

“FORE” Our Kids Golf Tournament a success

Ninety-eight players participated and more than \$16,000 was raised for the Aurora Vistas Foundation. Thank you to our sponsors:

- At the \$250, Bronze level: Priorities 21, Cooney Associates, All American Window & Siding, Adolphson & Peterson, Metro Community Provider Network and Ruth Ryan.
- At the \$500, Iron level: John and Karen Springer, Mike & Cindy Jaster, Larry Grandison and Aurora Chamber of Commerce.
- At the \$750, Silver level: Space Age Federal Credit Union and Dr. Randy & Shirley Stith.
- At the \$1,000, Gold level: Community Reach Center, EON Office Products and Behavioral Healthcare, Inc.

We would like to give a special thank you to our major underwriting sponsors: Citywide Banks, 1stBank,



Aurora Vistas supporters Hugh Sweeney with Ellie Driver, Cheryl Fritz and Aurora Vistas Board President, Sandy Sweeney.

Arapahoe /Douglas Mental Health Network and Colorado Discount Golf.

The money raised will go to support the child and family programs at the Aurora Mental Health Center. In the past, Vistas has funded The Latino Connection, musical equipment for a high school program, playground equipment, ski trips and experiential camping trips. Current and future programs are possible only through your generous support. To learn more about the Aurora Vistas Foundation, please call (303)617-2300.



Larry Overley, left, with Aurora Chamber's Kevin Hougen (VP of the Vistas board), Suzanne Whittlesey of Aurora Mental Health and Bob Guerrero of the Aurora Sentinel.



First Bank Holding's Tony Antista, left, is presented a sponsor thank you plaque by Larry Grandison, Treasurer of the Aurora Vistas board.

Tours of the Aurora Mental Health Center are available by request. Please call 303-617-2373 to schedule one.

Mark your calendars

31st Annual Meeting & Retirement Celebration
Wednesday, October 18, 2006
Doubletree Hotel
13696 E. Iliff Pl.
Ballroom
(see page 2)

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Aurora Mental Health Center receives top honors

The Colorado Division of Mental Health named the Aurora Mental Health Center the best community mental health center in the state for last year.

The award is based on the results of satisfaction surveys sent to more than 4,000 clients of Colorado's 17 community mental health centers and on documented improvement in mental health and related outcomes of treatment.

"I am proud and delighted with the results of this year's performance indicators," said Randy Stith, Ph.D., Executive Director, Aurora Mental Health Center. "We are just thrilled to have received the top honors throughout the state for last year. I'd especially like to congratulate and thank all the hard working and dedicated professionals at Aurora Mental Health Center for their efforts in helping us achieve this high-level of performance and our Board of Directors for their ongoing support and contributions."

The Division of Mental Health also cited Midwestern Colorado Mental Health Center and North Range Behavioral Health for outstanding performance.

To earn the award, Aurora Mental



Health Center (AUMHC) consistently scored among the best in 10 measures of performance and quality – five based on the results of a consumer survey and five based on measured improvements in mental health and related outcomes of treatment.

Consumers said that AUMHC provided

easy access to services. They said they received quality, appropriate care and that they were satisfied with their progress toward recovery. They said that they and their families were encouraged to participate in planning their treatment. Consumers said they were satisfied overall with staff, services and facilities of AUMHC.

The award also was based on measured reductions in the severity of mental health problems among adults and children who had been discharged from care during fiscal year 2005-06. Improvements in employment among people with serious mental illness were measured. Improvements in the capability of adults to live independently and in children to live in a family-like setting also were factors.

AUMHC served more than 8,000 people last year. It began operations in Aurora 31 years ago.

History of Child, Adolescent, and Family Services at Aurora Mental Health

The Aurora Mental Health Center was born because a child and her mother needed help.

Ellin Mrachek, one of the founders of the Center, was a member of the school board in the late 1960s. She noticed a child playing in the street and stopped to ask her why she wasn't in school. The girl explained that her mother had to travel out of the city to get the mental care she needed. From that realization of a need, Mrachek and others spent years working to open a community mental health center to serve the children and families Aurora. They succeeded in 1975.

