

Perspectives on **RECOVERY**



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

GOVERNOR UNVEILS PLAN TO REDESIGN AND STRENGTHEN COLORADO'S MENTAL HEALTH SERVICES AND SUPPORT SYSTEM



Since the tragedy at the Aurora theatre last summer, Governor Hickenlooper and Colorado Department of Human Services Executive Director Reggie Bicha have been working to expand mental health care and services across Colorado. While recognizing that “no single plan can guarantee to stop dangerous people from doing harm to themselves or others,” Gov. Hickenlooper suggested “we can help people from falling through the cracks” of our mental health system.

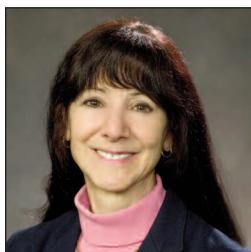
There are five key strategies in Gov. Hickenlooper's plan:

- *Provide the right services to the right people at the right time*
- *Enhance Colorado's crisis response system*
- *Expand hospital capacity*
- *Enhance community care*
- *Build a trauma-informed culture of care*

The multi-agency initiative will be headed by the Office of Behavioral Health in partnership with the Colorado Department of Human Services, the Department of Public Safety, and the Department of Health Care Policy and Financing. Crucially, the plan includes a prominent role for community behavioral health centers such as the Mental Health Center of Denver and other providers and advocates across the state.

George DeGrosso, CEO of the Colorado Behavioral Healthcare Council (CBHC) commended “the Governor and the administration for their attention to this important area of health care,” saying that “mental health and substance abuse treatment services are needed by one in five Americans and the people of Colorado are no different.”

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DR. LINDA LAGANGA RESPONDS TO THE GOVERNOR'S PLAN

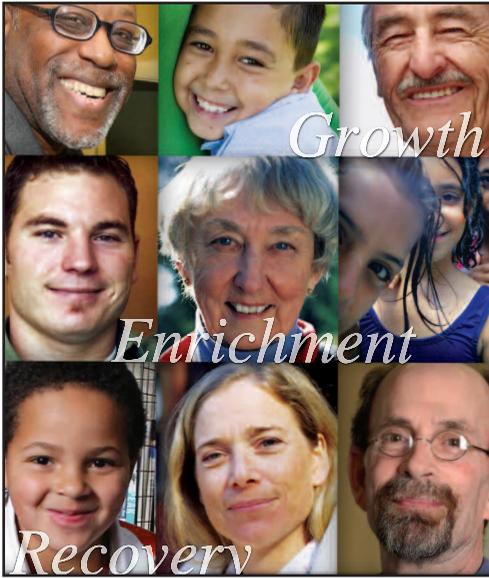
Times of crisis can bring needed change. In mid-December, Governor John Hickenlooper and Colorado Department of Human Services Executive Director Reggie Bicha introduced a plan to redesign and strengthen Colorado's mental health services and support system. The plan is called “Strengthening Colorado's Mental Health System: A Plan to Safeguard All Coloradans.”

The \$18.5 million package of proposals is aimed at preventing future violence and improving care. Details can be found at: <http://www.colorado.gov/cs/Satellite/CDHS-Main/CBON/1251635099770>

Resources for coping during traumatic times can be found on our Mental Health Center of Denver website at <http://mhcd.org/blog/resources-coping-violence-and-trauma>. For people who want to understand the signs and symptoms of mental illness in order to be helpful to those who are living with a mental illness, the Mental Health Center of Denver is one of several local centers offering ongoing training in Mental Health First Aid. Members of the public can register at www.mhfaco.org, and we provide this training to all our nonclinical staff through our internal training department.

Dr. Linda LaGanga, Ph.D. is Director of Quality Systems & Operational Excellence at the Mental Health Center of Denver.

2012 ENDS ON A HIGH NOTE FOR THE MENTAL HEALTH CENTER OF DENVER



Report on Growth – Enrichment – Recovery campaign

The Growth – Enrichment – Recovery campaign has surpassed 50% of its \$8 million goal and is looking forward to continuing the campaign throughout 2013. Our Donor Recognition Wall, which was unveiled at last September's Dedication to Recovery events, will be updated in time for our February 27 Annual Meeting.

Report on Gifts of Hope

More than \$112,000 was raised at the annual Gifts of Hope Fundraising Breakfast held on October 24th.



Report on Colorado Gives Day

Participating in Colorado Gives Day for the third year, the Mental Health Center of Denver received gifts totaling over \$12,000.

Report on Gifts of Joy

As the need for holiday gifts continues to grow, so does the response from both the staff and community members. Our Gifts of Joy Holiday Gift Drive provided gifts and gift cards to 1045 children and adolescents, 960 adults, and 157 of those consumers who live in our residences.



