



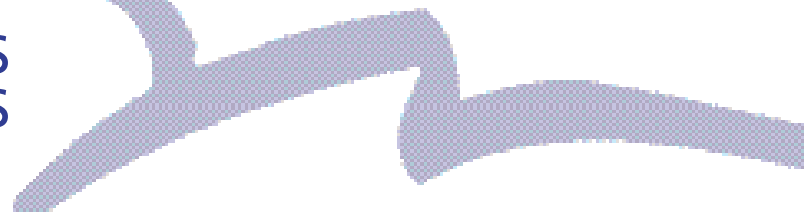
# MENTAL HEALTH CENTER OF DENVER



## REPORT TO THE COMMUNITY 2010



ENRICHING LIVES AND MINDS  
BY FOCUSING ON STRENGTHS  
AND RECOVERY



# BUILDING ON THE PAST FOR A BOLD FUTURE

## BUILDING A STRONGER COMMUNITY

**MHCD makes our community stronger by providing essential services to people of all ages, including children and young adults who represent our greatest hopes for the future.**

- MHCD has made it possible for more than 80% of the homeless women it treats to live in permanent housing and, in a pilot project, brought a third of these women into active participation in educational and vocational services.
- MHCD joined with the Denver Early Childhood Council (DECC) to engage our community in developing an action plan to build public awareness and support for the mental health needs of young children.
- MHCD launched an innovative program called Right Start for Infant Mental Health that promotes the healthy development of at-risk infants whose caregivers are experiencing or are at risk for mental illness.
- MHCD initiated a two-year program to create resilience and reduce the impact of traumatic stress among high-risk youth vulnerable to gang involvement.



*MHCD launched the New Day Resource Center to provide donated clothes, toiletries, household goods and toys to children and families.*

## THE NATIONAL LEADER IN MENTAL HEALTHCARE

**Measurable recovery performance gave MHCD national recognition as the leader in mental healthcare.**

- MHCD fully implemented the Recovery Measures and Markers to allow clinicians and consumers to accurately track progress toward recovery. Levels of care are assigned according to the consumer's progress, leading to better overall health outcomes.
- MHCD's pioneering work in measuring recovery will be showcased at the Recovery Transformation Summit to be held in Denver in March 2011. The Summit brings together leaders in Behavioral Healthcare from across the nation.
- MHCD joined with the Colorado Division of Behavioral Health to spearhead efforts to promote recovery through supported education and employment programs based on MHCD's nationally recognized model.



Roy Starks,  
Reaching Recovery  
Director

Dr. Carl Clark,  
MHCD CEO

*MHCD's supported employment program won the SAMHSA's 2010 Science and Service Award. MHCD received first place honors from the Mayo Clinic for its presentation on measuring recovery and how it improves clinical practice.*

## A RECOVERY SUCCESS STORY

Orlando Black says at the age of 36, "I'm proud of myself for the first time in my whole entire life." Living with mental illness and homeless for nine years, in 2010 Orlando obtained job placement as a houseman at Denver's Oxford Hotel through MHCD's 2Succeed supported employment program. The process of seeking, obtaining and sustaining employment – and the independence Orlando has achieved as a result – have been vital to his recovery. Reflecting on the progress MHCD helped him to achieve, the now-career-minded Orlando says, "I'm blessed to be here."

### ENRICHING LIVES AND MINDS

**In 2010, MHCD expanded its programs by adding new technologies and primary healthcare to serve consumers more efficiently and effectively.**

■ Because their chronic medical conditions go undiagnosed and untreated, on average, people with mental illness die 25 years too soon. To change this, MHCD has implemented a bold initiative incorporating primary care clinics into its treatment sites.

■ MHCD implemented an electronic medical record (EMR) to allow clinicians to more effectively monitor client progress in treatment; improvements also allow more effective diagnosis and treatment planning for children 0 to 3 years of age.

■ MHCD enriched its Day Treatment Program by providing nutritious lunches using exclusively organic (chemical and hormone free) foods. In addition, every Friday MHCD fills the children's backpacks with nonperishable foods to help see them through the weekend.



*The MHCD MyPlace consumer portal allows consumers to go online to view their treatment plan, review medication side effects, request appointments, and message their therapist.*

**"We had a client at our site for ten years. She struggled with addiction... She moved to a higher intensity substance abuse team. I saw her last month... She looked AMAZING and is clean. She thanked us over and over... That was the best decision she ever made."**

*~ An MHCD case manager*

**"Without MHCD I would be homeless and crazy. With MHCD, I'm being guided to become a useful and constructive human being...I feel there is a reason for my existence and that there is HOPE. That's what MHCD does, it provides HOPE and direction and helped me to become productive."**

*~ An MHCD consumer*



# FULFILLING THE PROMISE

“Without MHCD, my daughter wouldn’t get the help she so desperately needs.”

## OUR VISION FOR A BOLD FUTURE

Five years ago, we committed to doubling the number of people served by MHCD, and we have met that challenge. As CEO, I am keenly aware of the need for mental healthcare, and we are committed to doing even more. It is our vision to provide mental health services to all those in need in Denver by 2014. We'll achieve this vision by expanding our capacity, improving our technology and offering more integrated healthcare.

MHCD is the national leader in recovery-focused mental healthcare. But we can go further. It is our vision to reach beyond MHCD's walls to become a valued community resource not only for mental healthcare but as a trusted source of information and services for healthcare in general. In particular, we will demonstrate the value of integrated care and the role of mental healthcare in the larger healthcare landscape.

