IPS MODEL: ATTENTION TO PERSON'S PREFERENCES

At the Mental Health Center of Denver (MHCD), the 2Succeed Employment program assists people to find employment and keep their job. We do this by following the Individual Placement and Support Model (IPS). IPS has been rated by Substance Abuse and Mental Health Services Administration (SAMSHA) as a High Fidelity Model. IPS has been proven to be the very best way to support someone with their employment goals.

The Principles of Individual Placement and Support Model (IPS)

Competitive Employment - A regular job in the community that anyone can apply to.

Integrated with Treatment Teams - IPS is part of the treatment team.

Zero Exclusion - Every person with severe mental illness who wants to work is eligible for IPS, regardless of diagnosis, symptoms, work history, or other problems, including substance abuse.

Attention to Person's Preferences - Services are based on individual's preferences and choices.

Benefits Counselling Is Important - Employment Specialists help people to access ongoing guidance regarding Social Security, Medicaid, and other government entitlements.

Rapid Job Search - Employment Specialists beginning the job search process within 30 days.

Systematic Job Development - Multiple visits with employment to learn about the work environment and work needs, continuing to network because that is how people find jobs.

Time-unlimited Support - Follow-along supports are individualized and continued for as long as the person wants and needs the support.

( - Continued on Page 20 - )
Eligibility for membership:

☆ Adult over 18 years of age.
☆ Diagnosed with mental illness.
☆ Must be in active clinical treatment in one of the following areas:
  • Mental Health Center of Denver clinical treatment.
  • Accessing another clinic through Access Behavioral Care.

For 2Succeed Orientation Plan to:

☆ Check in at the front reception desk and let them know you are here for Orientation.
☆ **Arrive only about 15 minutes early.** Try to not come too early as you will need to wait for orientation.
☆ **Be prompt** as those who arrive 10 minutes late or more will not be admitted and need to reschedule.
☆ Complete necessary paperwork for orientation.
2Succeed in Education

2Succeed in Education is a psychiatric rehabilitation and supported education program that supports individuals in their recovery and promotes wellbeing. Our program acts a bridge to the greater community, offering opportunities for individuals to participate in educational, social, physical, and spiritual pursuits. We encourage growth to assist individuals in pursuing their goals and to perceive themselves as the people they are beyond their experience of illness.

Link2Succeed

Link2Succeed helps students who are interested in pursuing formal education out in the community. Our Education Counselors provide support through tutoring, helping with financial aid and offering services on campus. Our counselors can help members navigate the education process from beginning to end; identifying barriers, celebrating successes and supporting individuals in achieving their academic goals.

Studio 2Succeed

Studio 2Succeed provides interested members with materials and instruction, as well as a spacious and welcoming art studio, to create many different forms of visual art. Staff, interns, and volunteers assist artists in using art as a creative expression as part of a person’s journey in recovery. Working as a bridge to the community, we help our artists show and sell their work at different venues around Denver.

Culinary Arts Program

Our Culinary Arts Training Program offers members an opportunity to gain valuable, paid, on-the-job training while preparing and providing nutritious meals within Sally’s Café, an operating restaurant at 2Succeed. The training offers participants the chance to see how a functioning food service entity runs and explore different job areas they might be interested in pursuing out in the community. Members learn skills including food prep, food safety and sanitation, storage, ordering and inventory, knife skills, customer service, timeliness and following directions. Sally’s Café serves approximately 150 meals per day and serves lunch and dinner five days a week.

Sound Connection

Members have the ability to participate in a variety of music classes and groups to enhance their skills and practice for in house and community based performances. Sound Connection is our community performance group, open to all abilities, styles and experience levels for fellowship in their artistry. We offer several music education classes including music literacy, piano, guitar, and drum circles. We provide members with an environment that promotes their own musical expression.
Education and Wellness

Other services provided by 2Succeed in Education are focused on wellness and recovery for the whole person. We offer a wide array of classes and groups. Computer classes are taught in two computer labs in our facility for all ranges of computer skills. Members can build relationships by engaging in social activities through exploring nature and attending cultural events. Our in house fitness center, yoga classes and daily outings to the YMCA provide opportunities to enhance physical wellbeing. For members looking to go to college or take the GED we have tutoring, biology, writing, math and reading classes. Members can explore their spirituality through meditation, mind body and spirit, gratitude in recovery and Bible readings classes. Other classes that can be found at 2Succeed include budgeting, nutrition, fishing, gardening, customer service, leadership, diabetes education, and life skills. Classes at 2Succeed vary and change based on consumer needs. We provide a welcoming environment that encourages growth and community involvement.

