

Making A Difference Every Day

Aurora Mental Health Center Annual Report 2008



Three of the winners from the 2007 Art Show and Contest.



Dear Aurora Community,

At Aurora Mental Health Center, we are proud of the last year and the milestones we have achieved. This year alone we were able to help more than 11,000 people.

An important part of Aurora Mental Health Center's mission is to raise awareness about mental illness throughout the community. This year, we are pleased to announce the formation of the Aurora Mental Health Center Speakers Bureau. The Speakers Bureau consists of members from our professional staff who are available to share their expertise on a variety of mental health topics to groups and organizations.

One of the achievements from last year, which we will be continuing this year, was the 1st Annual Community Art Show and Contest. We look forward to honoring participating students for their excellent artwork from Aurora Public Schools, Cherry Creek Schools, and Aurora Mental Health Center.

In addition to our Speakers Bureau and Art Contest, we have also launched a new and improved website. This site offers the community additional information, links, and resources for education to those who would like to learn more about mental health and the Center. It is our hope that in raising awareness about the Center and mental health that we can build a more positive, fulfilling community environment for everyone.

I would like to recognize our strong, dedicated Board of Directors who have lead the way in executing the mission of Aurora Mental Health Center. Additionally, we have an outstanding staff that is truly dedicated to making a difference in the lives of individuals, children, and families in our community.

Finally, I would personally like to thank all of you in the community who have supported Aurora Mental Health Center. Your financial support, time, and services have gone directly toward helping people receive the professional services they need to continue learning, developing, and enjoying life. Together, we will continue to reach out and help everyone in our community live life to the fullest.

Sincerely,

Randy Stith, PhD
Executive Director

11059 E. Bethany Drive • Suite 200 • Aurora, Colorado 80014 • 303.617.2300 • Fax 303.617.2397 • www.aumhc.org

Annual Celebration and Art Show

Aurora Mental Health Center will be hosting their 33rd Annual Celebration and 2nd Annual Art Show and Contest on October 22, 2008, 5:00 p.m. at The Summit Conference & Event Center. Call 303.617.2300 for more information.



Live Life to the Fullest



Donna's Story

"Several years ago, I was having some issues with my son and because of those issues I ended up getting custody of his two children. After awhile I noticed that my grandson was acting out a lot and misbehaving in school. It turned out that he was suffering from what was later diagnosed as post traumatic stress disorder (PTSD).

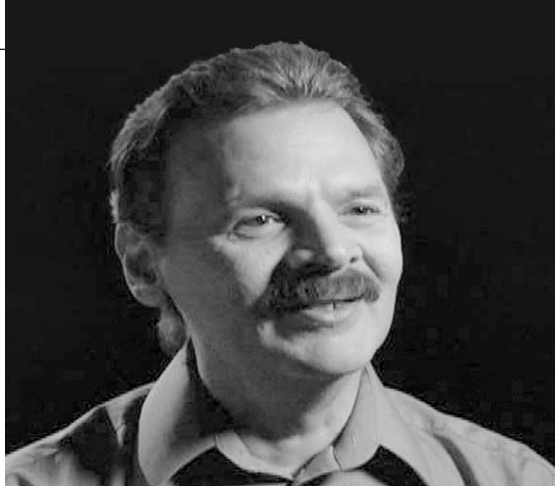
We began attending a program at Aurora Mental Health Center called "Parent Child Interactive Therapy" or PCIT. I also went through 16 weeks of a nurturing parenting program, which teaches how to respond to children and nurture them. This program was really interesting because there were other grandparents in the class. In fact, I heard the statistic that there are 4 million grandparents raising their grandchildren in this country.

My grandson, now my son, also attended a summer camp run by Aurora Mental Health Center. He was able to go swimming, to the zoo, and to the park while receiving therapy at the same time.

These programs made a big difference. His therapist was wonderful and really cared for the children. There were times when he was exploding and I would call saying "someone needs to help me" and they were always available.

It is a real commitment that they have made to these kids and it has been heaven sent".

- Donna



Juan's Story

"My story starts out when I had a good job and was making a very good salary. At one point I became symptomatic and did not know what my diagnosis was. Out of frustration and anger I walked off a job. After a spending spree and emptying out all of my bank accounts I found myself without any money and was unable to pay rent. Because of this I ended up homeless. It was then that I met a caseworker at Aurora Mental Health Center and she straightened out my life by helping me with counseling and housing. It was at Aurora Mental Health Center that I finally received a proper diagnosis.

I am now involved in mental health consumer advocacy programs and I know first hand that Aurora Mental Health Center does a lot with very little.

