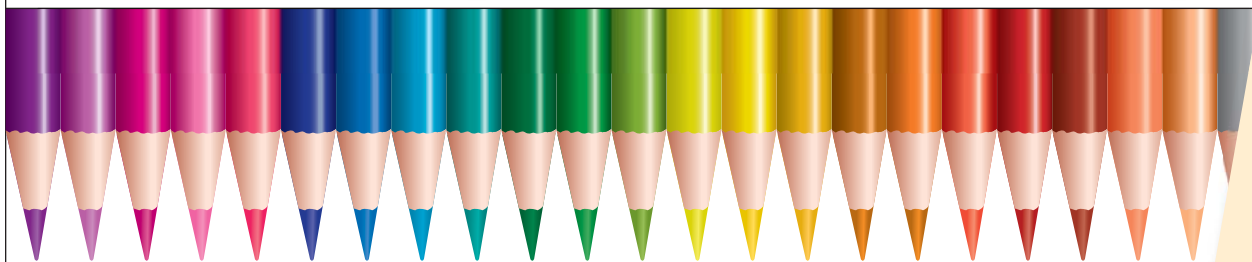


ANNUAL REPORT 2013



Aurora Mental Health Center's 38th Annual Celebration & 7th Annual "Living Life to the Fullest" Student Art Contest & Show

Every year Aurora Mental Health Center holds an Annual Meeting of its Board of Directors. Our center was founded by community leaders, and it is for that reason this annual meeting has always been more than just another meeting – it is an Annual Celebration open to all of our citizens. As part of that Celebration, seven years ago we created a Student Art Contest and Show as a way to showcase the talent of young artists throughout our community.

**Wednesday, October 23rd • Red Lion Hotel
Denver Southeast, 3200 South Parker
Road (Parker Road & I-225), in Aurora,
Colorado 80014. Reception begins at 5:00
pm with the Program at 5:45 pm.**

**Our Art Contest theme this year:
"What Makes you Happy & Enjoy Life?"**

**All artwork entered will be displayed at the
art show.**

This is a free event, we only asked
that if you wish to attend, please
**RSVP by Friday, October 18th
by calling 303.617.2300 or email
annualcelebration@aumhc.org.**



**Aurora
Mental Health
Center** *Live Life to the Fullest*
To the Aurora Community,

Aurora Mental Health Center is your mental health center. We exist to serve you, we are proud of our accomplishments, and last year we were able to help more than 15,800 people in our community.

Ordinary citizens of Aurora, with extraordinary vision, founded this center 38 years ago. It is for this reason, that every year we publish our annual report in our community newspapers to keep you, the citizens of Aurora, aware of the operations and accomplishments of our center, and because an important part of our mission is to raise awareness and reduce the stigma of mental illness throughout our community.

I personally want to thank our dedicated board of directors, our outstanding staff, our tireless volunteers, and especially all of you who have supported Aurora Mental Health Center.

Together we will continue to reach out and help everyone in our community live life to the fullest.

Sincerely,

Randy Stith, Ph.D.
Randy Stith, Ph.D., CEO & Executive Director
Aurora Mental Health Center

Be Present Be Happy

The human brain is incredibly complex and flexible. It allows us to think about one thing while doing something else. What we now call "multi-



tasking" can, at the same time, be a good and a bad thing. Our brain's ability to simultaneously juggle a multitude of thoughts can help us be more

productive, at the same time it can also have a negative impact on us. If those thoughts begin to dwell on past mistakes, future challenges, and looming deadlines, it may only serve to increase our stress level. Worrying about what we cannot

control can make us more distressed, and lead to depression and anxiety, which can challenge our ability to cope. When we get overwhelmed with negative thoughts our moods also tend to be negatively impacted and our body's stress reactions go into overdrive.

The good news is that we all have the power to stay focused on the present moment, which can help us stay positive and maintain a happier mood. Focusing on the present can help reduce stress, mitigate depression, and help us to stop thinking the same negative thoughts over and over again.

Karen Levine, MA, LPC, and the Program Director of Aurora Mental Health Center's North Adult Outpatient Team, regularly teaches people the skills they can use to maintain focus on the present. Rather than worrying about past events or anticipating the future, these skills help us stay grounded and calm, and can give us that positive outlook we need to keep progressing toward our goals. We can learn to tolerate stress without overreacting.

