

AuMHC Perspectives

Summer 2011 ■ Volume 7 ■ Issue 2

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



Mental Health First Aid USA



36th Annual Celebration & 5th Annual Art Contest is coming October 19, 2011

New Addition to Our Website



Live Life to the Fullest!

303.617.2300

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LATEST NEWS

[Unemployment May Hit Some Harder Than Others](#)

Study found those able to work between bouts of joblessness did better emotionally. [More...](#)

[Health Tip: Teach Your Child Health Eating Habits](#)

And avoid issues with their weight. [More...](#)

[Scientists Zero in on Melanoma Links](#)

Review or previous research ties five genetic variants to the deadly skin cancer. [More...](#)

[Dieters More Likely to Trust Food Packaging](#)

Study found they believed labels suggesting product was 'healthy,' even if it was not. [More...](#)

[All Current News](#) [RSS](#)

NEW Library & Information Center

Access to helpful behavioral health news, educational material and self screenings.

Mental Health First Aid Certification course
Click here for date



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FEATURED TOPICS



Abuse. Abuse occurs when people mistreat or misuse other people, showing no concern for their integrity or innate worth as individuals, and in a manner that degrades their well being. [More...](#)



ADHD. Attention Deficit Hyperactivity Disorder is a neurological disorder that develops during childhood and can persist into adulthood. ADHD is one of the most common childhood disorders. [More...](#)



Anxiety Disorders. Anxiety is a human emotion that everyone experiences, but as we will soon see, this emotion is not experienced by everyone in the same way. The following case examples illustrate the variety of experiences. [More...](#)



Childhood Mental Disorders and Illnesses. The Childhood Mental Disorders and Illnesses topic center provides an overview of mental and emotional disorders and illnesses impacting children and their families including attention deficit hyperactivity (ADHD), mental retardation, autism and other pervasive development disorders, and disorders of learning. [More...](#)



Family and Relationship Issues. Despite their vital importance in our lives, relationships can be very difficult to manage. [More...](#)



Grief and Bereavement Issues. Grief is the process and emotions that we experience when important relationships are significantly interrupted or ended, either through death, divorce, relocation, or some similar process. [More...](#)

[View All Topic Centers](#)

We are delighted to announce the addition of two new components to our existing website—AuMHC

Latest News featuring the latest news on behavioral health and general health issues; and the **NEW AuMHC Library & Information Center**, your direct access to a wealth of educational information on mental health care including a number of online self-screenings.

Latest News can be found right on our home page, and this listing of current news headlines is updated four-times a day. Just click-on the headline of the article to read the entire article, or click-on "*All Current News*," below the list of *Headlines*—this will take you to a complete detailed list of all current news articles available.

The **Library & Information Center** can be accessed by clicking on the box located directly below the **Latest News** box; a new window will open listing our "*Featured Topics*." Either click-on one of our *Featured Topics*, or go to the bottom of the page and click-on "*View All Topic Centers*," and a more detailed list of topics will appear to help you refine your information search.

You now have access to up-to-the-minute news on behavioral health care, as well as access to the massive amount of information available on mental illness, mental disorders, current treatments, definitions, case studies, support systems, and even a number of online self-screenings that can aid in determining a direction for professional treatment. Thousands of pages of consumer-oriented behavioral health education material are available, covering topics like Depression, Anxiety, ADHD, Stress Reduction, and Parenting to name just a few.

Our **Latest News** feature will update breaking news four-times a day. Now you will always have the most current and most relevant information, right on our website. You can even access the RSS feed that will allow you to receive our news on your personal home page using Google, Yahoo, MSN, AOL or other popular web-based feed readers.

Our **NEW Library & Information Center** and our **Latest News** feature help us continue to provide our community with rich, authoritative sources of information on behavioral health issues which is important to citizens, family members, caregivers and to those whose lives are touched by mental health issues. Mental illness affects all of us at some time in our lives, either personally or through our family or our friends. You now have a single point of contact that can help give you the information and resources you need to educate yourself and access professional resources, all at www.aumhc.org.

Be aware of the signs of stress, **they can save your life!**

From the time man stood upright and began walking the earth on two legs, stress has always been a part of our lives. A little stress can be good for you. It gave our ancestors the vital burst of energy needed to hunt for food or to keep from becoming food. Stress is a safety valve that alerts us to impending danger. But too much stress can take a toll on your body, especially the kind of stress that lasts for a long time, which is all too common in today's world.

If you're feeling overwhelmed by stress, you are not alone. A recent survey of Americans found that one-third of us are living with extreme stress. Knowing that, it is important that you become aware of how you're feeling and learn about the physical effects stress can have on your body.

Know the signs of stress; answer the following questions:

- ▲ Are you angry, irritable or easily frustrated?
- ▲ Do you feel overwhelmed?
- ▲ Have you changed your eating habits?
- ▲ Do you have problems concentrating?
- ▲ Do you feel nervous or anxious?
- ▲ Do you have trouble sleeping?
- ▲ Do you have problems with your memory?
- ▲ Are you burned out from work?
- ▲ Do you feel that you can't overcome difficulties in your life?
- ▲ Are you having trouble functioning in your job or your personal life?

If you're experiencing any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, such as connecting to people close to you, getting enough sleep or being physically active. Visit our [NEW News, Library and Information Center](#) located on the home page of our website at www.aumhc.org, click on "News, Library and Information Center," then click on "View all Topic Centers" and learn more about how to cope with the stress in your life.

If you feel overwhelmed, unable to cope and feel as though your stress is affecting how you function every day, you could be dealing with something more serious like depression or anxiety. Don't let it go unchecked. **Contact your health care provider or Aurora Mental Health Center at 303.617.2300.**



Too much stress can be toxic to humans!

