



How to speak to your children about job loss and the economy



Lower your business medical costs

Happiness is Contagious!

When those around us are happy...we can feel it. It is like standing near a fire, the warmth spreads to all of those gathered around it. In fact, according to a recent study that examined the happiness of almost 5,000 people over 20 years, your happiness can affect people you don't even know!

This study, completed by the University of California in San Diego, found that when you become happy, any friend of yours who lives within a mile becomes 25% more likely to also be happy. Amazingly, they also found that a friend of that friend becomes 10% more likely to be happy, and a friend of that friend's friend has a 5% increased chance of being happy. Like a virus, a very positive one, happiness spreads through our social networks—its contagious!

Making an effort to spread happiness wherever you go won't just benefit those around you, but will benefit you as well. So how do we spread the joy? Just BE HAPPY, sounds easy right? Actually, it takes some effort to



change a "me first" or negative thought process. The benefits are definitely worth the effort, not only for your own happiness, but also for the happiness of everyone you encounter.

Here are some great ways to hand out some cheer:

Smile! This is one of the simplest things you can do to increase happiness. It is the universal sign for joy and is one of the greatest gifts you can give...and costs nothing at all.

Volunteer Your Time. Anyone can give monetary donations to the organizations they care about. However, organizations are also in need of people who are willing to give of their time to help a cause. You'll spread happiness to the people you are helping and show them that there are people out there who care. In addition, it is always a great idea to spend a little time with those in need, it will most likely make you better appreciate what you have.

Random Acts of Kindness! Have you ever let someone into traffic ahead of you? Ever held open the door for the person coming in behind you? There are thousands of interactions with people that we have in a day. By letting the manager at a restaurant know that your waitress did a wonderful job, or helping someone change a flat tire you are spreading the happiness to others, who will in turn pass it along.

