

L I V E L I F E T O T H E F U L L E S T



Give a Holiday Food and Gift Basket to Someone in Need



Coming October 19, 2011, our 36th Annual Celebration and 5th Annual Art Contest & Show

# Bad Economic News is Taking a Toll on Americans.

The stock market in the United States reflects the nation's economic health, as do other such markets in countries throughout the world. Even more importantly, the stock market also has become the emotional reflection of our nations' psyche. And that psyche has become increasingly fragile over the last few years. Words like "plummet" and "dive" and even "crash," have been used to describe the steep stock declines. Experts say that along with stock prices, Americans' emotions are also on a downward spiral.

Federal and state budget cuts and the downgrading of the country's credit rating have added to the anxiety felt by Americans across the socioeconomic spectrum of society. But it's not just anxiety about the state of the economy and the state of one's personal savings or lack thereof. There's also plenty of frustration out there aimed at our lawmakers.

This frustration and stress comes from our inability to do anything about the infighting we see from our lawmakers. That leaves us to figure out what is going on, and that can create greater frustration and fear inside of us. Unfortunately, these elements also manifest themselves as anger in many Americans.

The media's fixation with every twist and turn in the economy hasn't helped matters much. Our financial crisis is often communicated like a spectator sport, complete with daily box scores and minute-by-minute commentary, like they were announcing the action in a fast-paced basketball game. This has become more than just "recession fatigue," it creates and feeds our anxiety.

All of these elements are taking a toll on the mental health and the emotional well-being of an increasing number of Americans. Experts also agree that there are things Americans can do to regain some sense of control and emotional equilibrium:

1. Be grateful for what you still have, like a job, a house, your health and good friends.
2. Don't do anything rash, financially or otherwise. If you have a financial advisor, talk to them, not your electrical contractor neighbor next door. If you crave information, get accurate information from an expert.
3. Cut back on the time spent tracking financial news.
4. Start to spend a little less and focus on other valuable things in your life like your family and your health.
5. Remember, there is always room for optimism. We will bounce back, and the economy will stabilize again, just look at our history.

**"The Americans will always do the right thing... after they've exhausted all the alternatives."**

**Winston Churchill**

## Health Tip: Dealing With Anxiety

Anxiety can spiral out of control and interfere with daily life. But there are techniques that will allow you to regain control, according to the American Academy of Family Physicians.

1. Schedule a time each day to write down a concern that is bothering you. List a solution if possible.
2. Stay focused on the present and move toward solutions when possible.
3. Get plenty of regular exercise and eat well.
4. Make sleep a priority.
5. Avoid alcohol and other sedatives.
6. Cut back on activities that can be harmful, like smoking, heavy drinking and endless cups of coffee.
7. Look back at things that caused anxiety in your past and remember how you overcame the stress and moved forward.
8. Find a person who you enjoy, or activities you like and make time for them.
9. Talk with your doctor or a mental health professional. He or she can help you devise a plan to better cope with your anxiety.



*Share the Spirit of the Season*



# by Providing a Holiday Food and Gift Basket to Someone in Need.

## How you can help...

- I would like to adopt a family for Thanksgiving, please contact me with more details. (Basket due Nov. 17)  
Requested family size or specification: \_\_\_\_\_  
• By adopting a family for Thanksgiving, I am pledging to purchase the food for a Thanksgiving meal.
- I would like to adopt a family for December holidays, please contact me with more details. (Basket due Dec. 20)  
Requested family size or specification: \_\_\_\_\_  
• By adopting a family for December holidays, I am pledging to purchase the food for a holiday meal and one gift per person.
- I would like to organize a toy/food drive.
- No time to shop, but enclosed you will find my donation of:  
\$25\_\_\_\_ \$50\_\_\_\_ \$75\_\_\_\_ \$100\_\_\_\_ \$\_\_\_\_\_

to assist Aurora Mental Health Center in providing baskets for needy families.

**You may also make a secure donation online at [www.givingfirst.org/aumhc](http://www.givingfirst.org/aumhc).**

Name \_\_\_\_\_ Organization Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



**Clip this out and mail to:** Aurora Mental Health Center • Attn: Heather Jackson  
11059 E. Bethany Drive, Suite 200  
Aurora, CO 80014

**Questions: Contact Heather 303.617.2313 or Tawney 303.617.2361**

A program of:  Aurora  
Mental Health  
Center

# Mental Health First Aid

Courses are offered as a service to the community by Aurora Mental Health Center.

