CRISIS SERVICES AVAILABLE

In times of emotional crisis, the most difficult issue is knowing where to turn for help. All too often, people look for help where immediate attention or the appropriate care is not available. Or, worse yet, they don’t seek help at all.

There is now an answer to this situation in Colorado thanks to Colorado Crisis Services, a statewide network of resources providing 24-hour-a-day access to services to anyone who may need them.

This statewide initiative launched last year and is a partnership with the Governor’s Office, the Colorado Department of Human Services, and community mental health centers throughout the state.

There are two “access points” to receive services – by phone or in person:

- A 24-hour, free and confidential Colorado Crisis Support Line at 1-844-493-TALK (8255)
- Seven walk-in crisis centers in the greater Denver/Boulder area

The walk-in centers are fully staffed with trained mental health professionals equipped to handle almost any situation.

Services are provided in a safe, welcome, supportive, and calm environment – regardless of a person’s ability to pay.

Both video phone and captioned phones are used to accommodate deaf and hard-of-hearing clients and certified interpreters are available upon request.

Statewide information at:
www.coloradocrisisservices.org

Information for Denver/Boulder area at:
www.communitycrisisconnection.org

If you don’t know where to begin finding help for a mental health, substance use or emotional issue, call Colorado Crisis Services. Whether the call is for you or someone you know, we’ll provide confidential and immediate professional help. We’ll also provide information, referrals and connections to further support and solutions.

- 24/7/365
- Statewide
- Immediate Crisis Intervention

1-844-493-TALK (8255)
www.ColoradoCrisisServices.org
Getting Into The Aquaponics Swim

You may have seen the busy construction site at 3401 Eudora St. in Northeast Denver. That is the site of the soon-to-be-opened Dahlia Campus for Health and Well-Being which 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.

A recent issue of the Denver Business Journal featured a new phenomenon which has come to our city: aquaponics - the process of growing fish and produce alongside each other, recycling water and waste. The Mental Health Center of Denver’s Dahlia Campus for Health and Well-Being will have an urban farm with aquaponics as a part of its commitment to feed, educate, engage, and inspire community residents. The process uses a "modern adaptation of ancient techniques" to raise food efficiently. This is only one example of the type of innovation that will soon emanate from Dahlia Campus.

Construction is progressing at the site of the former Dahlia Square Shopping Center with opening expected in November. Exterior brick work and metal panels have gone up and the entire building is fully enclosed, allowing us to proceed with interior work as we finalize decisions on the furnishings, fixtures, and equipment that will soon be installed. As we complete a solar project to provide electricity for the campus, we are working to achieve a LEED Gold certification.

You can access our construction webcam at www.mhcd.org/dahliacampus; for additional information contact Dr. Lydia Prado, Vice President of Child & Family Services, at 303.504.6647 or lydia.prado@mhcd.org.

Strong Families – Strong Children

To support the design and construction of this campus campus with a range of community-based programs in one building, we have created the Strong Families – Strong Children capital campaign with a goal of $5 million. We have reached $4.1 million of that goal and are looking forward to completing the campaign.

Your gift of $200 or more to this campaign will make you eligible for an Enterprise Zone tax credit on your Colorado state income tax. For more information on Enterprise Zone tax credits, contact: Barbara Shaw, Director of Fundraising at 303.504.6727 or barbara.shaw@mhcd.org.

Toys Play a Vital Role

A video camera and a toy doll may seem like ordinary household items, but in the hands of an infant mental health clinician they are impactful therapeutic tools. Clinicians in our Right Start for Infant Mental Health program help improve the relationship between parents and their babies or young children when there has been a traumatic event or concerns about the child’s development.

“The toys and video equipment we use are essential elements of our program. Like a surgeon requires a scalpel, infant mental health specialists require toys.”

Dr. Shannon Bekman, Right Start program manager

Infant mental health services reduce the incidence of abuse, neglect, developmental delay and behavioral and emotional disorders. Toys become instrumental in this therapeutic process since play is the way young children express themselves. Clinicians coach parents on achieving more successful parenting experiences.

This fall, the Mental Health Center of Denver will launch its first ever “crowdfunding” campaign to support Right Start for Infant Mental Health by funding essential training and supplies for the program which will expand with the opening of the Dahlia Campus this fall.

IF YOU WOULD LIKE TO SUPPORT THIS INNOVATIVE PROGRAM . . .

• Contact Joshua Pruyrn at 303.504.6744 or joshua.pruyn@mhcd.org to learn how you can:
  • Learn more about Right Start
  • Join us for our Launch Party!
  • Share the crowd funding campagin through social media
  • Make a donation and help us reach our goal of $15,000
The Florence Sabin Legacy Society

Support The Mental Health Center Of Denver -
Protect Your Future

The future is both unknown and unknowable, yet people still make significant gifts to charity. It’s a curious thing, but it’s a part of our basic, human, philanthropic spirit. One way to make such a gift is the Florence Sabin Legacy Society. (www.mhcd.org/florencesabin)

With a charitable bequest you can make a significant gift to the Mental Health Center of Denver without sacrificing any current assets. When you make your gift through a Will or Living Trust, nothing changes until your estate is settled. A charitable bequest protects a person’s financial future.

If a need arises, your assets are in place. If not, a beautiful gift will one day come to the Mental Health Center of Denver. Contact your estate planning attorney about creating a bequest or updating your current plan. And please let us know. We would love to welcome you as a member of the Florence Sabin Legacy Society.

For more information contact: Barbara Shaw, Director of Fundraising at 303.504.6727 or barbara.shaw@mhcd.org.

Well-Being Conference

More than 280 guests attended the May 27 Wellbeing Conference at Infinity Park. The conference theme was “Well-Being Across the Lifespan” and featured Dan Tomasulo, a leader in the field of applied positive psychology, as the keynote speaker. Dr. Tomasulo captured the attention of the entire audience with recent research and practical ways to apply well-being concepts in everyday life. Jeannie Ritter emceed the event and Dr. Clark shared his own well-being story. Twelve breakout sessions, from financial well-being to art, offered a variety of learning opportunities and hands-on activities for guests. We are excited about this becoming an annual event.

Left:
Keynote speaker
Dr. Dan Tomasulo

Above: Conference participants enjoy yoga class

Left: President and CEO Dr. Carl Clark and keynote speaker Dr. Dan Tomasulo
Please join us on a tour of Dahlia Campus for Health and Well-Being. See the difference your support makes in our community.

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

Dahlia Campus Tours
Friday, August 14, at 9:00 a.m.
Monday, August 24, at 4:00 p.m.
Friday, September 4, at 9:00 a.m.
Tuesday, September 22, at 4:00 p.m.

Save the Date
Wednesday, October 14, 2015
Annual Gifts of Hope Fundraising Breakfast

For more information, contact Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org

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www.mhcd.org

facebook.com/RecoveringDenver
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mhcd.org/blog

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