The case managers and professionals at Aurora Mental Health Center are amazing people. They are professional and extremely talented and you can feel the compassion in their hearts. I can't thank Aurora Mental Health enough, they gave me my life back".

- Juan



Cheryl's Story

"My name is Cheryl and I am a Katrina survivor. I moved to Colorado after hurricane Katrina from New Orleans, Louisiana. The storm was the beginning of a terrible ordeal for me. I was on a rescue boat that went flat and had to be put out into the water. While wading in the water I deeply cut my ankle and then spent 4 days at the convention center with no medical care.

By the time I got out of Louisiana, I was delirious, fearful, and one night I had a terrible anxiety attack. Because of Katrina I lost my car, my job, and my home. At first I didn't want to seek treatment because of the stigma attached to it. I tried for a long time to handle it on my own until I just couldn't any longer. It was then that I called Aurora Mental Health Center.

During counseling at Aurora Mental Health Center I was able to listen to other people's stories and knew I was not alone. I did really well there and now my good days outweigh my bad days. I am so grateful and so thankful for Aurora Mental Health Center".

- Cheryl



What Aurora Mental Health Center Means To Our Community

Early on in life, most of us develop dreams and goals. As life goes on and circumstances change so do our dreams and our ability to make them reality. And sometimes the ability to dream stops completely due to outside influences beyond our control.

All of us at Aurora Mental Health Center are fully committed to helping restore the dreams and the goals that mental illness can steal. We help people with all types of mental health challenges, from mild depression and anxiety to acute schizophrenia and bi-polar disorder.

Our Commitment

To help everyone in our care live a full and rewarding life, free of the debilitating effects of mental illness. We will do this by providing quality preventative education, the right clinical care when needed, and by teaching coping and life management skills that enable people in all circumstances to control their attitudes, emotions, behaviors, and ultimately their lives.

We help children develop self-esteem, self-control, and the skills necessary to better cope with future challenges, allowing them to thrive in school, develop positive social interactions, and expand their dreams and goals for their future.

We help teenagers mature into healthy, stable adults by teaching them the skills to conquer their mental illness and be able to overcome stressful and challenging life changes, which will occur throughout their lives.

We help adults reach their true potential and turn their dreams into reality by giving them the means to think positively, manage their mental illness, and stay emotionally healthy.

We help people who are indigent develop self-reliance, create a positive outlook on life, and manage their mental illness, preparing them for a job, independent living, and a whole new future.

We help families to communicate properly, build relationships, and promote the emotional development of each family member, creating a wholesome environment.

We help anyone who needs a little boost in mental health learn the skills to control stress, anger, loss, or improve positive thinking, self-esteem, or self-control.

We help children and adults with dual disabilities achieve their dreams and accomplishments by teaching them ways to work with their developmental disability and their mental illness to their advantage.

We help children directly at school by providing counseling services, giving them the means to function daily in class and helping them discover the love of learning and academic success.

We help businesses We help businesses by helping their employees with disorders -- essentially helping to decrease lost productivity and build a more positive, fulfilling work environment.

It is our commitment to Aurora to help everyone needing help, regardless of circumstances, life experiences, finances, and genetic make up, overcome mental illness of all severities and types, and live life to the fullest.



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Financial Report 2007-2008

Total clients served 11,082

Gender:	# Of People	Percentage
Female:	6,166	55.6%
Male:	4,916	44.4%

Ethnicity of Clients:

African-American	1,075	9.7%
American Indian / Alaskan	64	.6%
Asian / Pacific Islander	68	.6%
Hispanic Origin	1,122	10.1%
Multi-Racial	6,071	54.8%
White, Indo-European	2,682	24.2%

Age of Clients:

	# Of People	Percentage
0-3 yrs. old	114	1.0%
4-11 yrs. old	1,868	16.9%
11-17 yrs. old	1,461	13.2%
18-59 yrs. old	6,803	61.4%
60+ yrs old	837	7.5%

Clients with household annual income below federal poverty guidelines 3,948 35.6%

Revenue:

▲ Insurance / Client Billing	\$ 15,098,000	69.75%
▲ Other Contracts & Donated	\$ 4,462,000	20.61%
▲ State of Colorado	\$ 1,481,000	6.84%
▲ Federal Block Grant	\$ 135,000	0.62%
▲ Adams County	\$ 42,000	0.19%
▲ Arapahoe County	\$ 337,000	1.56%
▲ City of Aurora	\$ 91,000	0.42%
TOTAL REVENUE	\$ 21,646,000	100.00%

Expenditures:

▲ Salaries / Benefits	\$ 15,818,000	73.08%
▲ Occupancy	\$ 681,000	3.15%
▲ Operating	\$ 7,324,000	33.84%
▲ Hospital/Client	\$ 770,000	3.56%
▲ Capital Reserves Added (Used)	\$ (2,947,000)	(13.61%)
TOTAL EXPENDITURES	\$ 21,646,000	100.00%



Live Life to the Fullest!