Brain & Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression).

Skin: Acne and other skin problems.

Muscles & Joints: Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density.

Heart: Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack.

Stomach: Nausea, stomach pain, heartburn, weight gain.

Pancreas: Increased risk of diabetes.

Intestines: Diarrhea, constipation and other digestive problems.

Reproductive System: For women—irregular or more painful periods, reduced sexual desire. For men—impotence, lower sperm production, reduced sexual desire.

Immune System: Lowered ability to fight or recover from illness.

Mental Health First Aid USA

A 12-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

Aurora Mental Health Center is proud to offer Mental Health First Aid courses throughout the year to our community.

Emergency treatment to an injured person before professional medical care arrives is commonplace and readily available. Many people even know CPR and the Heimlich maneuver, but the truth is that you are more likely to come across someone in an emotional crisis than someone having a heart attack. Mental Health First Aid teaches you that mental illnesses are real, common, and treatable if you know what to do.

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 mental illness or addiction.
- ▲ Community leaders including police officers, firemen, human resource directors and primary care workers, teachers, college faculty, clergy, consumers and family members

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

Time: 9:00 am -3:30 pm both days (all dates). Lunch is included.

Location: All course dates will be held at Aurora Mental Health Center, 11059 East Bethany Drive (Parker Road at Bethany Drive), Aurora, CO 80014.

Training Dates/Registration:

Training Dates	Blacktie Event Code*
July 21 & 22, 2011	AUMHC722
September 15 & 16, 2011	AUMHC916
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 and enter the event code listed next to the Training Dates you wish to select. Space is limited; please RSVP at least 3 days prior to the first day of your training.

For more information contact Aurora Mental Health Center at 303.617.2300 or go to our website at www.aumhc.org/Events.



The Aurora Mental Health Center's 2011 Spring Luncheon

featuring *The Second City* was a Smash Success!



Aurora Mental Health Center's Annual Spring Benefit Luncheon, held April 29, 2011 at the Red Lion Hotel Denver Southeast, was a tremendous success and this year, set a record for table donations. The annual luncheon helps us raise both awareness and funds to support the Aurora Mental Health Center's mission of providing quality mental health care and programs that help people of all ages live full, productive, and happy lives. All money raised by this event will be used to provide mental health services to people who are unemployed or uninsured to help them live life to the fullest again.

More than 300 guests attended the luncheon including elected officials from the City of Aurora, Wheat Ridge, Denver, Arapahoe County and representatives from Aurora and Cherry Creek School Districts. Ed Greene, our master of ceremonies from CBS4 News, orchestrated the event masterfully. This is the fourth year we have been lucky enough to have Ed as our MC. He is a good friend of AuMHC and a consummate professional. Special thanks to our Presenting Sponsor, Citywide Banks, and to the Gay & Lesbian Fund for Colorado for their matching contribution to the funds raised on the day of the event.

Presenting Sponsor



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Our featured entertainment this year came from The Second City, Chicago's famed improvisational comedy troupe, and the source of continuous new talent for NBC's Saturday Night Live over the last few decades. The troupe's *Fair & Unbalanced* show did not disappoint. The young, ensemble cast featured Warren Johnson, Kevin Sciretta, Derek Shipman, Cecily Strong, and Natalie Sullivan who served up 50 minutes of creative and hilarious comedy skits, songs and improvisational antics. A number of skits performed by the cast, were originally written by such Second City alumni as Tina Fey, Harold Ramis, John Belushi, Dan Aykroyd, Bill Murray and Mike Myers. The Second City performance capped a tremendous event for Aurora Mental Health Center and left the audience in a great mood on a sunny Friday afternoon.

We would like to thank all of our sponsors and everyone who attended the luncheon for making this year's event a record success.

36th Annual Celebration and 5th Annual Student Art Contest

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

Last year we broke records with over 435 entries from K-12 schools in our community.

All are invited to see the exceptional talent of these students at our FREE Annual Celebration & Art Contest. You will be pleasantly surprised at the level of talent demonstrated by this year's entrants to our show.

For contest rules and entry forms, or for more information about the Art Contest, please contact Cindy Bohl at 303.617.2373 or email: annualcelebration@aumhc.org.



Thank you to our individual contributors for your support during the forth quarter of 2010 and the first quarter of 2011!

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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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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

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Representing the Community

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Thank you to our corporate contributors for your support during the the last forth of 2010 and the first quarter of 2011!

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Aurora Chamber of Commerce Leadership Program
Aurora Education Association
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All photos and interviews were provided with full cooperation and permission of the people depicted.



To learn more about sponsorship opportunities and player registration, please contact Tawney Bass at 303.617.2361.

All are invited to join Aurora Vistas Foundation on Monday, August 8, 2011 at Murphy Creek Golf Course for a continental breakfast, a fun morning on the course followed by a barbecue luncheon complete with awards, prizes and a silent auction.

More than 3,900 children in Aurora suffer from a mental illness, and many do not receive the treatment they need due their inability to pay or lack of available alternative funding. The Annual Charity Golf Tournament raises funds to provide treatment for those who could not otherwise pay for it. Without these programs, children and their families would not have the chance to learn the life skills they need to cope with mental illness and lead productive and fulfilling lives.

Since 1987, the Aurora Vistas Foundation has been raising awareness and funding to help support Aurora Mental Health Center's innovative programs and mental health treatment for the children and their families in our community. Every year the Aurora Vistas Charity Golf Tournament has played a successful role in helping to raise these funds.

Aurora Vistas Foundation 19th Annual Charity Golf Tournament



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

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.

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