Within a year of opening, the mental health center formed the Child and Family Outpatient program so that no mother or child would have to leave the city to get help. Many more programs were opened in the years that followed as needs were identified.

In 1980, the Adolescent Day Resource Center, a day treatment program for adolescents, was opened and later renamed Hampden Academy. It was followed in 1986 by Metro Children's Center, a day treatment program for younger children.

These three programs came together under the umbrella of the Family Services Division, with Frank Bennett as the division director, in 1986. With the addition of the Early Childhood and Family Center in 1988,



Aurora had outpatient and day treatment services for children from birth to 18 years.

Subsequent years saw improvements and expansions designed to improve access to services or to serve people who previously had few or no places to turn for help. School-Based Services began in 1992 to bridge the gap between schools and the mental health center, and Aurora Public Schools asked the Center to develop Intercept Center to serve children with both mental illness and developmental disabilities in the mid 1990s.

Aurora Mental Health Center won the contract to provide Medicaid managed mental health care in the City in 1995. At that point, the Family Services staff took a

much more active role in monitoring of children and adolescents in hospitals and residential facilities, ensuring that children stayed in hospitals no longer than necessary. Intensive outpatient services for both children and adolescents were developed to supplement the day treatment programs. The work of monitoring children in hospitals and residential placements has been assumed by InNET, a specialized company, but the Center still provides follow-up services in the community.

The latest addition to the Child and Family Division was the development of an additional outpatient program in the fall of 2005

that improved access to services for children and families in the Cherry Creek School District.

Throughout the Center's history, we have served as a model for other centers. Community Reach Center successfully implemented a program – Compass Day Treatment – modeled on Intercept Center. Metro Children's Center and the Early Childhood and Family Center have served as models for Community Reach and Arapahoe/Douglas Mental Health Network.

Continued on page 6

Please join
Aurora Mental Health Center
for our
**31st Annual Meeting
&
Retirement Celebration**
on
Wednesday, October 18, 2006
at the
Doubletree Hotel
13696 E. Iliff Pl., Aurora
Ballroom

Schedule of Events:
5:00 p.m. – Reception & Silent Auction
6:00 p.m. – Keynote Speaker:
Frank Bennett, Ph.D.
**– Retirement Recognition/
Staff Awards / Election**

Please RSVP by
Friday, October 13, 2006.

Call (303) 617-2300 or email
annualcelebration@aumhc.org

Community Support

Key to the success and effectiveness of Aurora Mental Health Center is community involvement of individuals and businesses. More than 323 individuals and businesses contributed their time and talents as volunteers, or with financial support this year. The people the Center serves each day have benefited directly from these individuals and organizations generous support.

Thank you!

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Julie Taylor
Christine Thompson
Terry Thornton
Representative Nancy Todd
Terry Todd
Gregg & Kat Torres
Bridget Trujillo
Sudhir Verma
Lester Vickers
Kathleen Voelsing
Lisa Volle
Ken Watson
Marianne Webb
Jane Wenzel
Frank Wedding
Stacy & Rizalina Williams
Suzanne Williams
Robert Williamson
Graham Witherspoon
Pat Wojciechowski
Cynthia Wozniak-Behrens
Larry Yates
Wolsun Yeon
George Zierk
Paul Zimmerman

Fads and Facts— Challenges and Champions: 35 Years in Community Mental Health



Keynote Speaker
Frank Bennett, Ph.D.
Director of Child & Family Services
Aurora Mental Health Center