THE FIRST ENRICHING LIVES AND MINDS EVENT FOR 2013 COMING SOON

On Wednesday, March 20, the Mental Health Center of Denver will present the first of four Enriching Lives and Minds educational and informational sessions.

The March 20 event will be held at the Recovery Center, 4455 E. 12th Ave., 5:15 – 6:30 p.m.

Guests will have an overview of the Mental Health Center of Denver and learn more about our Deaf Counseling Program which serves both adults and children.

There will be time for questions and answers with our CEO Dr. Carl Clark.

If you wish to attend, RSVP to Joanne Aiello at joanne.aiello@mhcd.org or 303-504-6732.

Governor's plan from page 1

DelGrosso stressed the importance of access to care and believes the plan to expand and strengthen the existing 24/7 statewide, community-based crisis response system with a single, more visible mental health crisis hotline is a good step in providing the ongoing care essential to full recovery.

He also focused on the need for a larger investment in prevention, treatment and recovery services for mental health and substance use. While crisis intervention is important, it is often just the beginning of a journey toward full recovery.

The Colorado Behavioral Healthcare Council fully supports the Governor's proposal to develop a jail-based restoration program in the Denver area which will free up treatment resources in Colorado's acute psychiatric hospital for individuals in crisis in our communities who are not accused of a crime.

MENTAL HEALTH CENTER OF DENVER – IN THE NEWS & ON THE WEB –

- Recently, Colorado Public Radio featured a story by health reporter Eric Whitney that mentioned how the Mental Health Center of Denver provides integrated care to improve the health of its consumers. Listen to the full story here: mhcd.org/cpr
- JOIN THE CONVERSATION! Stay in touch with us online by "liking" us on Facebook at facebook.com/recoveringdenver and by "following" us on Twitter @[mhcd_news](https://twitter.com/mhcd_news).
- The Mental Health Center of Denver was mentioned by Former Congressman Patrick Kennedy who re-tweeted our story on his visit to Denver for a field hearing on parity. Read the full story on our blog here: mhcd.org/kennedy
- You can also subscribe to our blog. A recent post by Mental Health Ambassador Jeannie Ritter discussed the issue of parity for mental health in the insurance industry. Read the full story at mhcd.org/parity where you'll also find instructions for subscribing to the Recovery Blog.

We look forward to connecting with you!

MENTAL HEALTH CENTER OF DENVER ACCESS LINE

With the opening of the Recovery Center, a number of telephone numbers have changed. Among these is the Access Line, which is the number individuals call to start the process of working in a treatment relationship with the Mental Health Center of Denver. The new phone number for the Access Line is 303.504.7900. You may also contact them by e-mail at AccessCenter@mhcd.org. The main phone number remains 303-504-6500.



CFO FORREST CASON NAMED A "TRANSFORMATIONAL LEADER"

The Mental Health Center of Denver's Chief Financial Officer, Forrest Cason, was recently named to receive the Nonprofit Transformational Leader Award for 2012. This honor is part of Association TRENDS Magazine's annual CFO of the Year Awards.

Forrest Cason, Ph.D. joined the Mental Health Center of Denver in October of 2007 and quickly became a major part of strategic efforts to grow both facilities and services. He received this recognition, in part, for his leadership in the Recovery Center project which included evaluating our current facilities, assessing financial capacity, and securing favorable financing. He then implemented efforts to acquire and transform the property at 4455 E. 12th Ave. into our new Recovery Center, a state-of-the-art mental health facility in the heart of Denver.

Prior to joining the Mental Health Center of Denver, Forrest was Senior Vice President of Finance, CFO, and Treasurer at the University of Colorado Hospital. He also served as CFO for the Stapleton Development Corporation. Earlier experience includes work in public finance, investment banking, and state and local governmental organization. He has a B.A. from the University of Colorado – Boulder and an M.A. and Ph.D from Clark University in Worcester, Massachusetts.

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of Denver
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MENTAL HEALTH CENTER OF DENVER

4141 E. Dickenson Place

Denver, CO 80222



Join us...
Because Everyone Matters
...at our 2013 Annual Meeting

By 2014, everyone in Denver who needs mental health services will have access...

Because **Everyone** Matters

The Board of Directors of the Mental Health Center of Denver and CEO Dr. Carl Clark invite you to attend the 2013 Annual Meeting

Wednesday, February 27, 2013
6:00 – 7:30 pm

Mental Health Center of Denver's Recovery Center
4455 E 12th Avenue, Denver, CO 80220

Free valet parking on 12th Street between Birch and Clermont
Refreshments

Please RSVP by February 20, 2013
To Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org
Visit www.mhcd.org for more information.

Contact Us:
Mental Health Center of Denver
4141 E. Dickenson • Denver, CO 80222
303.504.6500 • www.mhcd.org