Karen suggests that we can use the following techniques, anytime and practically anywhere, to help us stay present and positive:

Take deep breaths.

By inhaling and exhaling slowly, the body calms itself down. Breathe in for the same amount of time that you breathe out, the slower the better.

Focus on one thing at any given moment.

Usually we try to do or think about three or four things at a time, which can result only in distracting us. Multi-tasking actually makes us less effective and more frantic. Instead, Karen suggests that we do one thing at a time, and use all of your senses. For example, if you are washing dishes, hear the sound of running water, feel its



Continued Inside: **Be Happy**

temperature, smell the scent of the dish soap, and admire the clean plate. Light a candle and focus on the way it smells and the way the flame looks. Concentrating on one thing at a time can diminish our stress level and help us maintain a positive mood.

Throw your negative thoughts away!

If you just can't stop thinking negative thoughts or can't forget the stress you are having, throw it away. You can either do this in your mind by imagining you are putting all those negative



thoughts in a box and locking it up, or you can write the thoughts down on pieces of paper, crumple them up, and throw them in your trash can.

Wake up positive.

When you wake up, lie in bed for an extra five minutes. Leave your phone alone and don't turn the television on! Think positive thoughts and make a quick



list in your head of the things that make you happy and keep you smiling.



Take a walk with your children.

Have your children help you identify everything they hear and smell during your walk. By focusing on your senses, you won't be able to get distracted by what you need to buy at the grocery store, or the stress you have at work or school.

Do everything as if it were the first time.

When we first learned to drive a car, we had to pay attention to each step. Approaching each task as if for the first time, helps keep us present and positive.



Try yoga, or meditation.

Join a class or just meditate at home by thinking about a positive experience or a peaceful place, such as walking on a beach or relaxing in the forest. All of these practices reduce stress



by keeping us in the present moment, and allows us to maintain a positive outlook.

Contribute.

Sometimes the best way to get ourselves in a better mood is to do something nice for someone else. Help out a friend, volunteer for your favorite charity, or just make a homemade card for someone you love or care about.

Staying present can help you stay positive regardless of what is going on around you!



Mental Health First Aid USA

MENTAL HEALTH FIRST AID IS NOW AN 8-HOUR PROGRAM

Mental Health First Aid 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, and substance abuse

Who should attend Mental Health First Aid:

- ▼ Friends and family of individuals with mental illness or addiction
- ▼ Community educators, school administrators, community leaders, police officers, firemen, first responders, human resource personnel, primary care workers and anyone who works directly with the public
- ▼ Teachers, college faculty, faith groups, and caring citizens

Cost: \$25 per person. All who complete the course will receive a certificate of completion.

Time: For all dates: 8:00 am – 5:00 pm. Lunch break given, no lunch served.

We will be offering two types of classes (for those 18 or older):

- ▼ One class will be specifically recognizing the signs and symptoms of **Adults** experiencing a mental health crisis.
- ▼ One class will specifically be recognizing the signs and symptoms of **Youth** experiencing a mental health crisis.
- ▼ We also teach the **Adult** classes in **SPANISH!**

Training Dates / Registration:

Dates:	Type:	Dates:	Type:
November 13, 2013	Youth	April 7, 2014	Adult
December 12, 2013	Adult	April 21, 2014	Youth
February 7, 2014	Adult	June 11, 2014	Adult
February 21, 2014	Adult	June 25, 2014	Youth

For registration information go online to www.aumhc.org/Events
Space is limited; please RSVP at least 3 days prior to your training date.

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

To inquire about onsite training at your location, please 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.