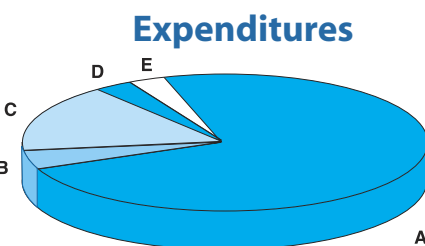
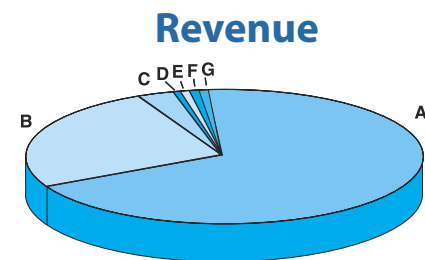
Dr. Bennett was one of the founders and the first president of the Colorado Child and Adolescent Mental Health Coalition, a statewide group dedicated to improving mental health services for all Colorado children. He is an expert on the implementation of proven methods of care for children and families and the evaluation of mental health services for children.

He will speak on the continuing presence of fads in mental health treatment and the challenges that face all who are interested in improving mental health services. He will focus special attention to the growth, changes and future of the Aurora Mental Health Center.

Dr. Bennett will retire Oct. 31, 2006 after 35 years in community mental health, 30 of which were at Aurora Mental Health Center.

Financial Report

2005-2006



REVENUE

A. Insurance/client billing	\$12,872,000	63.72%
B. Other contracts & donated	5,581,000	27.63%
C. State of Colorado	1,206,000	5.97%
D. Federal Block Grant	3,000	0.01%
E. Adams County	62,000	0.31%
F. Arapahoe County	358,000	1.77%
G. City of Aurora	120,000	0.59%

TOTAL REVENUE \$20,202,000 100.00%

EXPENDITURES

A. Salaries/Benefits	\$13,189,000	65.29%
B. Occupancy	688,000	3.41%
C. Operating	5,369,000	26.58%
D. Hospital/Client	404,000	2.00%
E. Capital Reserves Added	552,000	2.73%

TOTAL EXPENDITURES \$20,202,000 100.00%

Total Clients Served 8,529

AGE	
0 - 11 yrs.	1,289
12 - 17 yrs.	1,440
18 - 59 yrs.	5,053
60+ yrs.	747

GENDER	
Male	3,660
Female	4,869

Management Team

- Randy Stith, Ph.D.
Executive Director
- Chris Beasley, Psy.D.
Deputy Director
Outpatient Services
- Frank Bennett, Ph.D.
Deputy Director
Family Services
- George Gielow
Information and
Operations Director
- Debbie Grace
Administrative Director
- Mike Kucera, LMFT
Deputy Director
Adult Services
- Dan Lounsberry
Chief Financial Officer
- Marvin Robbins, M.D.
Medical Director
- Richard Swanson, Ph.D., J.D.
Research & Program Evaluation

Continued from page 2

In 2001, the U.S. Substance Abuse and Mental Health Services Administration chose Aurora to be one of the original 17 members of the National Child Traumatic Stress Network, recognizing the Center's extensive experience with children who suffered physical and sexual abuse, as well as other traumas. Membership in the network connected Center staff members with training from nationally renowned experts in cutting-edge, proven techniques for treating childhood trauma. The knowledge gained and the relationships established continue to influence and enhance Center treatment.

What began in 1977 with a program director, five clinicians, and a secretary has now grown to eight programs with 80 clinicians, 16 non-clinical staff and 4 medical staff. Staff members have leadership roles in many statewide child and family professional organizations and are considered among the state's top experts in many areas.

And no mother and child must leave the city to get help.

Improving Kids' Lives through Golf

For the third summer, young clients of the Aurora Mental Health Center had the opportunity to experience and learn the game of golf through the Open Fairways Program. Open Fairways is a non-profit organization dedicated to improving the lives of at-risk youth ages 7-17 who have never had the opportunity to play golf. The program is designed to challenge young people to succeed through an activity that allows them to step out of their comfort zone and experience a new sense of success and personal achievement.

"Many of our students are often not provided the same opportunities other children take for granted. Giving our kids this opportunity to learn the game of golf from such patient, caring volunteers really gave them all a wonderful sense of accomplishment and pride in themselves," noted Candace Ballard, school based therapist, Aurora Mental Health Center.