Get Involved

2Succeed is available to all consumers at the Mental Health Center of Denver. To become a member of 2Succeed, consumers must attend an orientation to learn about the program and be assigned to an education counselor. After orientation members will need to attend a Learning and Wellness Planning Workshop to establish what they want to work on while at 2Succeed. Once a member completes their plan they can schedule an appointment to meet with their Education Counselor for full admission into the program. Members will be closed with 2Succeed if they have not participated in the program for 90 days and must go through the admission process again.
New Year, new you. It’s the perennial January catchphrase that holds such “conquer-the-world” promise. And then, well, you get sidetracked with conquering your to do list. But staying motivated and achieving what you set out to do on that bright New Year’s Day is surprisingly, possible.

Challenge yourself to stay motivated by constantly challenging yourself. Add a new exercise to a weight routine, or a cardiovascular program. Refuel your efforts, focus on enjoying the process of getting to the goal, rather than just eyeing the finish line. Make yourself a priority, by putting your needs first. Your progress will be derailed if you sacrifice yourself for others in order to fit in or please others.

Think of friends, family members and program staff that truly want to see you succeed. Enlisting those with whom you have an authentic relationship is key, especially when your motivation starts to wane. Although the sacrifices are hard, reaching the goal you have set makes it all worthwhile. Stay focused, relax, have fun, and remember everyone wants to be great, and with greatness comes fitness. All the best to all of the participants and thank you all for your support of this year’s Biggest Loser Challenge, where there are no losers.

All the best,
Rosey Glover, 2Succeed Vocational Counselor
Steps for Computer Training at 2Succeed

☐ (Step 1) Complete **2Succeed Program Orientation** process. See Page 2 for details.

☐ (Step 2) Complete **Computer Orientation**.
  - Contact Steve Carter to arrange an appointment to attend our Computer Orientation for computer access at 2Succeed.
  - See Page 30 (Wednesday) and Page 32 (Friday) for orientation times.
  - At the Computer Orientation you will learn some computer basics for computer use with our program.
  - You will also receive a 2Succeed computer account and starting password.

☐ (Step 3) **If you are interested in the computer software classes we offer, let Steve Carter know before Computer Orientation and he can check on your general computer skills and/or ask you to make an appointment for one of the Computer Skills Tutoring Labs for assessment.** For Computer Skills Tutoring, see Page 18 for lab times.
  - This process helps to fit an individual with the right starting point for their computer training at 2Succeed.
  - Steve will recommend attending our Basic Computer Skills Class and/or Keyboard Skills Training Class to gain necessary skills for further computer training.
  - **Basic Computer Skills Class**—see Page 17 for details.
  - **Keyboard Skills Training** is a computer guided class that uses Typing Master which includes basic lessons, games and timings that show your progress as you become more familiar with the keyboard and build your speed and skills. See Page 17 for details.

☐ (Step 4) **Microsoft Word 2010 Basics is the first class** that individuals need to attend to be able to enroll for the additional courses Microsoft PowerPoint 2010 Basics and Microsoft Excel 2010 Basics.
  - **Microsoft Word 2010 Basics class requires students to keyboard 25+ NWPM** (net words per minute—total after errors). Good keyboard skills are important to enhance the learning experience and to manage the class load of assignments.
  - Individuals waiting for the next software class should use this time to continue to build on computer basics and keyboarding skills.
Winter Microsoft Software Classes

Announcing Enrollment for the Next Computer Software Classes

If you are interested in a lecture-driven class taught at a comfortable pace, complete the computer orientation / assessment process on previous Page 6 and then you will be referred to make an appointment with David McDonald at 303-504-1771 in Computer Training Lab 114.

PowerPoint 2010 Basics
Planned Start Date:
Tuesday, January 19, 2016
Class times: will be Tuesdays and Thursdays from 10 a.m. to 12 noon (about 12-14 weeks)

Excel 2010 Basics
Approximate Start Date:
Tuesday, May 3, 2016
Class times: will be Tuesdays and Thursdays from 10 a.m. to 12 noon (about 12-14 weeks)

Learn Keyboard Skills

Tuesday
1 - 2 p.m.
Wednesday
1 - 2 p.m.
Thursday
1 - 2 p.m.

Computer Training Room 210

Need to be enrolled.
See Steve Carter for more details.
Baby Boomers and Beyond

January 12th & January 26
February 9th & February 23rd
March 8th & March 22nd

Meets the 2nd and 4th Tuesday of each month
from 3:30 to 4:30 p.m.
in Conference Room 126

Additional outings and field trips to be announced.