Did you know that you are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack?

This is a 12-hour certification course to help you provide Mental Health First Aid to those in need.

## The 12-hour course will teach you:

- ▲ How to provide help to someone showing signs of mental illness or mental health crisis.
- ▲ A 5-step action plan to help an individual in crisis connect to professional care.
- ▲ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse.

## Who should attend:

- ▲ Friends and family of individuals with a mental illness or addiction, community leaders including police officers, first responders, human resource directors and primary care workers, teachers, college faculty and clergy.

**Time:** Thursday & Friday, 9:00 a.m. – 3:30 p.m. (both days). Lunch included.

**Cost:** \$50/person. All who complete the course will receive a certificate of completion.

## Upcoming course dates: Event Code

|                       |          |
|-----------------------|----------|
| November 3 & 4, 2011  | AUMHC114 |
| January 19 & 20, 2012 | AUMHC120 |
| March 22 & 23, 2012   | AUMHC323 |

To register go online to [www.blacktie-colorado.com/rsvp](http://www.blacktie-colorado.com/rsvp) and enter the event code for the course date you select. Please RSVP at least 3 days prior to the first day of your training.

**For more information please contact Cindy Bohl at 303.617.2300.**



# SAVE THE DATE

## WEDNESDAY, MAY 2, 2012

the  
**water  
coolers**<sup>®</sup>

Coming to Aurora on  
Wednesday, May 2, 2012

The Water Coolers is a New York-based music and comedy group that uses Broadway talent to satirically celebrate the things we share around the water cooler every day – life, work, kids, husbands, wives, travel, technology – and trying to balance it all. Think Seinfeld set to music. The material is killer funny...from pretending you understand what the tech guy is saying, to your second job as a gift wrap salesperson, to the perils of air travel, The Water Coolers will make you laugh until your side hurts.

Don't miss The Water Coolers on Wednesday, May 2, 2012 at the Red Lion Hotel Denver Southeast, to benefit Aurora Mental Health Center at our Annual Spring Luncheon.

**Sponsorships and tables are available, please contact Heather Jackson at 303.617.2300 or [heatherjackson@aumhc.org](mailto:heatherjackson@aumhc.org)**

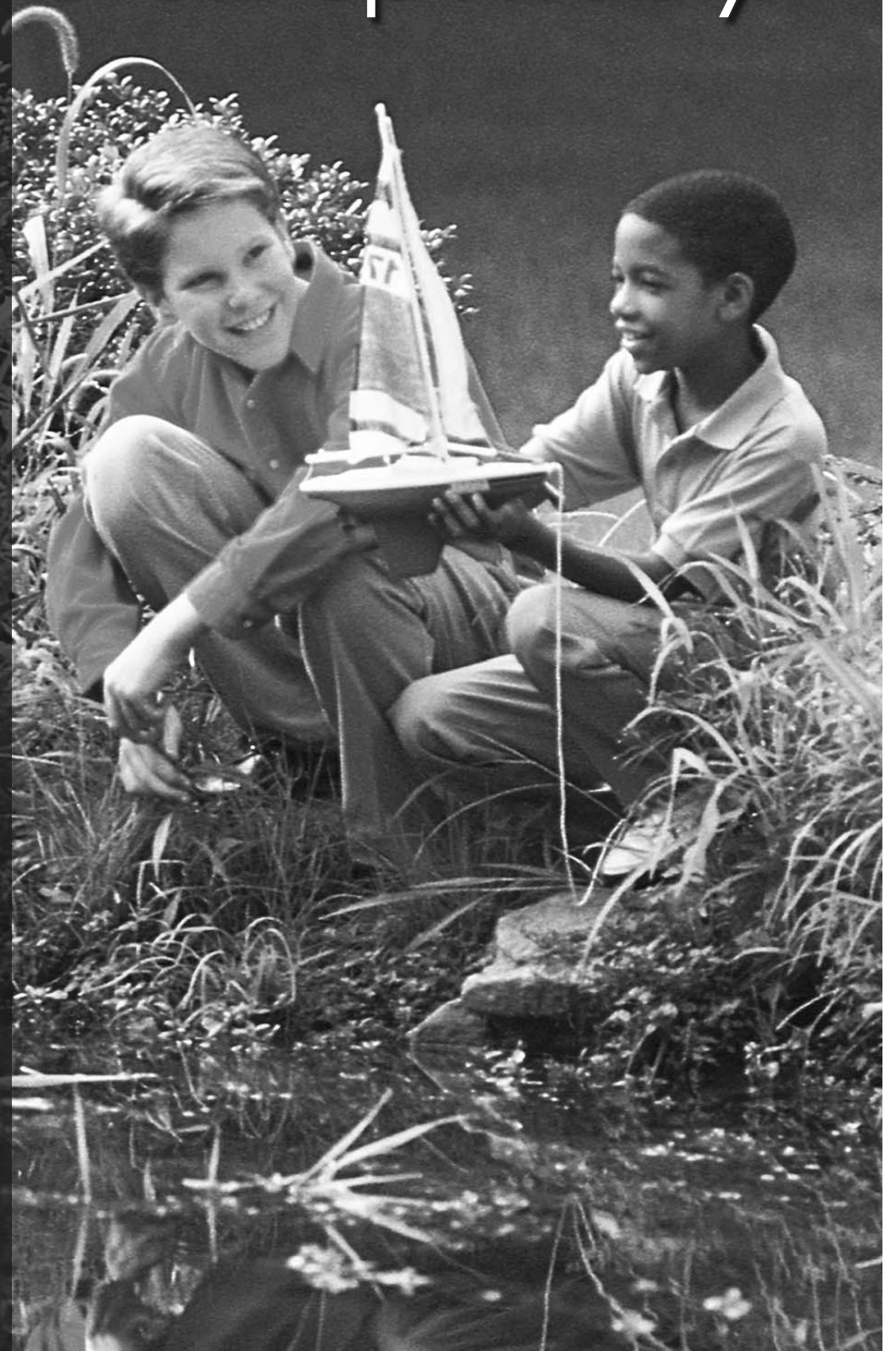
# Helping Children Grow Up Healthy— Mind and Body