Youth enrolled in Aurora Mental Health Center's summer program learned the game of golf and the life skills it teaches and managed to have a lot of fun!

Helping you make the most of your giving

Making a cash donation to one of the Aurora Mental Health Center's child care programs qualifies you for a major tax break under Colorado's Child Care Contribution Tax Credit. Under the tax credit program, you can take the appropriate federal tax deduction for the contribution, plus a 50% state income tax credit.

Take advantage of this program today.

Here's an example of what a cash donation actually costs you under the tax credit rules:

Your cash donation:	\$1,000
Colorado state tax credit	-\$500
Reduction in Colorado Income Tax for contribution	-\$46
Reduction in Federal Income Tax for contribution*	-\$127
Net cost to donor	\$327

*28 percent tax bracket

Individual tax benefits may vary, please consult your personal tax advisor.

Qualifying programs include:

- ~ Aurora Mental Health Center's Summer Program involves students in positive prevention activities. The activities are designed to help students with substance abuse or delinquent behaviors.
- ~ Aurora Mental Health Center's Intercept Center serves children who have both developmental disabilities and mental disorders. The combination of disorders often makes it much harder for the children to function well in school or at home. The program provides both support for children and their families, and specialized classroom instruction for children.
- ~ Early Childhood and Family Center provides a comprehensive range of programs and services for children 0-6 years old with emotional or behavioral difficulties. It also provides parent training and support.

For more information on this special giving opportunity, call (303) 617-2313.

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

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Larry Davila, Vice President
Jim Kramer, Secretary
Ruth Ryan, Treasurer

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George Zierk

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Aurora School District

Barbara Shannon-Banister
City of Aurora

Adams County

Frank Weddig
Arapahoe County

Paul Zimmerman
Cherry Creek School District

Volume 2, Issue 3
Aurora Mental Health Center
11059 E. Bethany Drive, Suite 200
Aurora, CO 80014
(303) 617-2300

Visit us at our web site at: www.aumhc.org

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

Adopt a family for the holidays!

With the fast pace of the holiday season, it is often hard for companies and individuals to take the time to recognize the joys of the holidays. Many find that giving to those who are less fortunate gives perspective. At the Aurora Mental Health Center we offer individuals and companies the opportunity to give back by adopting a family for the December holidays. This is a wonderful opportunity for companies and families to join in an effort to help those in our community who are less fortunate. We are also seeking "stocking stuffer" gifts to give to the children at the therapeutic pre-school holiday party. If you are interested in adopting a family or hosting a toy/food drive, please contact Tawney Bass at (303) 617-2361.

Programs and Services

Aurora Mental Health Center offers mental health services for every need – from individual and group or child and family counseling, to residential and vocational support, to our Wellness Program that teaches people and families how to live richer lives. Since 1975 our effective, award-winning programs and experienced, expert professional staff have been providing quality, confidential mental health services in partnership with the people we serve.

Children and Families

Specialized programs help children, teens and their families cope with the challenges of mental illness and emotional disturbances. Treatment teams provide assessments, as well as individual, family, and group therapy. The teams also work closely with schools, social services and other caregivers to ensure coordination of services.

Early Childhood and Family Center offers a comprehensive range of services for children birth to age six with emotional or behavioral difficulties. Therapists have special training and education in working with infants, toddlers and pre-school children to help them gain emotional skills and overcome trauma or disrupted care. The Center works closely with family and caregivers, supporting the primary relationships essential to early development. Services begin with assessment and include outpatient therapy, intensive in-home services, issue-focused interactive groups and parent guidance and education. The team also consults with and supports childcare providers in childcare centers and homes.

Child & Family Outpatient Services Provides individual, group and family therapy to children ages 7 to 17, as well as psychological testing and medication evaluations. Some therapists are based in Aurora Public Schools and provide therapy at the schools.

Metro Children's Center is a day treatment program where children from first to eighth grade receive individual, group and family therapy, as well as attend school in a special-education setting with very small classes.