We are beginning the process to consolidate our adult recovery services in a new, state-of-the-art treatment center. By modernizing and expanding our facilities we will better meet a growing need in the adult population and create opportunities to expand other needed services for children and families.



Individualized service is essential to helping our consumers achieve their needs, wants and hopes. Our treatment recognizes the value of the whole person and focuses on life-changing individual growth.

In support of our commitment to alleviate health disparities in our community we have expanded access to integrated care for disadvantaged populations via partnerships with physical health centers and networks of providers/partners. A collaboration with Colorado Access, Kaiser Permanente and Denver Health will improve access to care and reduced medical costs for 6,700 Medicaid recipients in Denver this year.

Measurement is critical to helping consumers recover and validating our success. As leaders in measuring the effectiveness of our services, MHCD assigns levels of care according to the consumer's progress, leading to greater efficiency and better health outcomes.

We are extremely proud to serve the Denver community and look forward to making ever more profound contributions to our community as we help chart a bold new future in healthcare delivery.

**Carl Clark, MD, Chief Executive Officer**

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## ABOUT US

The Mental Health Center of Denver (MHCD) is a non-profit, 501(c)(3), community mental health organization. The driving force behind the work we do is the belief that people can and do recover from mental illness. Our mission statement: *Enriching Lives and Minds by Focusing on Strengths and Recovery.*

- MHCD employs over 500 professionals and offers a wide array of mental health services.
- In 2010, MHCD treated 15,400 adults, children and families
- MHCD provides services in the 35 sites it operates and in dozens of community locations
- More than 75% of the people we serve go on to lead happier, more productive lives

MHCD is committed to a future where everyone has access to needed health services.



# MENTAL HEALTH CENTER OF DENVER DONATIONS

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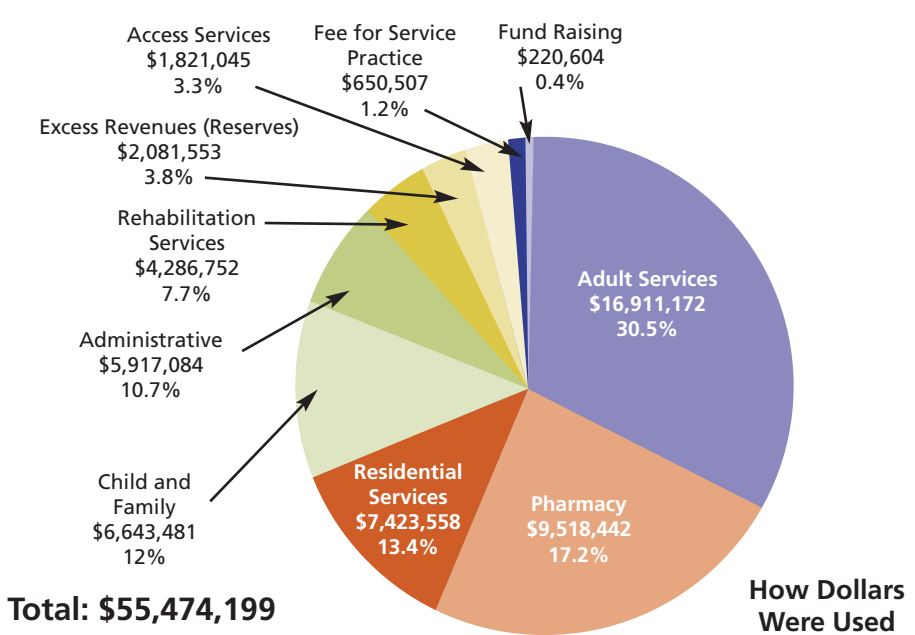
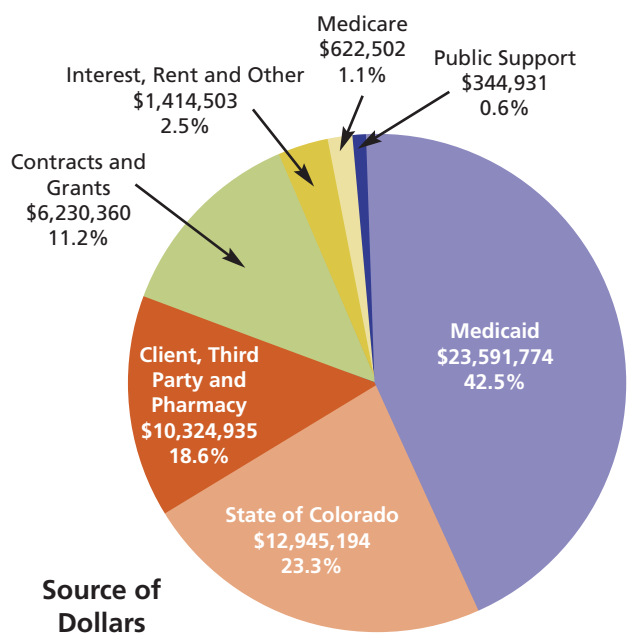
**In-Kind Donations**

During 2010, more than 4,500 in-kind goods were given to both MHCD's Wishing Well and A New Day Resource Centers by individuals, groups, and businesses throughout the community. These generous donations help assure that our consumers have access to a wide variety of food, household products, clothing, and other items. We would like to also thank the many donors to our Gifts of Joy Holiday Gift Drive. We received cash and gift card donations from the community to support this important program. The community also provided new gifts to share with children receiving treatment at MHCD.

**\* Multi-Year Donor Gifts of Hope Society**



**FINANCIALS**  
**JULY 1, 2009 – JUNE 30, 2011**



**Total: \$55,474,199**