It is easy for parents to identify a child's physical needs – nutritious and balanced meals; adequate shelter and clothing; sufficient rest and physical activity; immunizations; and a healthy living environment. However, a child's mental and emotional needs may not be as obvious. Good mental health allows children to think clearly, develop socially, learn new skills, build self-esteem, and develop a positive mental outlook.

## These are the basics for a child's good mental health:

- ▲ Give children unconditional love. Children need to know that your love does not depend on their accomplishments.
- ▲ Nurture children's confidence and self-esteem. Praise and encourage them. Set realistic goals for them. Be honest about your mistakes. Avoid sarcasm.
- ▲ Encourage children to play. Playtime is as important to a child's development as food. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with others.
- ▲ Enroll children in an after school activity, especially if they are otherwise home alone after school. This is a great way for kids to stay productive, learn something new, gain self-esteem and have something to look forward to during the week. Or check in on children after school if they are home alone. Children need to know that even if you're not there physically, you're thinking about them, and interested in how they spent their day and how they'll spend the rest of it.
- ▲ Provide a safe and secure environment. Fear can be very real for a child. Try to find out what is frightening him or her. Be loving, patient and reassuring, not critical.
- ▲ Give appropriate guidance and discipline when necessary. Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn self-control.
- ▲ Communicate. Make time each day after work and school to listen to your children and talk with them about what is happening in their lives. Share emotions and feelings with your children.
- ▲ Get help. If you're concerned about your child's mental health, consult with teachers, a guidance counselor or another adult who may have information about his or her behavior. If you think there is a problem, seek professional help. Early identification and treatment can help children with mental health problems reach their full potential.

**Mental Health America**



## 36th Annual Celebration & 5th Annual

# ART CONTEST & SHOW



**A**urora Mental Health Center will host its 36th Annual Celebration and 5th Annual Student Art Contest and Show on October 19, 2011 at the Red Lion Hotel Denver Southeast, 3200 South Parker Road, Aurora, 80014 (Parker Road & I-225).

We look forward to great participation from the schools in our community again this year. Last year we received over 435 entries from K-12 schools that set a new record for this contest and show. All artwork entered will be displayed at this event in October.

Everyone in the community is invited to view the exceptional talent of these students. Our Annual Celebration & Art Contest is FREE of charge, however, we ask that you RSVP by October 14, 2011 by calling 303.617.2300 or e-mail [annualcelebration@aumhc.org](mailto:annualcelebration@aumhc.org).