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Harrison Cochran, *Secretary*
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Nancy Jackson, *Arapahoe County*
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Lori Dalton, *Cherry Creek Public Schools*

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George Gielow, *Technology & Operations Director*
Debbie Grace, *Administrative Director*
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Kathie Snell, LPC, *Deputy Director Family Services*
Richard Swanson, Ph.D., J.D., *Research & Program Evaluation*
Chris Wanifuchi, *Executive Director, Asian Pacific Development Center*
Leslie Winter, M.D., *Medical Director*



Katie's Story

I am a college graduate. I had a very exciting and successful career in public relations. I traveled with the pope as part of his press. I worked at the White House under [President] Clinton as chief of staff of the Small Business Administration. I traveled all over the world with the President, coordinating every detail of the trip including the media interviews. I loved to ride horses, and had the opportunity to ride with the President of Germany. I was thrown during that ride, airlifted to a hospital in Germany to begin a long and painful road to recovery. I had to learn to walk and speak all over again, and the inability to communicate at the high level that I was used to was very frustrating for me and alcohol was an easy thing to fall back on. During my physical recovery I did anything to survive. I had gone from working in the White House to managing a Putt-Putt golf course, and alcohol just made things easier. One day, after receiving my third DUI, a judge gave me the choice of either going to jail for a year, or entering the ADMIT program at Aurora Mental Health Center. I chose ADMIT, and I owe them everything. You can't go through this recovery alone. You need help from professionals who care. It's been a long time since I've been happy, and today I'm happy."

ACAN Helping Individuals and Families Navigate the New Affordable Care Act.

Aurora Coverage Assistance Network, a certified Assistance Site, is a collaborative effort including Aurora Mental Health Center that employs certified health guides that can assist individuals and families navigate the new health insurance marketplace through Connect for Health Colorado. Connect for Health Colorado is the new online marketplace where individuals, families and small employers in Colorado can shop, compare, pick and purchase health insurance plans and apply for financial help to reduce costs. Connect for

Health Colorado is the only place where Coloradans can see if they qualify for new federal financial assistance to help them reduce the cost of health insurance. Certified Health Coverage Guides through the Aurora

Coverage Assistance Network will provide unbiased assistance with plan evaluation and the health coverage application process. In addition, our guides are available to provide education about Connect for Health Colorado, the range of health coverage options, and help you determine if you qualify for new federal financial assistance, based on

income, to reduce the cost of health insurance. More information is available online by going to www.ConnectforHealthCO.com.

Aurora Coverage Assistance Network support is available at open enrollment dates throughout Aurora, at one of our partner sites or by scheduling a one-one appointment or requesting a presentation/open enrollment event at your organization's site by contacting us at acan@aumhc.org or **303-617-2328**.



Financial Report 2012-2013

Demographics:

Total clients served 15,848

Gender:	# Of People	Percentage
Male:	7,043	44.4%
Female:	8,805	55.6%

Ethnicity of Clients:

American Indian/Alaskan	168	1.1%
Asian	592	3.7%
Black/African American	3,137	19.8%
Hispanic/Latino (all races)	4,355	27.5%
Multi-Racial	655	4.1%
Native Hawaiian/Pacific Islander	40	0.3%
White/Caucasian	10,799	68.1%
Other	457	2.9%

Age of Clients:

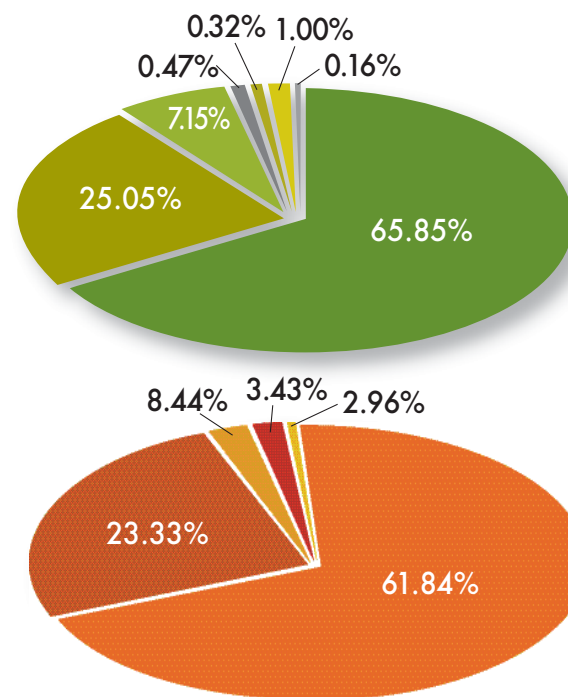
0-3 years old	482	3.0%
4-11 years old	3,206	20.2%
12-17 years old	2,906	18.3%
18-59 years old	8,466	53.4%
60+ years old	788	5.0%