Life Skills

Wednesdays 1:30 - 3 p.m.
Conference Room 126

January 2016
Holistic Alternatives / Healthy Lifestyles

February 2016
Healthy Relationships / Boundaries

Dual Recovery Anonymous

Meets on Tuesday and Friday
11 a.m. to 12 noon
Conference Room 126
456 Bannock Street
### Math Support Classes

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10am - 11am</td>
<td>Pre Algebra</td>
</tr>
<tr>
<td></td>
<td>11am - 12pm</td>
<td>Intro to Algebra</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11am - 12pm</td>
<td>Math College Bound</td>
</tr>
<tr>
<td>Thursday</td>
<td>2:30pm-4pm</td>
<td>GED Math</td>
</tr>
<tr>
<td>Friday</td>
<td>10am - 11am</td>
<td>Intro to Algebra</td>
</tr>
<tr>
<td></td>
<td>11am - 12pm</td>
<td>Pre Algebra</td>
</tr>
<tr>
<td></td>
<td>2pm - 4pm</td>
<td>Intro to Statistics</td>
</tr>
</tbody>
</table>

Room 115

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### Music Trivia

**Thursdays at 5:00pm**
Nutrition 101

Lose Weight During the Holidays Using FitDay
November 2 thru December 7, 2015
Mondays at 2 - 3 pm
Room 231
Want to learn more about daily nutrition, weight control and how what we eat affects us?
Then come and join us for a supportive weekly class with Ray Sedillo.

Yoga

Monday 11 a.m. to 12 noon
Thursday 10:30 to 11:30 a.m.
First Floor Library
Wear comfortable clothing

Sassy Seat Chair Workout

Wednesdays 10 - 11 a.m.
Fridays 10 - 11 a.m.
Sally’s Café Dining Room
The objective of this class is for those with low mobility to experience a workout that aims to tone and stretch muscles without the painful effects from high impact motions.

Contact: Meredith Mills (303)305-1711 meredith.mills@MHCD.org

2Succeed will have a movie on every first and third Thursday of the month. Movie Time is for consumers to enjoy and learn about a variety of topics. We will have some time for questions and discussion after each movie.

Dates: Movie dates for January 2016 are:
1/7 and 1/21.
Location: Sally’s Café
Time: Movies start at 1:00 p.m. and can go as long as 4:30 p.m. depending on the length of movie that week.

Contact: Meredith Mills 303-504-1713 or Meredith.mills@MHCD.org
**Wellness Friday at 2Succeed**

Come enjoy a mini pedicure or a mini manicure and learn the benefits of self-care.

The objective of this class gives the opportunity/awareness in how self-wellness contributes to our overall well-being/mental health.

**When:** Fridays from 1 to 4 pm  
**Location:** First Floor Library  
**Contact:** Meredith Mills  
303-504-1713  
m Meredith.mills@mhcd.org

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**YMCA Workout**

Monday 2 pm  
Tuesday 2 pm  
Wednesday 2 pm (University Hills)  
Thursday 3 pm  
Friday 2 pm

Workout, Relax in the Sauna or Steam Room, Play Basketball, Have Fun Exercising!

Sign Up In The Activity Book

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**New combination class that includes Knit, Crochet and Needle Work**

**Knit & Crochet**

**Day:** Mondays  
**Time:** 1-3pm  
**Location:** Conference Room

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**2Succeed Community Choir**

**Thursdays**  
11:15 am  
Sally’s Café

All Are Welcome!
Mindful Yoga

Yoga offers "a system of exercises for mental and physical health." Yoga offers an opportunity to increase physical flexibility, balance and strength. It is more than that too; it is also an opportunity to practice the art of being mindful. Practicing in an empowered and mindful way creates neuro-pathways in the brain that support your overall health and well-being.

All levels welcome at our classes. Mats, blocks and straps are provided. Show up a few minutes before class in comfortable clothing; with an open mind and heart. There is no competition in yoga, you get to direct your practice to the level that is safe and right for you.

Mindful yoga includes the three basic questions shown to the left.

**Classes are on Mondays** 11 a.m. - 12 noon and Thursdays 10:30-11:30 a.m. In the Library-Yoga Room with Nancy Markow and Carrie Solano.

