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Widening Circles: Colorado Recovery's Monthly Newsletter July 2017

Before

Colorado Recovery Community Garden



After



After



—The Colorado Recovery Team

The Treehouse went to a Colorado Rockies game on Father's Day. Clients and staff said it was a great time and many clients hope to attend more games. Thanks to Tommy for coordinating.

Blaise Rastello, CAC II and MSW candidate started a gardening group held every Tuesday. Note the before and after pictures!

Several clients were asked to come back to complete a landscaping project through Boulder County Open Space. We completed the project in record time! In July we plan to take a group to Cure Organic Farm to volunteer on a locally-renowned organic farm.

Horticulture therapy offers great opportunity to improve mental and physical well-being and provides a rich opportunity to contemplate the metaphors the land and natural processes can hold.

Welcome Terry Stevens, MA LPC

Colorado Recovery is pleased to add Terry Stevens to our team. Terry has been in the mental health field for over 25 years and has had the opportunity to work as a clinician, case manager and facilitator of experiential therapies.

Terry has worked in several levels of care settings including residential, hospital and outpatient settings, along with providing several years of private practice. She is a strong believer in integrating wellness and balance into our daily lives. The team has already noticed that Terry is an excellent communicator, has a very grounded energy and offers creative ideas for programming. In her spare time, she enjoys biking, fly fishing, hiking, traveling and anything to do with the outdoors.

July Activities

TREEHOUSE and TRANSITIONAL
Outpatient Breakfast, Weekdays
Mondays: Treehouse Lunch and North Boulder Park
Tuesdays: Community Meeting and Game Night
Wednesdays: Transitional Outing
Thursdays: Soccer, Chess, Planning Session and Treehouse Outing
Fridays: Boulder Creek Clean Up, Pita Pizza and a Movie
Super Hike-TBD!!!

THERAPEUTIC GROUPS

Mondays: Art Therapy
Tuesdays: Gardening Group & CBT
Wednesdays: DBT, Career Exploration and Movement Therapy
Thursdays: Co-Existing Disorders and Expressive Writing
Fridays: Open Art Studio, Social Support Group & Meditation

IN-SERVICE Trainings

TUESDAYS, 11:30 AM-12:30 PM

Marijuana in the
21st Century

Presented by CeDar

July 25th, 2017

OPEN TO CLIENTS

AND FAMILY

MEMBERS!

Please RSVP

dgurmataakis@

coloradorecovery.com



Terry Stevens

A Tribute to Dr. Richard Warner from One of the Thousands of Clients who Love You

It is true that Dr. Warner has helped thousands of clients in the mental health community! I think I can dare to say his influence has reached even some number of millions of people because his work has stretched across the globe! Not only has he brought clients to full recovery, but he had a tendency for making his clients' families and his clients' health care workers healthier and happier as well! He brought so many people health and happiness at Colorado Recovery!

Take me for instance...Before going to Colorado Recovery, there was all this build up and excitement to meet Dr. Warner. I was nervous to meet him though he had been kind to me and my mom when he had talked to us on the phone. That initial conversation took place when he was still working at Mental Health Partners where he had served the mental health community for thirty years! I knew he was a world renowned doctor, but he was just a kind, professional, and wise telephone voice. I guess he was like the "Wizard of Oz's" wizard - just a famous voice, quite powerful in a good way, but not scary like the wizard. But, let me tell you, I was intimidated.

The morning that I finally met him when I was staying at Balsam House, he made me happy and healthy. He made me happy by offering to make me a cup of tea - you could say I was HAP-TEA! This put any fears I had at ease. I will never forget a very famous doctor making me - a client - a cup of tea. Okay, he quite won me over with his polite English manners! He was educated in England and Scotland, so maybe comfortable chats at tea time were his norm.

And he made me healthy by completely listening to my case with a top therapist present in the room and then making wise decisions as to which medicines were appropriate for me! He monitored my health and recovery over time with precision. He did this for all of his clients.

So, I am just one client - one person with my own cup of tea from Dr. Warner and my own personalized recommendation of proper medicines. Can you imagine how many cups of tea and personalized medicine regimes were given in all his years of medicine, lecturing, planning, writing, advocating, traveling, etc.? Thirty nine years in this health field connotes lots of tea and lots of medicine!

Back to Dr. Warner and Colorado Recovery...So, after thirty years of work at Mental Health Partners, founding a treatment center later named by others after him - The Warner House, all his schooling and residencies, studying anthropology as well as psychiatry, being a psychiatrist, writing books and journals, speaking and advocating across the world, I guess he was not ready to retire. Whenever he had a plan, he would breathe life into it, and his vision would be realized. That vision is why we are celebrating here today. That vision is Colorado Recovery.

First, from a client's perspective, Colorado Recovery was just Balsam. A wonderful house where clients could get treatment in a beautiful mountain town. Eight people could comfortably live there. And while clients were being administered medicine by Dr. Warner and seeing therapists at Balsam, they also partook in their own meal planning, social outings, art therapy groups, writing groups, movement groups, music groups, social support groups, and relaxation groups. This all took place in a nice and safe neighborhood.

Under Doctor Warner's supervision, Colorado Recovery grew. An outpatient office with a larger staff was added and relocated. Transitional living was added for clients who were moving to Boulder. Holiday and anniversary parties became a part of the norm. And the Clubhouse was added for clients to have a client-run program and space all to themselves. The Treehouse, as it is called, also has one or two staff members. All of this is because Dr. Warner spearheaded these efforts. All of Dr. Warner's efforts were conducive to a high success rate for recovery.

I want to honor Dr. Richard Warner properly, but I can't! He is too good, too great, too excellent to ever encapsulate and his influence has placed Boulder County on the map for being a top provider for people across the world who are having biopsychological issues/i.e. mental illnesses.

I will say, he has saved lives. I owe him my life. I have no way to repay him other than my never-ending gratitude, love, and support.

He believed in recovery for all clients. He believed in clients leading productive lives. He believed in "respect" for all clients, said his good peer Phoebe Norton. He believed in a holistic approach to conquering mental illnesses. He never looked down on any of his clients but only saw them as equals. Treating each client with dignity, he was no fan of stigma.

The thing is, I could write a book about him. I don't want to take up too much of your time. Know that he was kind, wise, hard working, professional, talented, loyal, action oriented, and devoted! If you think of the movie "An Officer and a Gentleman," he was the best doctor and one of the best gentlemen! Please remember him always! Thank you!