Child Intensive Services is an outpatient team that supports families and foster families with children ages 6 to 13. Intensive therapy services are offered for families needing services more often than on a weekly basis.

Intercept Center is a collaborative project of Aurora Mental Health Center and Aurora Public Schools. It is open to children ages 5 to 21 with a developmental disability and a mental illness. Children whose behavior makes attendance in public school impossible may attend the day treatment program.

Hampden Academy is an approved therapeutic school offering a structured educational and therapeutic program for teens age 13 to 18, as well as intensive outpatient services to teens and their caregivers.

Adolescent Intensive Services is an outpatient team that supports families and foster families with children ages 13 to 18. Intensive therapy services are offered for families needing services more often than on a weekly basis.

Childhood Trauma Treatment The Aurora Mental Health Center is part of the National Child Traumatic Stress Network. It is a national alliance designed to make available to as many children and families as possible the best treatments for childhood traumatic stress disorders, such as those that sometimes follow child abuse and neglect, natural disasters and crime. The network links some of the best therapists, researchers and educators in the United States.

Promoting Safe and Stable Families The Aurora Mental Health Center administers this federal funding that provides support for families trying to stay together or come back together, and to adoptive families.

Adult Services

Two community-based counseling centers in north and south Aurora provide therapy for individuals, families, couples and groups. The centers also offer consultation and educational services that focus on prevention and wellness. Teams are staffed by highly trained psychiatrists, psychologists, nurses, social workers and masters-level counselors.

Older Adults

Counseling, education and outreach services are available to seniors and their families. Services can be provided at our facilities, nursing homes or in the client's home. Older Adult Services address health care, supportive living and other important issues of aging, such as support groups for caregivers, help in accessing public assistance programs and home-based and community services evaluations.

Intensive Services

These programs provide specialized support to adults with a severe and persistent mental illness. They allow individuals to receive services while maintaining ties to their family and the community.

Community Living Program provides daily therapeutic services for adults with a severe and persistent mental illness. Case management, outreach and medication management help develop coping and self-management skills. Recreational and vocational components help build social and employment skills.

Dual Disability Program offers intensive day treatment services to adults with a developmental disability and a mental illness. Vocational services assist with job placement and successful integration within existing community resources to ensure necessary lifetime support.

Emergencies

Emergency and crisis services are available 24-hours a day, 7 days a week by calling our main number (303) 617-2300.

Residential Services

Residential programs help adults improve their ability to live as independently as possible.

- **Fitzsimons Treatment Center** helps adults stabilize and renew their healing from a debilitating emotional crisis. It is also an alternative to hospitalization and is staffed 24-hours a day.

- **Mrachek House** is a Developmental Pathways group home that provides life and specialized social skills training for persons with a developmental disability and a mental illness.

- **Fitzsimons Recovery Apartments** provides homeless adults with permanent housing, support and case management in an independent apartment-like setting.

- **Hanover Street** provides semi-independent living for adults.

- **Nome Street** allows individuals to move toward independent living in a supervised apartment setting.

- **John Thomas House** offers a home-like setting to help adults achieve independent living in the community.

- **Lima House** is a collaborative program with Volunteers of America and the Metro Community Provider Network to provide housing and treatment for homeless women who have a mental illness.

Special Programs

Internship Programs The Center offers internship opportunities from undergraduate level to doctoral level. A full-time doctoral Psychology Internship Program, accredited by the American Psychological Association, is also available. The program recruits top interns from graduate schools throughout the country.

Psychiatry Residents from the University of Colorado Health Sciences Center frequently do part of their training at the Center.

Career Services helps individuals develop skills to get and keep jobs.

Community Wellness Program offers ongoing wellness groups and classes that are open to anyone who wants to improve his or her sense of well-being. Topics include stress management, positive parenting, relaxation, assertion training, couples issues, and anxiety control.

