

# Perspectives on RECOVERY



A NEWSLETTER OF THE MENTAL HEALTH CENTER OF DENVER • SPRING 2013

## 2013 ANNUAL MEETING FOCUSED ON THE FUTURE ... BECAUSE EVERYONE MATTERS



Chief Executive Officer Dr. Carl Clark shared his passion for providing mental health services for everyone in need at the Mental Health Center of Denver's February 27 Annual Meeting.

*Because **Everyone Matters***, Dr. Clark emphasized that we seek out best practices rooted in evidence-based care to bring the most innovative programs and services to make sure everyone has access to the care they need.

*Because **Everyone Matters***, we focus on recovery and resiliency to help individuals regain their lives and that creates opportunities for us to provide more services to more people.

*Because **Everyone Matters***, we partner with other leaders in health, justice, human services, and education to expand access to services.

*Because **Everyone Matters***, we seek to reshape how local, state, and national leaders think about mental health and align in on the same level of importance as physical health.

At the Mental Health Center of Denver, we are actively building a platform to heighten public awareness with the goal of building community consensus for mental health as a core component of a healthy community.

We can only accomplish this goal and further our mission of "enriching lives and minds by focusing on strengths and recovery" with the support of our community.

Here's what you can do to make mental wellness a universal value in our community:

- Don't be afraid or hesitant to talk about mental health
- Speak up, ask questions and provide input on mental health issues
- Join the conversation in person or online. Join us on Facebook and Twitter.

Our annual Report to the Community with the theme "*Because **Everyone Matters***" was made available at the Annual Meeting. An electronic version may be found at [www.mhcd.org](http://www.mhcd.org). For a hard copy, contact Barbara Shaw at 303-504-6727 or [barbara.shaw@mhcd.org](mailto:barbara.shaw@mhcd.org)



*Tim Hudner, outgoing board chair, welcomes guests to the February 27 Annual Meeting.*



*Mayor Michael Hancock greeted Annual Meeting guests and praised the work of the Mental Health Center of Denver in making our community a great place to live.*

The Mental Health Center of Denver is a private not-for-profit community mental health center governed by a volunteer Board of Directors.

Newly elected board officers are:

- Board Chair . . . . . R. J. Ross, MDiv, MSA
- Board Vice Chair . . . . . Reed Morgan, JD
- Board Secretary . . . . . Roberta Payne, PhD
- Board Treasurer . . . . . Rick Simms, CPA

## CONGRATULATIONS ARE IN ORDER NATIONAL COUNCIL REINTEGRATION AWARD FOR 2SUCCEED

The Mental Health Center of Denver's *2Succeed* program has received another honor – a second place finish in the employment category of the National Council's 2013 Reintegration Awards competition. Program Director Roy Starks accepted the award at a ceremony held in conjunction with the National Council's annual conference in Las Vegas on April 9.

The Reintegration Awards honor the achievements of those who dedicate themselves to improving the lives of individuals with serious mental illness, specifically those who help people develop the skills necessary to secure and maintain employment. *2Succeed* received recognition for its commitment to the Individual Placement and Support model of vocational rehabilitation, its placement rate of approximately 42%, its use of recovery markers, and its innovative integration with the *Link2Succeed* program, which promotes academic achievement.

## THE RECOVERY CENTER EARNS LEED® PLATINUM CERTIFICATION

The Mental Health Center of Denver's Recovery Center, which opened in July of 2012, was recently awarded the highest Leadership in Energy and Environmental Design (LEED®) **Platinum** Certification from the U.S. Green Building Council, helping us fulfill our vision of being the greenest mental health facility in the country.

"We believe that the Recovery Center is the only mental health facility in Colorado and the second in the nation to receive the Platinum designation," said Jim Fasano, facilities services director. "We wanted a sustainably designed building that was filled with natural light and beautiful finishes, somewhere that people felt good about walking into and that reinforced our belief that people can and do recover from mental illness. Knowing that the Recovery Center accomplishes this while upholding the highest standards of environmental sustainability is especially rewarding."

LEED certification provides independent, third-party verification that a building was designed and built using strategies aimed at achieving high performance in five key areas of human and environmental health. The Recovery Center was awarded the Platinum certification for a number of reasons, including the deliberate way that the existing building was deconstructed with a strict commitment to salvaging building materials. An impressive 72% of construction waste was recycled.

## MENTAL HEALTH CENTER OF DENVER RECEIVES LOCAL RECOGNITION



The *Denver Post* has recognized the Mental Health Center of Denver as the tenth-ranked Top Workplace in Denver in the large employer category. Two employees nominated the Mental Health Center of Denver for the award, and the *Denver Post* followed up with a survey to the entire workforce, gauging their degree of agreement with such statements as "I feel genuinely appreciated at the Mental Health Center of Denver" and "My manager makes it easier to do my job well." The *Denver Post* published the full listing of Top Workplaces in a supplement to its April 21 edition.

