

Perspectives on RECOVERY



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

JOINING THE NATIONAL DIALOGUE ON MENTAL HEALTH

At the recent White House Conference on Mental Health, President Obama launched a **National Dialogue on Mental Health** by sharing his hope that the event would elevate the conversation on mental health to a national level by “bringing mental illness out of the shadows.”

That same day the government launched an exciting national resource, mentalhealth.gov. This website offers information on mental illnesses as well as ways to expand the conversation. You can also follow the conversation on Twitter [@mentalhealthgov](https://twitter.com/mentalhealthgov) and [#mentalhealthmatters](https://twitter.com/mentalhealthmatters)

Participants were reminded that talking openly about mental illness is the best way to encourage people to seek help. The Mental Health Center of Denver has already begun expanding the conversation through the efforts of its own Mental Health Ambassador, Jeannie Ritter, who is actively engaging the community on the topic of mental health.



“We normalize mental health when we open up with our own stories and concerns. This creates a safe environment that empowers others to share,” said Jeannie Ritter.

The Mental Health Center of Denver also advances the conversation by providing accurate, straightforward information about mental illness to the community through interactive training programs, such as *Mental Health First Aid*, *QPR*, and *Working Minds*.

The groundbreaking *Mental Health First Aid* program is an eight-hour interactive course that helps people identify, understand, and respond to signs of mental illness and substance abuse disorders. Individuals or groups interested in participating in this free training can contact melanie.parker@mhcd.org or call 303.504.6568. Individuals can also register for training from other Colorado providers at the Mental Health First Aid Colorado website, www.MHFACO.org.

Cont. on page four



Gifts Of Hope
FUNDRAISING BREAKFAST

 Mental Health Center of Denver

Save the Date

PLEASE MARK YOUR CALENDAR FOR OUR ANNUAL
GIFTS OF HOPE

FUNDRAISING BREAKFAST

TUESDAY, OCTOBER 22, 2013

8:00 – 9:00 AM

IF YOU ARE INTERESTED IN HELPING PLAN THIS
IMPORTANT EVENT, PLEASE CONTACT JOANNE AIELLO
AT 303.504.6732, JOANNE.AIELLO@MHCD.ORG



Mental Health Center of Denver

REPORT ON GROWTH – ENRICHMENT – RECOVERY CAMPAIGN

As we enter the final year of our *Growth – Enrichment – Recovery* campaign, we have achieved 70% of the campaign's \$8 million goal. The "Landmark" portion of the campaign was completed with the opening of the Recovery Center in July, 2012.

The final phase of the growth campaign will focus on three areas:

- Growth through programs and services
- Growth through outreach
- Growth through innovation

To learn more about the *Growth – Enrichment – Recovery* campaign and how you can support its completion, contact barbara.shaw@mhcd.org or 303.504.6727.



The Mental Health Center of Denver's Donor Wall is located in the lobby of the Recovery Center at 4455 E. 12th Ave. It recognizes those who have given over \$1,000 to the work of the Mental Health Center of Denver up to the present time. It will be updated annually to recognize new donors and those whose ongoing contributions have moved them into a higher level of recognition.

UPCOMING ENRICHING LIVES AND MINDS EVENTS

As a part of the Mental Health Center of Denver's efforts to increase mental health literacy in our community, we offer a free, one-hour informational session called Enriching Lives and Minds. These informal group gatherings give guests the opportunity to learn more about the Mental Health Center of Denver and about a specific program in one of three program areas: Adult Recovery Services, Child & Family Services, and Rehabilitation.

For information about the next Enriching Lives and Minds event, contact joanne.aiello@mhcd.org or 303.504.6732.

BOARD MEMBER TO RELEASE LATEST BOOK



Mental Health Center of Denver's board member Roberta Payne is releasing her latest book in early fall of 2013. Entitled *Speaking to My Madness, How I Searched for Myself in Schizophrenia*, the book encompasses Stanford, Harvard, Mensa, Italy, New Orleans, a ranch in Colorado, and Buenos Aires. A memoir of distinctly literary quality, it retraces a journey through alcoholism

and schizophrenia, as it looks back -- by turns raw and poignantly lyrical -- in the quest for deeper understanding and redemption. While Roberta Payne struggled to overcome these difficult illnesses, she sustained a peripatetic career teaching college English, Latin, and Italian.

