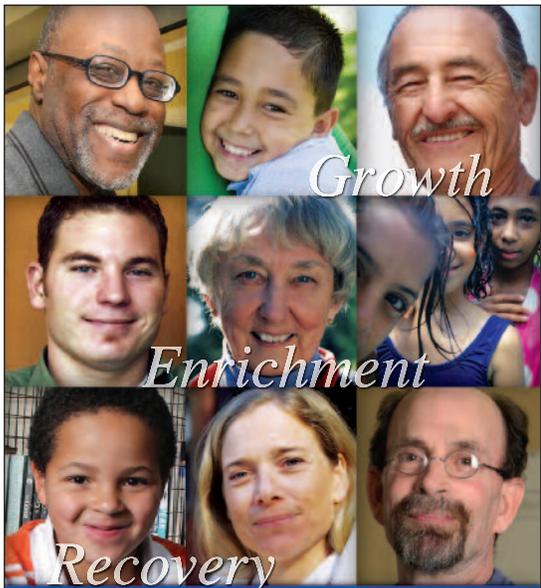


GROWTH – ENRICHMENT – RECOVERY CAMPAIGN CONTINUES



The Mental Health Center of Denver's **Growth – Enrichment – Recovery** campaign launched on October 12, 2011 at the annual Gifts of Hope Fundraising Breakfast. With a goal of \$8 million, the campaign will support three vital parts of the work MHCD is doing in the community.

The **Community Fund** will grow MHCD's nationally-recognized programs including career education, job placement, peer support, criminal justice, deaf service, infant and early childhood mental health, and others throughout the organization.

The **Outreach Fund** will help MHCD increase community partnerships and expand services such as suicide prevention in the community by increasing the number of partnerships in which it participates.

The **Landmark Fund** will support the renovation of the Recovery Center at 4455 E. 12th Ave. This welcoming, state-of-the-art facility provides 70,000 square feet of new efficient space to alleviate overcrowding and expand critical integrated health services such as mental health and substance abuse treatment, psychiatry, intensive case management, primary care, women's health, and a full-service pharmacy.

Following submission of proposals by the Mental Health Center of Denver, lead gifts in support of the campaign were received from the Colorado Health Foundation and The Anschutz Foundation. With funding from other foundations and from businesses and individuals, the total given or pledged to date is over \$2.7 million.



RECOVERING *Denver*
MENTAL HEALTH CENTER OF DENVER *where recovery happens*

 RecoveringDenver.org

JOIN US AT OUR 2012 ANNUAL MEETING

DENTAL PROGRAM IS VITAL TO INTEGRATED HEALTHCARE

Expansion of integrated health care at the Mental Health Center of Denver has shown the need for dental care for adult consumers. As a part of the Integrating Primary Care and Wellness (IPCW) grant, Mary Khoury, RN, MS, initiated and coordinated a pilot project with Dr. Collis Johnson, Jr., D.D.S.

Dr. Johnson created a treatment plan for each consumer which included dental services such as panoramic X-rays, comprehensive dental and periodontal evaluations, adult prophylaxis, periodontal scaling, extractions, crowns, and dentures.

One consumer received a total mouth extraction and den-

tures. When this young consumer recently returned to the clinic, she was ecstatic, flashing a big smile showing new and beautiful teeth which had created immediate and enhanced self-esteem and confidence.

Adult Recovery Services believes strongly that oral health cannot and should not be left out of the discussions around integrated primary care. Poor dentition and/or neglected oral health can negatively impact physical health, emotional health, self-esteem, employment interests, and other recovery-focused activities. For more information, contact Project Manager Mary Khoury RN, MS at 303-504-6564 or mary.khoury@mhd.org



~ RESILIENCE

~ INDEPENDENCE

~ STRENGTH

~ EMPOWERMENT

This is what PROJECT RISE is about. This Trauma Treatment Project is dedicated to serving Denver youth ages 11-17 who have experienced severe trauma in their lives, and who are gang involved or at risk of gang involvement.

“Gang-involved youth have experienced higher rates of traumatic events, both prior to and after gang involvement than other at risk youth.”

National Child Traumatic Stress Network

The program is designed to empower youth to use their own strengths to make positive life choices, find meaning in their lives, and cultivate healthy relationships. All the services in Project RISE are free of charge, culturally appropriate, confidential, and available to youth in school and community settings. As with all programs at MHCD, Project RISE is strengths-based – focusing on the uniqueness and individuality of each young person.

Project RISE Program Manager Beth Tamborski has experience working with youth with a history of trauma including those who have witnessed violence, experienced physical or sexual abuse, been involved in a natural disaster, or felt like their lives were in danger. The focus of the groups is to reduce symptoms related to trauma, build resilience in the participating young people, and increase peer and parent support.