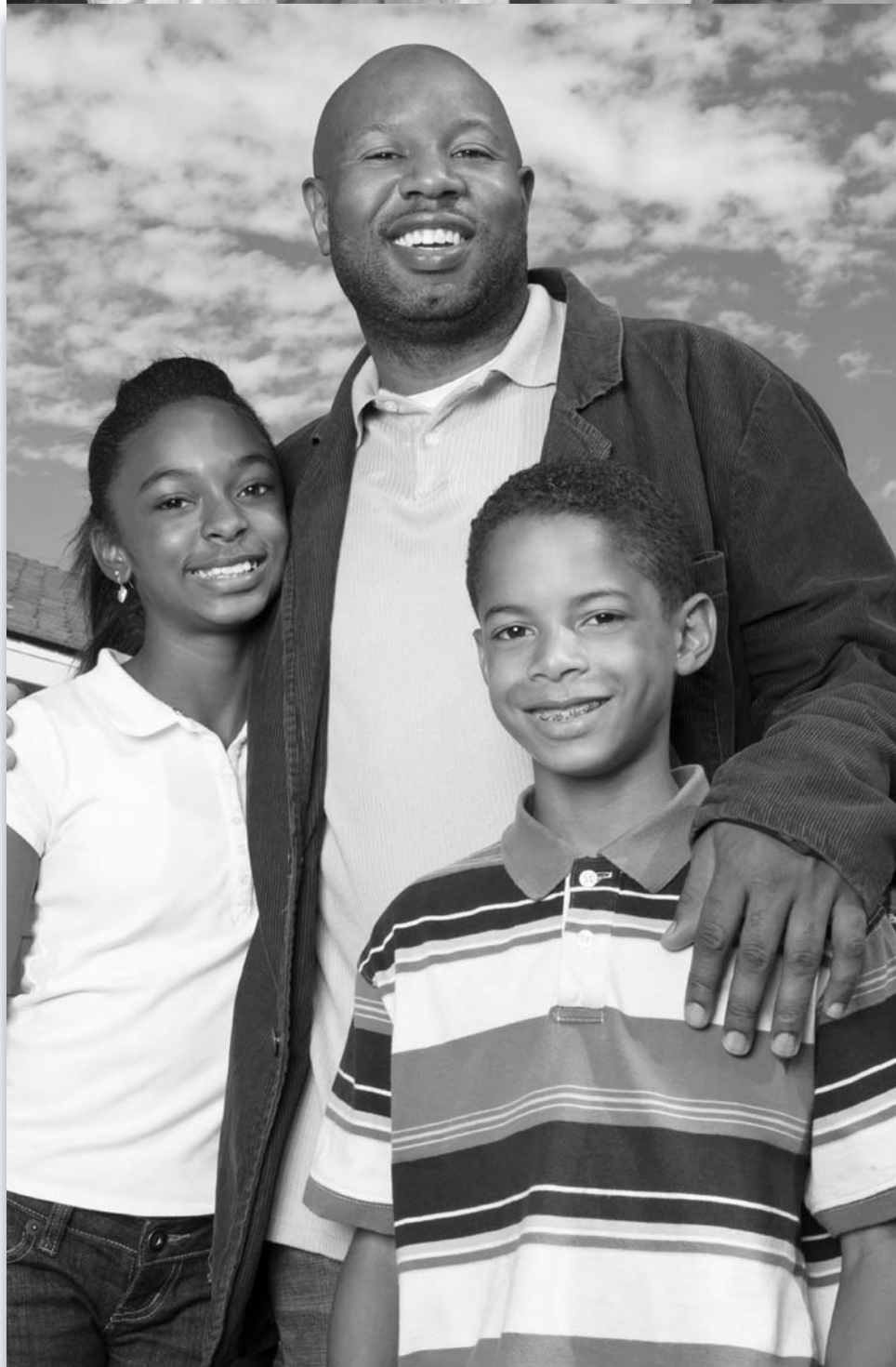
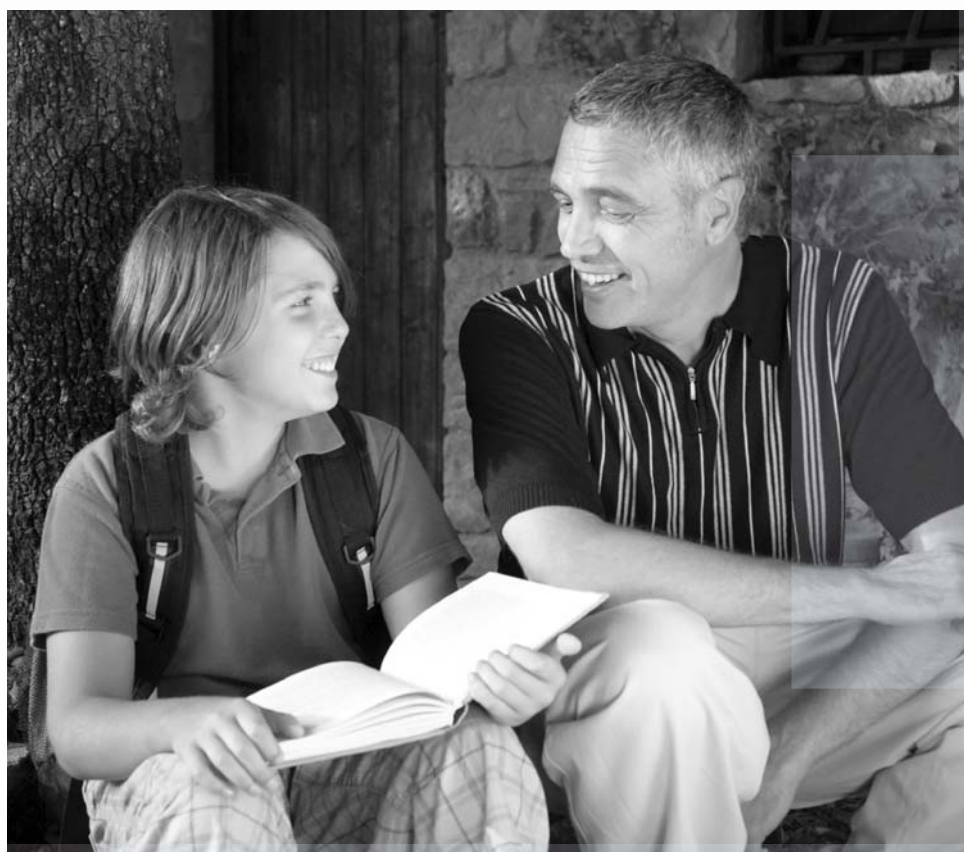
Pay it Forward. You will not only be a source of happiness, but a link in the chain if you repay random acts of kindness bestowed upon you. By doing this, you allow the happiness to spread throughout your community, making it an overall better place to live.

