ENRICHING DENVER

A NEWSLETTER OF THE MENTAL HEALTH CENTER OF DENVER • SPRING 2015

FIRST ANNUAL WELL-BEING CONFERENCE

In keeping with our vision of well-being, we are pleased to announce the first annual

Well-Being Conference:
Well-Being Across the Life Span

This event will be held at Infinity Park and is free and open to the public. Renowned positive psychology expert Dan Tomasulo will provide the keynote address. Registration is available at www.mhcd.org/wellbeing.

If you have questions, contact Joanne Aiello (joanne.aiello@mhcd.org or 303.504.6732) or Craig Verzen (craig.verzen@mhcd.org or 303.504.6804).

ENRICHING DENVER

We welcome you to join us on a tour of one of the life-changing programs featured in this newsletter. See the difference your support makes in the lives of those living with mental illness and in the well-being of our community!

Please contact Joshua Pruyne at 303.504.6744 for more information or to RSVP.

New Program for Teens and Young Adults
1610 Emerson Street, Denver
Monday, June 8 at 9:00 a.m.
Thursday, July 16 at 9:00 a.m.

Dahlia Campus - 3401 Eudora Street, Denver
Friday, May 29 at 9:00 a.m.
Friday, June 26 at 9:00 a.m.
Friday, July 31 at 9:00 a.m.

2Succeed - 456 Bannock Street, Denver
Friday, May 22 at 11:00 a.m.
Tuesday, June 23 at 11:00 a.m.
Monday, July 20 at 11:00 a.m

We welcome you to join us on a tour of one of the life-changing programs featured in this newsletter. See the difference your support makes in the lives of those living with mental illness and in the well-being of our community!

Please contact Joshua Pruyne at 303.504.6744 for more information or to RSVP.

New Program for Teens and Young Adults
1610 Emerson Street, Denver
Monday, June 8 at 9:00 a.m.
Thursday, July 16 at 9:00 a.m.

Dahlia Campus - 3401 Eudora Street, Denver
Friday, May 29 at 9:00 a.m.
Friday, June 26 at 9:00 a.m.
Friday, July 31 at 9:00 a.m.

2Succeed - 456 Bannock Street, Denver
Friday, May 22 at 11:00 a.m.
Tuesday, June 23 at 11:00 a.m.
Monday, July 20 at 11:00 a.m

For more information, contact Katie at 303.504.6725 or katie.heideman@mhcd.org.
YOUR GIFT TO THE STRONG FAMILIES - STRONG CHILDREN CAPITAL CAMPAIGN MAKES A DIFFERENCE

The Strong Families – Strong Children capital campaign was launched in 2014 to support the design and building of Dahlia Campus for Health and Well-Being.

The Dahlia Campus location makes gifts to the capital campaign eligible for an Enterprise Zone tax credit from the State of Colorado. As a Colorado taxpayer, the Enterprise Zone Contribution Tax Credit may decrease your state tax liability while giving you an opportunity to invest in this critical project in Northeast Denver.

Your donation of $200 or more to the Mental Health Center of Denver designated to the capital campaign for Dahlia Campus allows you to take a 25% tax credit on your Colorado State income taxes!

For information on Enterprise Zone tax credits for gifts to the capital campaign, visit www.mhcd.org/strong. For other information or to make a gift, contact Barbara Shaw, Director of Fundraising, 303.504.6727, barbara.shaw@mhcd.org.

HOW 2SUCCEED IS MAKING A DIFFERENCE

According to Anthony Kass, the Mental Health Center of Denver and its 2Succeed program saved his life. In May of 2013, he was destitute, depressed, jobless, and living in his car. After a period of hospitalization, he was accepted as a student in the culinary program at 2Succeed and graduated with a ServSafe certification. During that time he was active in individual and group therapy and able to find housing in a Mental Health Center of Denver group home.

Anthony says, “Currently my active participation in my own recovery and well-being has been enhanced with my responsibilities as a peer mentor and more recently as a peer specialist at the Denver Walk-In Crisis Center. My objective is to meet consumers with a message of hope and be ‘in solution’ for their needs.”

He continues, “I now live independently and I continue to walk in gratitude to all those whose lives have been afforded me. My plan daily is to try to make a positive contribution in at least one person’s life. After all, their success is mine as well.”

The 2Succeed in Education and Employment program resides at 456 Bannock St. Please contact Joshua Pruyt at 303.504.6744 to arrange a tour or learn how you can support this life-changing program.

PROGRAMMING FOR TEENS AND YOUNG ADULTS

Services for young people ages 14-26 will soon be available at 1610 Emerson Street. This collaborative effort by all Mental Health Center of Denver programs will provide classes, groups, primary care, psychiatry, housing assistance, pharmacy, resources, peer support, and many other services.

Contact Program Manager Michelle Coldiron at michelle.coldiron@mhcd.org or Development Officer Joshua Pruyt at joshua.pruyn@mhcd.org.

UPDATE ON DAHLIA CAMPUS FOR HEALTH AND WELL-BEING

Construction continues on Dahlia Campus for Health and Well-Being and we are looking forward to its opening in the Fall of 2015! Dahlia Campus for Health and Well-Being will provide a place for community members to connect with their neighbors, learn new skills, and find supports they need to increase their health and well-being. The new site will feature a hub of services and programs (e.g., cooking and nutrition classes, family education classes and support groups, farm and gardens, greenhouse, yoga classes for seniors, family therapy and much more).

Our goal is to offer a welcoming place to children, families, and adults where everyone can engage in activities that will help them feel good and live well.

In advance of the full opening scheduled for the Fall of 2015, the Dahlia Campus preschool will open this coming August. The urban garden, greenhouse, and farmstead will begin operations in the Spring of 2016.

Informational tours of the campus will begin in late May. Please contact Joshua Pruyt at 303.504.6744 if you would like to attend and learn more about this exciting frontier in mental health in your community!

MAY IS MENTAL HEALTH MONTH

MENTAL HEALTH CENTER OF DENVER ANNOUNCES THE FLORENCE SABIN LEGACY SOCIETY

As a part of our celebration of Mental Health Month, the Mental Health Center of Denver is pleased to announce the establishment of the Florence Sabin Legacy Society, created to honor and recognize those individuals who remember the Mental Health Center of Denver in their estate plans. We believe the spirit behind every gift is the same and gifts of all sizes are welcome.

Florence Sabin was a pioneer in the work of public health on a national level and especially in Colorado. Many current public health laws date back to the years when she surveyed the State of Colorado and recommended needed changes. No individual has had a greater long-term impact on Colorado than Florence Sabin.

In much the same spirit, the Mental Health Center of Denver is impacting our community in varied and significant ways. And, just as Florence Sabin’s influence has been long-lasting, it is our vision to continue impacting our community by sustaining our work for years to come.

The Mental Health Center of Denver is the leading provider of mental health services in Denver. Our primary goal is for people to lead healthy, productive, and meaningful lives within a community that we all share. Gifts to the Mental Health Center of Denver’s Florence Sabin Legacy Society will help assure that we continue meeting the needs of our community for many years to come.

If you would like to have more information about including the Mental Health Center of Denver in your estate plans, contact Barbara Shaw, Director of Fundraising, 303.504.6727 or barbara.shaw@mhcd.org.