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**Mind, Body and Spirit**

This month’s topics are:

**Week 1 - (Tuesday, January 5)**  “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)

**Week 2 - (Tuesday, January 12)** Speaker, Arica King, shares about Personal Growth and Inner Child Healing using Heart Centered Hypnotherapy.  
(1:30 to 3 p.m. in Sally’s Café)

**Week 3 - (Tuesday, January 19)** Speaker, Nancy Markow, talks about Mindful Yoga.  
(1:30 to 3 p.m. in Sally’s Café)

**Week 4 - (Tuesday, January 26)** “Food for Talk” Cards.  
(2 to 3 p.m. in Sally’s Café)
Personal Growth and Inner Child Healing
Using Heart-Centered Hypnotherapy

Going beyond traditional and almost all other healing modalities, Heart-Centered Hypnotherapy uses the deeply relaxed, yet alert and fully in control of yourself, state to get ego and defenses out of the way to permit healing unconscious limiting beliefs. Most behavior is directed by the unconscious and real changes require changing it.

More specifically, the workshop will include deep relaxation, connection with inner wisdom, heart energy and spiritual connections, followed by a generic inner child healing experience for removing unconscious limiting beliefs. “Bring” an issue to work on; your work will be private. **This Mind, Body and Spirit Workshop will be Tuesday, January 12th from 1:30 to 3 p.m.**

Arica King's formal training includes: M.S. Counseling Psychology, Advanced Certified Clinical Hypnotherapist (CCHT) from The Wellness Institute, Reiki Master, Higher Alignment/Institute for Spiritual Partnership Personal Coach, and 20 year Life Physics Metaphysics Student/Minister. Arica’s practice focuses on deep emotional healing addressing core identity issues using a transpersonal/spiritual psychology perspective.

Intenders Circle

"Each and every component that makes up your life experience is drawn to you by the powerful Law of Attraction's response to the thoughts you think and the story you tell about your life. Your money and financial assets; your body's state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happening because of the story that you tell."  ~ Abraham

**Intenders Circle** is a group that meets every Thursday afternoon from 2:30-4:00. We practice as a group building positive perspectives. Your perspectives and perception create your story. Are you ready to have a supportive story; creating awareness of possibilities that were there all along? **Join us!**

“Living consciously involves being genuine; it involves listening and responding to others honestly and openly; it involves being in the moment.”  ~ Sidney Poitier

Nancy J. Markow
Art Class: Mandala Making

Mandala is the Sanskrit word for circle. Mandalas have been used over many centuries and in various cultures around the world as a tool for calming thoughts and centering the mind.

Join Kristin in the 2Succeed Art Studio on Fridays from 2:00-4:00 p.m. throughout the month of January and add colors, textures and embellishments to large-scale printed mandalas. For those who wish, we will display these as a group in Sally’s Café when we complete them!
Mondays
10:30-11 a.m.

Ear Training Class
In Sally’s Café

Music questions? Need practice tips? Help finding music to play or listen to? Looking for rehearsal support? All questions music—Casey can help!

Succeed
Music Tutoring
303-504-1725

Monday
Evenings
5:00-5:45 p.m.
Room 247
(orientation room)
Art Workshop: Playing with Color

Tuesday, January 26th, 1:00-4:00 p.m. or
Wednesday, January 27th, 1:00-4:00 p.m.

Have you ever wanted to begin an art project, but felt intimidated by all of the colors to choose from? We will learn Color Theory, which is the study of colors and how they interact. In this workshop we will learn how colors interact by mixing paint in experimental ways to see what happens. We will discover what colors mix well together, and also have fun breaking the rules and observing the results.
Art Workshop: Mosaics with Polymer Clay

Tuesday, January 19th 1:00-4:00pm
Wednesday, January 20th 1:00-4:00pm

Attend for one or both days of this workshop. Each day we will make tiles out of clay, stamp impressions into them, paint them, add additional embellishments (beads, buttons or other odds and ends, as desired) and then harden them by baking. The final step will be joining the completed tiles all together to make a mini mosaic. Everyone is welcome!
Enrolled students in 2Succeed's Culinary Program receive hands-on, team-oriented, industry-standard commercial kitchen training that includes the following:

- Introductory cleaning and sanitation skills
- Salad preparatory skills
- Basic cooking and baking techniques
- Knife skills
- ServSafe Certification classes and exam
- This is a paid training program

And all of this is provided in a supportive environment designed to build self-esteem, professionalism and a strong work ethic.

For further information, please attend a Culinary Program Orientation held every Wednesday afternoon at 1:00 p.m. at Sally's Café, 456 Bannock Street. Or contact the program administrators; Michele Rosebrook at (303)-504-1765 or Raymond Sedillo, at (303) 504 1772.

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Join millions of foodservice professionals in taking the first step in a commitment to food safety. Classes are open to all 2Succeed Consumers.

- Class is held every Monday at 1–2 p.m. in Room 231
- Class is held every Friday at 1–2 p.m. in Room 231

For further details please contact either Michele Rosebrook or Raymond Sedillo at Sally’s Café.