If you are interested in finding a way to spread the joy, join Aurora Mental Health Center for their free Community Laugh Classes. For more information, please call Aurora Mental Health Center at 303.617.2300.



How to Speak to your Children about

Job Loss and the Economy



Unemployment. Foreclosure. Recession. Bankruptcy. These are more than just words to millions of Americans; they are a reality. The numbers are startling: A 8.1% national unemployment rate, 1 in 54 homes have been foreclosed in 2008¹, and we can expect another million or more job cuts in 2009².

The stress of job loss, foreclosure, and bankruptcy can take a toll on our families. There are many ways to deal with these stresses and explain what is happening to children without causing alarm or unnecessary anxiety.

First and foremost you will need to assess your emotional condition. If you are having difficulty dealing with financial trouble, take some time to seek out support and regroup before speaking to your children. When you are ready to speak with your children about job loss, make sure to remember that how you speak and the words you use are very important. A father and mother are the structure and strength of the family in the eyes of their children. Keeping this in mind is paramount to your delivery of difficult news. In addition to your state of mind, consider the following strategies.

Use age appropriate terms for your children, and be cautious about calling a family meeting and speaking to them all at once if there are large gaps between their age. If they are under 5 years of age, children are typically concerned about their safety and need simple and concrete explanations that reinforce their security. Children between the ages of 6-9 understand much more about right and wrong, so it is important to answer their questions and hold a conversation with them. Help them to make the correct judgments about what is happening and explain to them that it was not their fault. Children over the age of 10 can put

the facts together and understand the everyday effects. Teenagers may even like to contribute in some way, so make sure that they are included.

A second way to minimize anxiety is to stick to a routine. By making the least amount of changes in the everyday schedule, you will reduce the stresses your children might be feeling. When you continue to move forward and set an example of how to solve problems and deal with crisis, your children will also learn how to deal with life changes.

One of the biggest concerns many parents have is explaining to children how they will have to cut back. Telling your little girl that she can no longer take ballet lessons or your son that he can't play soccer can be a devastating task. A good strategy would be to create a plan of action for them. By creating a structure that allows children to choose what activities they can still participate in, they will not feel a huge sense of loss. In addition, planning new "cost effective" activities such as hiking or checking out a museum will help to build the level of contentment children feel in these situations.

While it is important that your children understand the circumstances, you need to deal with your own emotions as well. Being separated from your job can injure your identity. Many of us closely identify ourselves with what we do, and when this is taken away we can lose track of who we are. If you need help in dealing with job loss or how to speak with your children, Aurora Mental Health Center can answer many of your questions and help you to address the issue in the best way possible.

If you would like to speak with someone, please call us at 303.617.2300 or visit our website at aumhc.org.

¹ Bureau of Labor and Statistics, March 6, 2009.

² Galesburg.com. "At the Watercooler: More layoffs expected in 2009" January 03, 2009.



FOCUS ON BUSINESS

Lower Your Business Medical Costs

As business owners, a bad economy may have us searching for ways to cut costs. Why not do so by addressing the mental health of your employees? The strong connection between mind and body is undeniable. It is because of this that people who have untreated mental health issues use more general health services than those who seek mental health care when they need it.