The Denver Metro Chamber of Commerce's Annual Business Awards luncheon recognizes both for-profit and not-for-profit organizations making a difference in our community. At its April 26 event, the Mental Health Center of Denver was recognized as the Large Non-Profit of the Year, an award which recognizes "an organization that improves the quality of life in metro Denver and partners with the business community to achieve its mission."

***In an e-mail to the entire staff, CEO Dr. Clark commented, "At this time when it is more important than ever that people understand Mental Health Center of Denver's vital role in the health and wellbeing of our community, it fills my heart with joy each time we have an opportunity to share our values and our mission."***

## UPCOMING ENRICHING LIVES AND MINDS SESSIONS

**Wednesday, May 15, 2013, 5:15 – 6:30 p.m. at Recovery Center, 4455 E. 12th Ave.  
Program on Deaf Counseling Services**

**Wednesday, July 17, 2013, 5:15 – 6:30 p.m. at Recovery Center, 4455 E. 12th Ave.  
Program on Integrated Care**

To attend either of these events, RSVP to Joanne Aiello at 303-504-6732 or [joanne.aiello@mhcd.org](mailto:joanne.aiello@mhcd.org)

## MENTAL HEALTH FIRST AID – FOR ADULTS AND FOR YOUTH



### DID YOU KNOW?

More than one in four American adults has a mental health problem each year. Mental illness ranks second in the “burden of disease” ranking for established market economies such as the United States. Just as CPR training helps a layperson without other medical training assist an individual following a

heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

### DID YOU KNOW?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders are more common than heart disease and cancer combined.

### WHAT IS MENTAL HEALTH FIRST AID?

It is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts, etc.) until appropriate professional or other help can be engaged. An eight-hour course prepares members of the public to provide Mental Health First Aid to those in need. This course is delivered by certified Mental Health First Aid instructors who have completed five

days of training and met other certification requirements. Mental Health First Aid does not teach people to diagnose or to provide treatment.

The Mental Health Center of Denver has been offering Mental Health First Aid classes for adults since 2011. In March of this year, the Mental Health Center of Denver’s MHFA trainers were given additional instruction to provide training with a youth focus so that appropriate help can be offered to young people.

### WHO SHOULD RECEIVE MENTAL HEALTH FIRST AID TRAINING?

Audiences for training have included hospitals and federally qualified health centers, state policymakers, employers and chambers of commerce, faith communities, school personnel, state police and corrections staff, and nursing home staff. The National Council certifies mental health providers to implement Mental Health First Aid in communities throughout the United States and envision that Mental Health First Aid will become as common as CPR and First Aid training during the next decade.

Each training site develops individualized plans to reach its community and each site undergoes tight credentialing to guarantee fidelity to the original, tested model while maintaining the flexibility necessary for each community’s needs and demographics. The Mental Health Center of Denver has instructors to train Spanish speaking audiences for Adults and Youth.

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## THE 2013 CONSUMER/FAMILY/PROVIDER RECOVERY CONFERENCE - THE ART OF RECOVERY

Thursday, May 30, 2013 at First Plymouth Congregational Church  
3501 S. Colorado Blvd., Englewood, CO 80113

**After a welcome by CEO Dr. Carl Clark, Steve Baumer will present this year’s Heroes in Recovery Award**

Keynote speaker for this annual event will be Jeff Sparr, a man who has waged a daily personal battle to keep his debilitating Obsessive Compulsive Disorder from consuming his personal aspirations and family life. Because of his illness, he is uniquely qualified as an advocate, self-taught artist, and most importantly an OCD sufferer, to communicate and articulate a message of hope and a creative vision for making a difference in peoples’ lives.

**Jeff Sparr will speak on the subject “Dream Big!”**

**A morning panel on “The Art of Recovery” will feature  
Jeff Sparr, Dr. Carl Clark, Ken Fowler, and Troy Willis**

Breakout sessions will include:

**Paint4Peace** – Jeff Sparr

*Paint4Peace is the original PeaceLove program that uses creativity and artistic expression as a way to inspire, build self-confidence and deliver a message of hope*

**Spirituality and Creativity** – Denny Middel

**Art Therapy Overview** – Berit Rabinovitz

**Origami** – Ken Fowler

**Recovery the Artist’s Way** – Judy Lucero, Todd Thorne, Tony Dearmas, Bill Bilinski

For information or to register, go to:

<https://secure.smhcd.org/MHCDRecoveryConferenceRegistration.aspx>

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**MENTAL HEALTH CENTER OF DENVER**

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Denver, CO 80222

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**9th Annual**

**TEEN ART SHOW & BENEFIT**

**Saturday, June 8, 2013**

**The Art of Resilience**

All Ages Welcome  
Art Work, Dinner, Raffle,  
Silent Auction, Live Entertainment

**4:00pm – 8:00pm**

17 and under Free  
Adults \$35 at door  
\$30 early purchase  
\$60 per couple

4455 E. 12th Ave.  
Denver, CO 80220

Joanne 303.504.6732



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-  Follow our Recovery Blog at [mhcd.org/blog](http://mhcd.org/blog)



**Saturday, June 8, 2013 4:00 – 8:00**  
**9th Annual Art Show & Benefit**  
**SAVE THE DATE!**