Intensely lived episodes give the work drama and color -- the suicide of a dear friend in a mental hospital in which the author is being treated, the workings of a hurricane, views inside a drug house, the author's reunion with a sister after 45 years. She has balanced those moments with ones of equally intense introspection -- the ways of thinking and the feelings of severe illness, especially psychosis. There are a renowned psychiatrist, unforgettable friends, and a life-long love. Eventually, her struggles with cancer bring focus and healing to her life.

Alcoholism, mental illness, and cancer are among the leading concerns of our times as they blight and claim lives while just as powerfully affecting those closest, family and friends. This book explores the unique nexus of these illnesses in a life which ultimately wrests transcendence from them.

Dr. Payne's published work includes books of literary translation from the Italian, short stories, and articles on schizophrenia. She has spoken on schizophrenia to both local and national audiences, to medical students as well as to ordinary people seeking answers.

A MEDICAL HOME FOR CHILDREN IN COLORADO

The Mental Health Center of Denver has been recognized by the State of Colorado as a certified Medical Home for Children in Colorado. This certification reinforces our commitment to provide care around each individual's needs, to improve access to care for all age groups, to increase care coordination, and to enhance overall quality of care.

A medical home is a philosophy of care that focuses on patient-centered and family-centered healthcare which increases communication among all providers, clinics, and family members.

In order for an organization to be certified as a Medical Home for Children, it must meet certain standards for accessibility, patient/family centered practice, and treatment and care that is continuous, comprehensive, coordinated, compassionate, and culturally responsive.

Dr. Lydia Prado, Director of Child & Family Services at the Mental Health Center of Denver, commented on this new designation, "We have

worked diligently to receive this designation and are excited to work with families as their designated medical home, addressing all their healthcare needs using the best available interventions, information, and technology. As a Medical Home, the Mental Health Center of Denver will continue to partner with families, being sensitive to their values and sharing information about resources in their communities."



EVERYONE PLAYS A ROLE IN SUICIDE PREVENTION

Did you know that an average of 100 people completes a suicide every day in our country?

This is a troubling statistic, one that the Mental Health Center of Denver and similarly motivated organizations in our region and around the country are working to reduce.

On June 27, the Mental Health Center of Denver participated as an "Echo Site" for a national conference on suicide prevention hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA). Entitled "Everyone Plays a Role in Suicide Prevention," the conference and live webcast served as the kickoff event for the succeeding 75 Days of Action until World Suicide Prevention Day on September 10.

The Mental Health Center of Denver engages in an array of initiatives to raise awareness of suicide and reduce its prevalence, including:

- Question, Persuade, Refer (QPR), Working Minds, and Mental Health First Aid training to the public
- Voz y Corazón program to bolster resilience to suicide among Denver teens
- Working Minds, QPR, and Mental Health First Aid training to the public
- Partnership with Second Wind Fund's youth suicide prevention referral services

Contact information for training and other information about the Mental Health Center of Denver's suicide prevention activities are available on the website at www.mhcd.org/suicide-prevention.

During the 75 Days of Action, the Mental Health Center of Denver's Suicide Prevention Task Group will work with its community partners to promote greater participation in QPR. For more information, contact dennis.middel@mhcd.org or call 303.504.6579.

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of Denver
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National Dialogue - Cont. from page one

QPR – Question, Persuade, Refer – is called “gatekeeper training” for suicide prevention. This best practice program equips trainees to recognize the warning signs of suicide; to approach someone at risk and offer hope; and to persuade that person to seek and/or accept a referral for life-saving help. For more information about training, contact dennis.middel@mhcd.org or call 303.504.6579.

Working Minds is a comprehensive, best practice program to address suicide in the workplace. Workplaces seeking to schedule a training can contact either: griffith.mcclure@mhcd.org (303.504.1749) or linda.miller@mhcd.org (303.504.1734)






Visit www.mhcd.org to learn more about *Gifts of Joy*

Contact Us:

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