Revenue:

▲ Insurance/Client Billing	\$ 26,149,000	65.85%
▲ Other Contracts & Donated	\$ 9,947,000	25.05%
▲ State of Colorado	\$ 2,838,000	7.15%
▲ Federal Block Grant	\$ 186,000	0.47%
▲ Adams County	\$ 64,000	0.16%
▲ Arapahoe County	\$ 399,000	1.00%
▲ City of Aurora	\$ 126,000	0.32%
TOTAL REVENUE	\$ 39,709,000	100.00%

Expenditures:

▲ Salaries/Benefits	\$ 24,555,000	61.84%
▲ Operating	\$ 9,263,000	23.33%
▲ Hospital	\$ 3,352,000	8.44%
▲ Occupancy	\$ 1,176,000	2.96%
▲ Capital Reserves Added (used)	\$ 1,363,000	3.43%
TOTAL EXPENDITURES	\$ 39,709,000	100.00%



- **71% of our clients are living at or below the federal poverty guidelines.**
- **34% of our clients have no payor source.**

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

All Aurora Mental Health Centers can be reached at 303.617.2300

1 Viewpoint Plaza Counseling Center

11059 East Bethany Drive
Aurora, CO 80014
▼ Administration
▼ Adult Services
▼ Services for Older Adults
▼ Early Childhood and Family Center

2 North Center

1646 Elmira Street
Aurora, CO 80010
▼ Adult Services

3 Hampden Center

14301 East Hampden Avenue
Aurora, CO 80014
▼ Hampden Academy
▼ Children & Family Services South

4 Alameda Center

10782 East Alameda Avenue
Aurora, CO 80012
▼ Metro Children's Center
▼ Children & Family Intensive Services

5 Levee Center

1290 Chambers Road
Aurora, CO 80011
▼ Community Living Program
▼ Center for Life Skills
▼ Intensive Services
▼ Residential Services
▼ Metro Community Provider Network

6 Community Transitions Program

1390 Chambers Road
Aurora, CO 80011
▼ Adult Community Re-entry Services
▼ Offenders Services

7 Substance Abuse Treatment Services

1400 Chambers Road
Aurora, CO 80011

8 Intercept Center

16905 East 2nd Avenue
Aurora, CO 80011

9 Fitzsimons Center

2206 Victor Street
Aurora, CO 80010
▼ Intake/Emergency Services

10 Galena Center

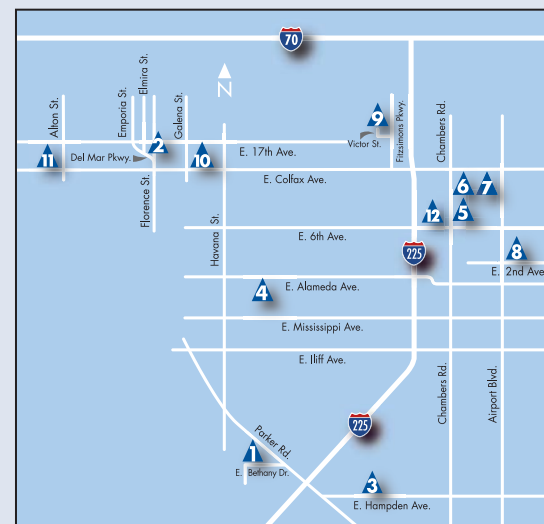
1504 Galena Street
Aurora, CO 80010
▼ Children & Family Services North
▼ School Based Services

11 Asian Pacific Development Center

1537 Alton Street
Aurora, CO 80010
www.apdc.org
▼ Adult/Children/Family Services
▼ Youth Programs
▼ Victims Support
▼ Interpretation/Translation Services

12 Chambers Center

791 Chambers Road
Aurora, CO 80011



Thank You to Our Community Support

Over the past year, we received contributions and grants from 606 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 organizations that have provided this support. Their gifts and partnership demonstrate a commitment to keeping people mentally healthy through innovative programs and services. We also wish to acknowledge the tireless efforts of the 256 volunteers and interns that have contributed more than 19,977 hours of their time to our Center. Without this support, our continued goals could not be achieved.

Platinum Plus Contributors, \$2,001-\$10,000

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Community Reach Center
Larry and Carol Davila
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