That translates to dramatic, and unnecessary, increases in your organization's healthcare bill. In fact, researchers estimate that 50 to 80 percent of all medical illnesses reported to physicians have a strong emotional or stress-related component. The good news is that effective treatment of mental illnesses, especially depression and stress, is associated with improved outcomes for chronic physical disorders.

Aurora Mental Health Center is a mental health resource for individuals, families, and businesses in Aurora.

If you have questions about how we can help you to reduce your health care expenses, please contact our Director of Corporate Development, Heather Jackson, at 303.617.2313.

Aurora Mental Health Center accepts most major insurances.

Aurora Mental Health Center's 5th Annual Spring Luncheon

We are pleased to announce our 5th Annual Spring Benefit Luncheon "Living Life to the Fullest" Tuesday, May 19, 2009 at the Crowne Plaza Denver International Airport Convention Center.

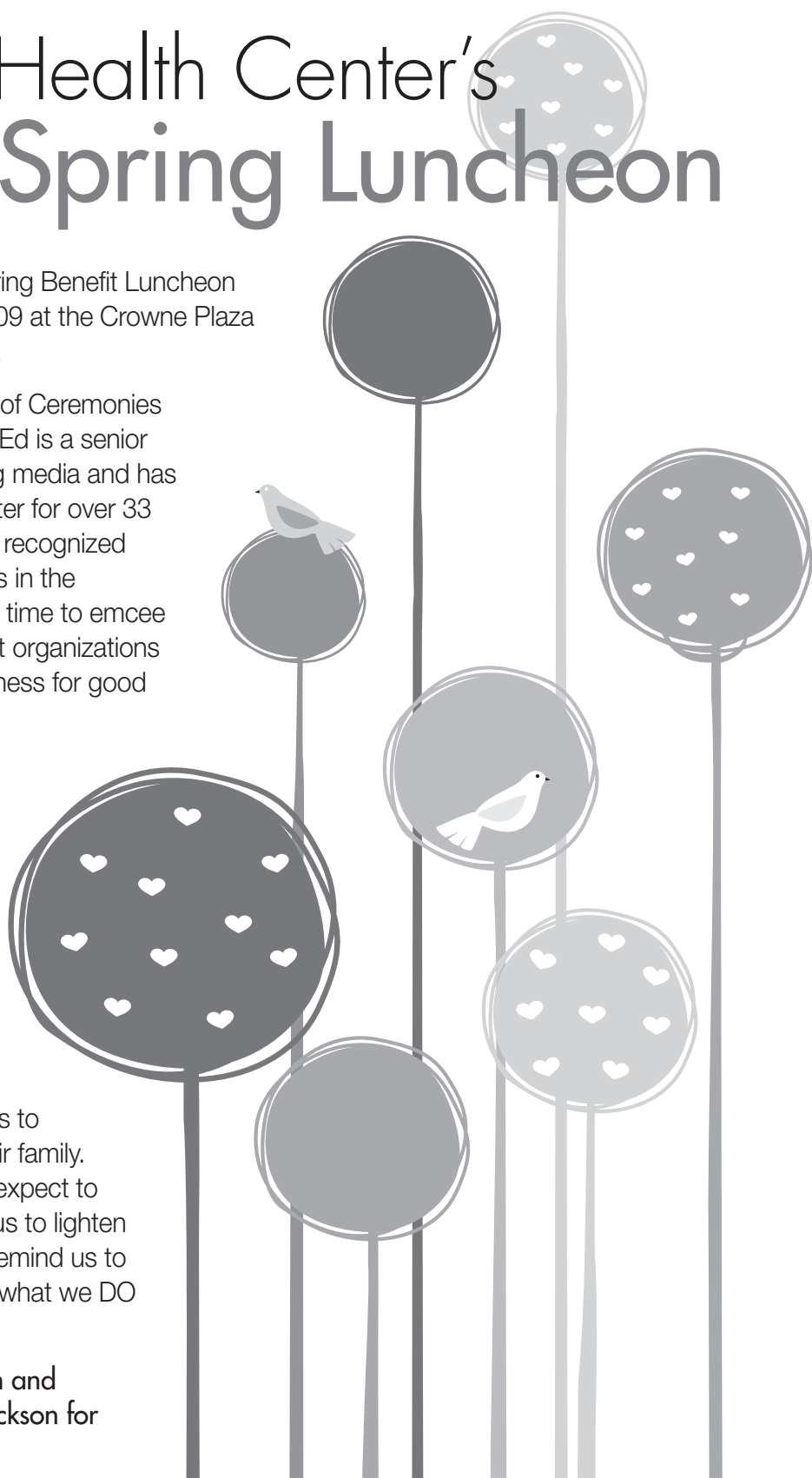


This year will feature Master of Ceremonies Ed Greene of CBS4 News. Ed is a senior member of Denver's working media and has been a Denver TV Newscaster for over 33 years. Ed is one of the most recognized and involved TV personalities in the community, and donates his time to emcee events so that local nonprofit organizations can raise money and awareness for good causes.



We are also pleased to feature keynote speaker, Brad Montgomery. Brad is a nationally recognized motivational speaker and humorist, and has entertained at corporations such as Proctor and Gamble, IBM, General Mills and many more. Brad will be presenting "Ordinary Magic," his most requested keynote that teaches specific, very funny tips and techniques to help people enjoy their lives, their jobs, and their family. And because Brad is a magician, we can also expect to see a magic trick or two. Brad will be helping us to lighten up and add some humor to our lives, and will remind us to take ourselves less seriously – while still taking what we DO seriously. Life is fun, funny, and full of magic.

If you would like to attend this year's luncheon and become a sponsor, please contact Heather Jackson for more information at 303.617.2313.



Mountain States Employers Council awards Aurora Mental Health Center First Place in the 2009 Human Resources Best Practices Contest