**For more information please go to our website at [www.aumhc.org/events](http://www.aumhc.org/events).**

303.617.2300 ■ [www.aumhc.org](http://www.aumhc.org)

# Thank you to our individual contributors for your support during the second quarter of 2011!

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 Sudhir Verma  
 Kathryn Vichok  
 The Wallace Family  
 Kenneth Watson  
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 Sharon Wilkins  
 Drew Wilson  
 Juanita Zahner  
 Kate Ziesenheim



## Mission Statement

Aurora Mental Health Center is committed to creating healthy and secure communities by providing the least restrictive service that ensures quality, appropriate, and efficient care.

## Officers

Larry Dávila, President  
 Peter Cukale, Vice President  
 Gregg Fanselau, Secretary  
 Ruth Ryan, Treasurer

## Appointed Representatives

Barbara Shannon-Banister, City of Aurora  
 Jane Barber, Aurora Public Schools  
 Nancy Jackson, Arapahoe County  
 Joe Miller, Cherry Creek Public Schools

## Board of Directors

### Representing the Community

|                      |                  |
|----------------------|------------------|
| Linda Ashburn        | Lori MacKenzie   |
| Marsha Berzins       | Linda Metsger    |
| Terry Campbell Caron | Rachel Nuñez     |
| Harrison Cochran     | Nancy O'Shields  |
| Gigi de Gala         | Ora Plummer      |
| Lynn Donaldson       | Suzann Reikofski |
| Regis Groff          | Sue Spiller      |
| Tim Huffman          | Mark Stephenson  |
| Sara Jarrett         | Sudhir Verma     |
| Sandra Knight        | Kathy Zinter     |



All photos and interviews were provided with full cooperation and permission of the people depicted.

## Thank you to our corporate contributors for your support during the second quarter of 2011!

Arapahoe County Commissioners  
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 Aurora Public Schools  
 Behavioral Healthcare, Inc.  
 CB Richard Ellis  
 Colorado Psychological Association

Community First Foundation  
 Gay & Lesbian Fund for Colorado  
 Members Federal Credit Union  
 Metro Community Provider Network  
 Nelnet  
 Nicks' Garden Center

St. Michael Catholic Church—Men's Group  
 The Hanson Group  
 Westerra Credit Union  
 Xcel Energy Foundation



## Every dollar makes a difference!

AUMHC 0528 Campaign - Denver Employees' Combined AUMHC 1822 Colorado Combined Campaign - Combined Federal Campaign - AUMHC 24130 AUMHC 1028 Caring Connection/Partnership for Colorado - Heather Jackson at 303.617.2313, or heatherjackson@aumhc.org.

Aurora Mental Health Center is an organization that you can select this year as the beneficiary of your companies' workplace giving campaign. This means that if your office offers a workplace giving campaign Aurora Mental Health Center may be selected to receive tax-deductible cash donations automatically from your pay check.

# Donating made easier...

NON-PROFIT ORG  
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Aurora Mental Health Center  
 11059 E. Bethany Drive • Suite 200  
 Aurora, CO 80014-2637

# 24 Hours to Give Where You Live!

# COLORADO GIVING DAY

## 12.06.11

Mark the date! Help us meet our goal on December 6, 2011

Support Aurora Mental Health Center on the second annual Colorado Gives Day! On December 6, 2011, Colorado citizens will come together again to raise millions of dollars for nonprofits like ours. Last year, the goal to raise \$1 million for Colorado charities was exceeded—\$8.7 million was distributed instead!

Presented once again by Community First Foundation and FirstBank, Colorado Gives Day asks you to give to your favorite charities through the website [GivingFirst.org](http://GivingFirst.org), an online giving resource featuring all of the nonprofits participating in Colorado Gives Day. On this website we share our goals, accomplishments and much more to help you be informed.

- 100 percent of your donation will come to us when you give through [GivingFirst.org](http://GivingFirst.org).
- When you give online any time on December 6, the value of your donation will be increased by the FirstBank Incentive Fund.
- Help us win cash prizes! We have a chance to win \$1,000 Bonus Bucks and \$5,000 High Five cash prizes when you remember us on Colorado Gives Day.
- Donate online at [GivingFirst.org/aumhc](http://GivingFirst.org/aumhc) any time over the 24-hour period of December 6 to Give where you live!