InNET When hospitalization is necessary, the Intensive Services Treatment Network (InNET) works with select area hospitals during inpatient admissions. A smooth return to community life is the objective with our professional staff working closely with family members.

Offenders Program provides services to individuals referred by the courts and probation departments.

Psychological Testing Center

psychologists perform psychological testing to evaluate cognitive and personality functioning including attention deficit disorder, neuropsychological screening, as well as other specialty assessments. Reports provide testing results and treatment recommendations.

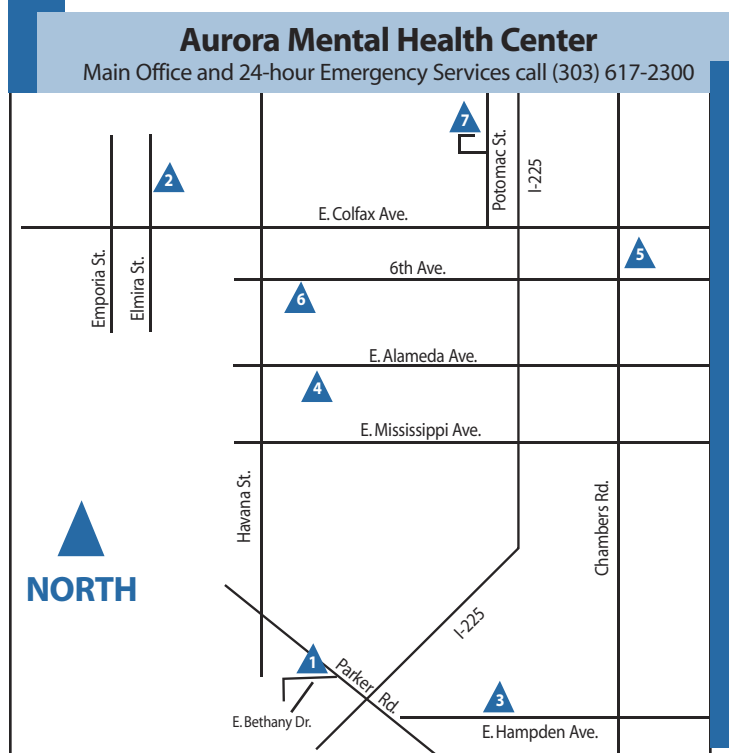
Coaching

Join in a collaborative relationship with a coach who will help you create an exciting future. Coaches will help you identify goals and direction, and support and guide you into a life of your creation.

Coaching can help:

- Put balance and fun back in your life
- Stop draining your energy by spreading yourself too thin
- Design a life plan balancing business goals and personal goals
- Enhance performance and efficiency
- Improve communication and leadership skills
- Overcome barriers and energy drains as you move forward
- Transform your dreams into realities

You may call 303-617-2300 to set up an appointment to see if coaching is for you.



1 Viewpoint Plaza Counseling Center
- Administration
- Adult Services
- Early Childhood & Family Center
- Services for Older Adults
11059 East Bethany Drive, Ste. 200
Aurora, CO 80014
(303) 617-2300

2 North Aurora Counseling Center
- Adult Services
- Child & Family Outpatient-North
- Offenders Services
1646 Elmira St.
Aurora, CO 80010
(303) 617-2300

3 Hampden Center
- Adolescent Intensive Services
- Child & Family Outpatient-South
- Hampden Academy
14301 E. Hampden Ave.
Aurora, CO 80014
(303) 617-2300

4 Alameda Center
- Child Intensive Services
- Metro Children's Center
10782 E. Alameda Ave.
Aurora, CO 80012
(303) 617-2300

5 Leversee Center
- Community Living Program
- Dual Disabilities Services
- Intensive Services
- Residential Services
- Vocational Services
1290 Chambers Road
Aurora, CO 80011
(303) 617-2300

6 Intercept Center
11023 E. Fifth Ave.
Aurora, CO 80011
(303) 617-2300

7 Fitzsimons Center
- Intake/Emergency Services
2206 Victor St.
Aurora, CO 80010
(303) 617-2300