Effective human resources have never been more important to businesses and organizations. The Mountain States Employers Council (MSEC) Human Resources Best Practices Contest is designed to recognize member companies that have successfully implemented a Human Resources best practice – a program or practice that has had a significant impact on their organization. The Aurora Mental Health Center's Leadership, Entrepreneurship and Development (LEAD) program has demonstrated the ability to make both an impact on the employees and organization as a whole.

This year the LEAD program was selected as the first place winner of the 2009 MSEC Human Resources Best Practices Contest.

According to Randy Stith, PhD, the Executive Director of Aurora Mental Health Center, "Non-profit agencies

nationwide must provide leaders and staff whose inspiration, personal fulfillment, and realization of dreams allow them to better serve their clients and communities. The Leadership, Entrepreneurship and Development program has been instrumental in achieving these goals for Aurora Mental Health Center and we are honored to have received this award."

In order to combat staff turnover, companies have gotten creative in providing opportunities for their staff. Aurora Mental Health Center created LEAD to improve employee satisfaction, enhance continuity of care, and provide opportunities for staff at all levels to develop their leadership and entrepreneurial skills. So far 68 staff members have graduated from LEAD. In just a few years the LEAD program has become the core of the AuMHC culture. Since implementing LEAD, the Aurora Mental Health Center staff turnover rate declined

drastically. The LEAD program has also increased employee satisfaction, improved morale, staff innovation, and developed strong leaders.

Aurora Mental Health Center is very pleased and honored to have received this award.

If you would like more information about this award or the LEAD program, please call Aurora Mental Health Center at 303.617.2300 or visit www.aumhc.org/events.html.



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.

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Everyday, lives are changed by the services provided by Aurora Mental Health Center. This year, as we all face challenging times, those we touch at the Center need your help more than ever. With our new secure online giving options, you can set up a one time or recurring gift that will support services that make a difference in the lives of children, individuals, and families in our community.

Donating to Aurora Mental Health Center

Visit www.aumhc.org and click on "Your Support!"



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