UPCOMING ENRICHING LIVES AND MINDS SESSIONS

On Wednesday, February 19, the Mental Health Center of Denver will host an informational and educational session entitled “Enriching Lives and Minds.” This free event will give you the opportunity to learn more about the work of the Mental Health Center of Denver, meet some of the staff, and have time to ask questions of CEO Dr. Carl Clark.

The event will be held at the Mental Health Center of Denver’s Recovery Center at 4455 E. 12th Ave. in Denver (80220). Light refreshments will be available at 5:15 p.m. and the program will begin at 5:30 p.m. It will end at 6:30 p.m.

If you are interested in attending or want to learn more, please contact Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org
2013 WAS A GREAT YEAR AT THE MENTAL HEALTH CENTER OF DENVER

Gifts Of Hope Fundraising Breakfast

- More than $160,000 was raised at the annual one hour Gifts of Hope Fundraising Breakfast held on October 22. With a theme of “Families Are Built on a Foundation of Mental Wellness,” more than 330 guests enjoyed learning about the depth and breadth of services available to children and their families in our community.

- Participating in Colorado Gives Day for the fourth year, the Mental Health Center of Denver received gifts totaling over $14,600, an increase of 22.5% in total giving and an increase of 75% in number of donors.

- As the need for holiday gifts continues to grow, so does the response from both staff and community members. Our Gifts of Joy Holiday Gift Drive provided gifts and gift cards to 1050 children and adolescents, 975 adults, and 160 consumers who live in our residences. Thanks to our generous community for providing this great holiday experience.

- The Growth – Enrichment – Recovery campaign has surpassed 80% of its $8 million goal and is looking forward to completing the campaign at the end of June of 2014.

DONORS ARE HONORED AT THE RECOVERY CENTER

This plaque introduces the Mental Health Center of Denver’s Donor Wall which is mounted in the lobby of the Recovery Center at 4455 E. 12th Ave. The plaque was carefully worded to show our gratitude, not only for those who are supporting the Growth – Enrichment – Recovery campaign but also all of the individuals, corporations, and foundations that have supported our growth throughout the years. The Donor Wall will again be updated in February of 2014 to recognize those who have generously supported our work in the previous year.
BOARD MEMBERS IMPACT THE COMMUNITY

In addition to helping direct the work of the Mental Health Center of Denver, members of our Board of Directors are known throughout our community and are instrumental in helping spread the message of the value of good mental health in a variety of ways. Here are a few examples.

Each year at its annual conference, the Colorado Behavioral Healthcare Council names a Board Member of the Year. Every community mental health center in the state nominates one of its board members for this prestigious award. This year’s winner was Tim Hudner from the Mental Health Center of Denver.

Tim has been a board member since 2006 and has used his professional expertise to help guide the organization to a strong financial and business base which allows us to expand programming and services to our community. Tim served as Chair of the Board of Directors from 2010 to 2013 and serves on the Finance, Audit, and Human Resources committees of the board. MHCD is fortunate to have Tim on its board of directors and is honored by his recognition by the Colorado Behavioral Healthcare Council as its 2013 Board Member of the Year.

Lucille Johnson has been a member of our board since 2010. She currently serves as Director of Special Initiatives for the Center for African-American Health. As a certified Mental Health First Aid instructor, she has been instrumental in offering training throughout the community.

Board Member Charlie Eldridge served for more than two years as a volunteer at our 2Succeed in Education program. In that role she worked with consumers who were in school by tutoring them, reviewing homework assignments, and assuring they were prepared in their study skills. A retired school teacher, Charlie joined the board in late 2010.

Board Member Judy Kilbourne worked closely with 5280 writer Natasha Gardner as she put together an article on mental health called “Riders on the Storm.” Judy was able to share information about the toll mental illness takes on our society including increased suicide rates and earlier death. She reminds readers that mental illness is the biggest cause of disability in our country, yet very little money is allocated toward research. Her input helped increase the focus on the value of education for our community as well as the importance of simply “being there” for a person who is living with a mental illness. Judy has served on the MHCD board of directors since 2001 and has been involved in monthly educational sessions and fundraising. This article can be found at http://www.5280.com/magazine/2013/11/riders-storm.

Board Member Roberta Payne, author of Speaking to My Madness: How I Searched for Myself in Schizophrenia, also contributed to the article, explaining the difficulty in diagnosis and treatment because of co-occurring disorders. Roberta has been serving on the Board of Directors since 2004.

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

Join the conversation...
Facebook: Like us at facebook.com/recoveringdenver
Twitter: Follow us on Twitter @mhcd_news
Blog: Follow our Recovery Blog at mhcd.org/blog
RECOVERY LIBRARY AVAILABLE AT MENTAL HEALTH CENTER OF DENVER

The Mental Health Center of Denver is happy to announce a new product available both to our staff members and those we serve. We have recently contracted with Patricia Deegan, Ph.D., to utilize her new resource, the *Recovery Library*.

According to Roy Starks, Director of Rehabilitation Services and Reaching Recovery, Pat is an amazing and inspirational person. She was diagnosed with schizophrenia at age 19 and spent several years going in and out of hospitals. This was prior to our increased knowledge of recovery and Pat was given the message that the best she could do was take medication and try to stay out of the hospital.

However, with the support of her grandmother and others, Pat returned to school and eventually got her Ph.D. She went on to direct a mental health center and become a true hero for the recovery movement. She was the keynote speaker for our first ever Recovery Conference and returned for the third conference.

She has been a very vocal supporter of the recovery work being done at the Mental Health Center of Denver. Most recently, she developed the *Recovery Library*, a valued resource containing her own presentations on recovery including several inspirational videos. In addition, the library contains videos of other people telling their own stories of recovery.

We are currently in the process of making this resource available to all our clinical staff. “We will have it available by mid-February on all the consumer computers at 2Succeed, the Resource Center, residential programs, and the portals at the Recovery Center.”

For more information contact Roy Starks, Director of Rehabilitation Services and Reaching Recovery, at 303-504-1721 or roy.starks@mhcd.org