Outcomes for Project RISE have been very positive. Measurements have shown reductions in the symptoms of Post Traumatic Stress Disorder, reductions in symptoms of depression, and evidence of increased resiliency in program participants.

MHCD's Project RISE is part of the Gang Reduction Initiative of the City of Denver and is a partnership between MHCD, GRASP, Denver Health, Denver SAFE City, and the Denver Public Schools.

To learn more about this project, contact Beth Tamborski, Project Manager, 303-504-6608 or beth.tamborski@mhcd.org

MHCD SAYS THANK YOU TO COMMUNITY DONORS AND PARTNERS



For the second year, Community First Foundation, with sponsorship from First Bank, created a one-day emphasis on charitable giving throughout Colorado called Colorado Gives Day 2011. On that date, more than \$12 million was given through the givingfirst.org website, an increase of 150% over the 2010 event.

The Mental Health Center of Denver saw a 165% increase over last year's gifts and received a total of \$18,152. Some of these gifts were year-end gifts by regular donors who used givingfirst.org in order to increase the value of their gifts; some supported our annual holiday gift drive; others made gifts in support of the **Growth – Enrichment – Recovery** campaign; still others were new donors who learned about MHCD through a newsletter or other mailing.

We are so grateful to each person who gave this year. Every gift received at the Mental Health Center of Denver is dedicated to helping us achieve our mission of **“enriching lives and minds by focusing on strengths and recovery.”** Thank you again.

What a great year this was for our **Gifts of Joy Holiday Gift Drive**. Through the generosity of MHCD staff members, members of the Board of Directors, and friends and colleagues in the larger community, we were able to provide both gifts and gift cards to a large number of children, adolescents, and adults receiving services. For the fifth year, Citywide Banks was a sponsor of this special giving program.

More than 450 specially-requested gifts were given to children under the age of 12 and \$10 gift cards were given to over 800 adolescents.

All of MHCD's 16 group residences were “adopted” by individuals and groups resulting in each resident receiving a small gift bag with miscellaneous items and a \$10 gift card. In addition, each residence received all the ingredients for a wonderful holiday meal for them to prepare for themselves.

Approximately 950 adult consumers received \$10 gift cards, consumers who otherwise may not have received a holiday gift this year.



Thank you to everyone who participated in making this a truly joyful holiday season for our consumers.

MHCD ENRICHING LIVES & MINDS OPEN HOUSE

Join us for a one-hour informational event, held monthly, to learn more about how MHCD is changing lives by helping people recover from mental illness.

Wednesday, February 15, 7:45 – 9:00 a.m.

Program on School-Based Services

Wednesday, March 21, 7:45 – 9:00 a.m.

Program on Transcranial Magnetic Stimulation

Wednesday, April 25 – 7:45 – 9:00 a.m.

Wednesday, May 16 – 7:45 – 9:00 a.m.

All sessions will be held at the MHCD office at 4141 E. Dickenson Place.

To RSVP or for future dates and locations, contact Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org



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SUPPORT A NEW DAY FAMILY RESOURCE CENTER

A New Day Family Resource Center is family-focused and culturally competent with a vision of helping children and their families bridge the gap in meeting their basic needs while working toward self-empowerment and healthy life choices. Access is currently limited to MHCD consumers who have been referred by their clinician and have attended a facility orientation.

This second resource center for MHCD opened in April of 2010. By the end of the year, 110 families had enrolled to participate in programs there. Before the end of 2011, another 127 families enrolled, for a total of 237 families now accessing the services at A New Day. During 2011, clothing, hygiene, and furniture were pro-

vided 1059 times and the Food Bank was accessed 1071 times.

Other services available at A New Day include: Drop-in Computer Lab, Basic Computer Skills Training, Services for transition-aged youth, Drop-in Case Management Support, GED Preparation and Tutoring, "Street Smarts" Training, and Strengthening Families Group

Volunteers are a vital part of A New Day and regularly help with GED Preparation and tutoring, sorting of clothes and household items, etc. If you are interested in volunteering, contact Joanne Aiello, Manager of Volunteers, at 303-504-6732 or joanne.aiello@mhcd.org

MENTAL HEALTH FIRST AID COMING TO MHCD



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid (MHFA) provides help to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolved. Its benefits include: increasing mental health literacy, expanding individuals' knowledge of how to help someone in crisis, and connecting individuals to needed services.

MHCD will soon begin offering training programs in the Denver community and hopes to be able to provide training for local employers and chambers of commerce, in faith communities and churches, at schools/universities and nursing home/retirement/senior centers, for the Latino community, and with other nonprofit organizations.

For more information, please contact Joanne Aiello at 303-504-6727 or joanne.aiello@mhcd.org