,000 to help provide the opportunity for recovery for all that need and desire it.

The night included a delicious dinner in the newly built Pavilion, a live and silent auction, and paddle-raise. Signature Speaker Dan Henley and Scholarship Speaker Michael Miller shared their experiences at and gratitude for Harmony. In addition, Harmony was honored to have MacKenzie Phillips, author, singer, and actress, as the special guest speaker. She captivated attendees with her astounding, outrageous, and often tender life story as she shared her lifelong battle with personal demons and near-fatal addictions.



DONOR spotlight



From left to right: Terri, Jim, and Tom

TERRI ANDERSON

Harmony Foundation is always grateful to the many donors who have contributed to its mission of changing lives. One such donor with a powerful story is Terri Anderson. "Tom was the best person I know, and Jim was an amazing human being who embraced his recovery when he finally got it". Terri is the oldest sister to three brothers who recently shared her story of how addiction deeply impacted her and her family over the years.

"I knew there was a culture of drinking in my family growing up, but it was the norm," says Terri. She didn't understand addiction as a disease back then, but as time moved forward she learned very quickly that this cunning and baffling disease would take two of her brothers.

It started with her brother Tom. He was smart, athletic, and a recent walk-on to the Colorado State University football team. "He never liked to drink and stayed away from it because of what he saw it do to our brother Jim." Unfortunately, soon after his 21st birthday he drank so much on St. Patrick's Day that he got behind the wheel and died from a drunk-driving accident. "I know that he did not intend or realize what he was doing", says Terri. But that night was the first night she and her family were awakened to the realization that addiction is real and that recreational use and abuse can be deadly.

"After Tom's death, my brother Jim, who always struggled with drinking, spiraled and got worse." He realized he lacked the tools necessary to battle this disease alone. Along the way, key people showed up in Jim's life to help him. When he got his sixth DUI, he stood before a judge in Fort Collins who saw that simple incarceration alone would not help him. He offered Jim the option to serve a portion of his sentence going to rehab. After much research and time talking with people, Terri and Jim found Harmony.

"Harmony absolutely changed him. No one could pull the wool over their eyes there. The counselors all had their experiences with addiction, and it helped Jim see the reality of his behavior. While people who were in Jim's group had all types of addiction, they were battling the same disease. I could see the transformation happening there. God gave him the right counselor, in the right setting. What Harmony does may not be pretty sometimes, but it's real."

For Terri, the Family Program and Aftercare Groups opened her eyes to how many families are dealing with this issue. "I didn't feel alone. When Jim left Harmony, he built a strong network of people to keep him sober. I watched as it made him stronger and stronger. Jim

shared his story with all that would listen and became very vocal in 12-Step meetings and aftercare groups. His passion for his life in sobriety inspired Jim and several of his friends in recovery to put together four CD's of music that reminded them of why recovery was so important. He was prepared to share it with the world. He finally found himself, and his purpose was to be a messenger of hope that recovery is possible."

"WE KNOW IT WORKS. IT CHANGED MY BROTHER'S LIFE, AND WE HOPE IT WILL CHANGE OTHERS'."

Sadly, two years into his sobriety, he was crossing a road in Oklahoma one night and was hit by a car and died. Jim was healed from his addiction, and knowing that he died full of life, free from daily suffering, gives Terri the comfort she and her family need to move through the loss of two brothers.

Today, Terri and her husband are generous donors to Harmony Foundation. Their contributions have allowed individuals who may not have been able to access treatment receive services at Harmony. As a valued donor to Harmony, Terri has created a legacy to honor her brother Jim, who made the willing decision to truly live after completing treatment at Harmony. "We know it works. It changed my brother's life, and we hope it will change others'."



SAYING THANKS

HARMONY FOUNDATION
WOULD LIKE TO THANK
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HAVE CONTRIBUTED
TO OUR MISSION OF
CHANGING LIVES OVER
THE LAST YEAR.

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