303.617.2300

ABOUT US CASE STUDIES RESOURCES NEWSROOM YOUR SUPPORT CAREERS CONTACT US



NEW WEBSITE!

Aurora Mental Health Center's new and improved website offers a powerful resource to our community. The site offers easy access to mental health tips, resources, programs, and opportunities provided by Aurora Mental Health Center to help you, your loved ones, your friends, your business, your church, and your school.

Thank You to Our Community Support

Over the past year, we received contributions and grants from 261 individuals, corporations, and foundations. The Aurora Mental Health Center is grateful for this support and to those who have entrusted us with their charitable giving.

We are pleased to honor the following individuals, foundations and corporations that have provided this support. Their gifts and partnership demonstrated a commitment to keeping people mentally healthy through innovative programs and services. Without this support, our continued goals could not take place.

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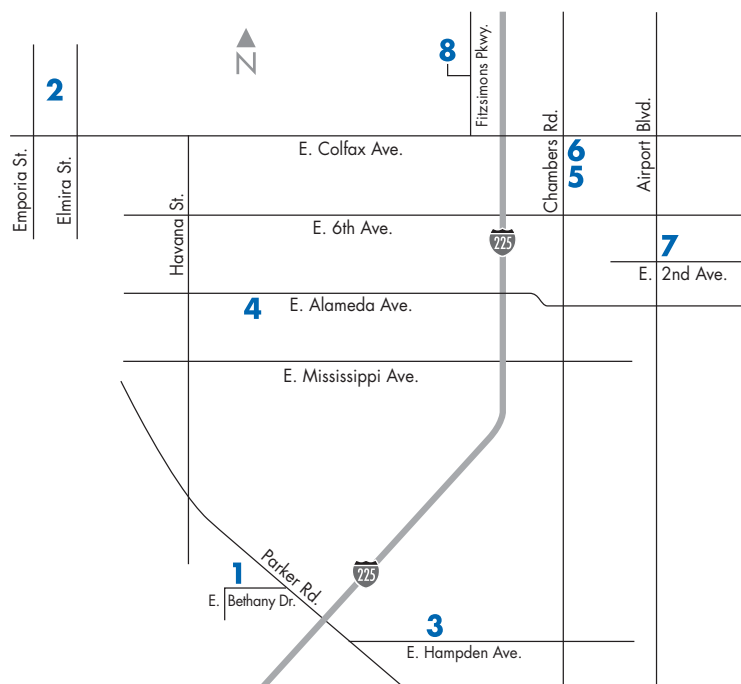
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All centers can be reached at 303.617.2300



1. Viewpoint Plaza Counseling Center

11059 E. Bethany Dr., Suite 200
Aurora, CO 80014
▲ Administration
▲ Adult Services
▲ Services for Older Adults
▲ Early Childhood and Family Center

2. North Aurora Counseling Center

1646 Elmira St.
Aurora, CO 80010
▲ Adult Services
▲ Offenders Services
▲ Children & Family Outpatient-North

3. Hampden Center

14301 E. Hampden Ave.
Aurora, CO 80014
▲ Hampden Academy
▲ Children & Family Outpatient-South
▲ Adolescent Intensive Services

4. Alameda Center

10782 E. Alameda Ave.
Aurora, CO 80014
▲ Metro Children's Center
▲ Child Intensive Services

5. Leverage Center

1290 Chambers Rd.
Aurora, CO 80011
▲ Community Living Program
▲ Dual Disabilities Services
▲ Intensive Services
▲ Residential Services
▲ Vocational Services
▲ Substance Abuse Services

6. Community Transition Program

1400 Chambers Rd.
Aurora, CO 80011
▲ Adult Community Re-entry Services

7. Intercept Center

16905 E. 2nd Ave.
Aurora, CO 80011

8. Fitzsimons Center

2206 Victor St.
Aurora, CO 80010
▲ Intake/Emergency Services

Aurora Mental Health Center Administrative Office

11059 E. Bethany Dr., Suite 200
Aurora, Colorado 80014
303.617.2300 • Fax: 303.617-2397
www.aumhc.org

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

Newsletter Sign-up

Sign up for our free quarterly newsletter, AuMHC Perspectives, to stay informed on relevant mental health issues and news in your community, receive invitations to events, and the latest communications from Aurora Mental Health Center. Visit www.aumhc.org to sign up today!