

THANK YOU TO OUR DONORS

In 2017, we received generous contributions and grants from numerous individuals, corporations, and foundations. Through their generosity, we can continue serving the community. Their gifts demonstrate a commitment to keeping people mentally healthy through innovative programs and services. We also wish to acknowledge the tireless efforts of the 375 volunteers and interns who so generously contributed 18,359 hours of their valuable time. We thank them all for their kindness and dedication.

Bronze (up to \$100)

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Youth Roots Foundation



1	Viewpoint Plaza 11059 East Bethany Drive	9	Galena Center 1504 Galena Street
2	North Center 1646 Elmira Street	10	Asian Pacific Development Center 1537 Alton Street
3	Hampden Center 14301 East Hampden Avenue	11	791 Chambers Center 791 Chambers Road
4	Alameda Center 10782 East Alameda Avenue	12	Smoky Hill Counseling Center 20971 East Smoky Hill Road
5	Providers' Resource Clearinghouse (PRC) 14500 East 33rd Place	13	Aurora Strong Resilience Center 1298 Peoria Street
6	Chambers Center 1391 & 1400 Chambers Road	14	Elmira Center 1544 Elmira Street
7	Intercept Center 16905 East 2nd Avenue	15	East Metro Detox & Recovery Services 1290 South Potomac Street
8	Victor Center 2206 Victor Street		



2017 ANNUAL REPORT

SUBSTANCE USE AND ADDICTION
OUR GENERATION'S
HEALTHCARE CHALLENGE

More than 20 million American adults suffer from a substance use disorder (SUD) and encounter a staggering degree of personal and economic burden as a result. Approximately 40 percent of these individuals experience a co-occurring mental health condition. The healthcare and related expenses of SUDs in the United States carry a cost of more than \$520 billion annually.

The opioid crisis, in particular, has come to the forefront of national attention, in part because of the devastating consequences of opioid addiction. More than 33,000 American adults die from an opioid overdose each year.

The most commonly prescribed opioids, also called narcotics, include codeine, morphine, oxycodone, hydrocodone, and Fentanyl. Heroin is the most widely used opioid that is not legally produced. In the late 1990s, the medical community began to prescribe opioid painkillers at greater rates, in part because of reassurance about their safety from pharmaceutical companies. Most Americans who abused opioids became addicted after receiving a prescription from a healthcare provider. Approximately 21 to 29 percent of individuals who are prescribed opioids for chronic pain misuse them, and 80 percent of heroin users first misused prescription painkillers. While it is now widely accepted that opioids are addictive—especially with chronic use—they continue to be inappropriately prescribed by some healthcare professionals.

Patients and their loved ones often have difficulty recognizing opioid addiction because of the perceived safety of prescription medication. Some signs of an individual developing a problematic pattern of opioid use include using more medication than is prescribed; excessive worry about when and where they can obtain more medication; and sedation, confusion, or slurred speech when taking medication.

While many public health campaigns focus on opioids, more Americans misuse alcohol than any other substance of abuse. Approximately 88,000 Americans die from an alcohol related cause annually. It is the fourth leading cause of preventable death in the United States. Since individuals can consume alcohol in relatively healthy, socially appropriate ways, alcohol misuse goes widely unrecognized.

Excessive alcohol consumption is generally defined as 8 or more drinks per week for women and 15 or more drinks per week for men. One drink is equivalent to a 12-ounce can of beer, 5 ounces (about half a glass) of wine, or one shot of hard alcohol. Drinking more than the recommended amount of alcohol could signal an alcohol use disorder. Other signs of alcohol misuse or abuse include changes in work or social functioning related to drinking; putting oneself or others into dangerous situations while drinking; blacking out; hiding drinking; and craving alcohol.

Mental health organizations offer a variety of treatments for opioid, alcohol, and other substance use disorders. They include peer-run support groups, individual and group therapy, inpatient treatment, and medication that decreases cravings. If you suspect that you or a loved one suffers from a substance use disorder, information about various treatment options can be found on the internet, through your primary care provider, or through a mental health professional.

Aurora Mental Health Center is expanding its substance use programs in response to this public health crisis. In May, the Center took over operation of a detoxification program and hired a Director of Substance Use Services. The Center actively investigates ways in which it can expand access to SUD services through innovative programs and partnerships, including medication assisted treatment.

TO THE
AURORA COMMUNITY

Over the past four decades, Aurora Mental Health Center (AuMHC) has become an integral part of the Aurora community and we're working vigorously to improve the lives of those who call it home. Much of the support we provide helps individuals and families recover from life's setbacks, cope with mental health problems and become emotionally strong and resilient. Just as we need to pay attention to our physical health needs, we also need to pay close attention to our mental health – and AuMHC is here to help everyone attain and maintain good mental health and achieve the highest quality of life possible.

This report has information about our programs and services as well as the accomplishments of the past year. As we look to the year ahead, we will continue to provide important services, and act as an integral partner with our increasingly diverse and vibrant community.

I am forever grateful to our professional staff, amazing board of directors, and, of course, our volunteers – who we can never thank enough. As a private, nonprofit organization, we depend on your support. This annual report is to let you know that we're here for you and that we are working hard to maximize the funds our dedicated donors and supporters have entrusted to us. A special thank you to all of the clients for letting us into their lives over the past 42 years. It is our wish that you "Live Life to the Fullest!"

Sincerely,

Randy Stith, Ph.D.

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

MENTAL HEALTH FIRST AID

Mental Health First Aid is a one-day, eight-hour certification course open to anyone who wants to better understand mental illness and know what to do to help someone experiencing a mental health crisis. Adult and youth classes are available in English and Spanish.

"I was really happy to come and learn from the instructors, the class was really helpful. There are some people who suffer from mental illness in our community, and now I know how to help them." - Khin

TO LEARN MORE,
visit www.mhfaco.org/findclass
email communityeducation@aumhc.org
or call 303.617.2300.



AURORA MENTAL HEALTH
CENTER'S HOLISTIC DETOX
SERVICE APPROACH

Withdrawal management is the recommended treatment to help individuals struggling with symptoms of substance withdrawal through the first steps of their road to recovery.

We promote an integrated holistic approach in treatment—healing the mind, body, and spirit—to support detox services as a critical phase in the recovery process. We support clients as they safely withdraw from drugs or alcohol.

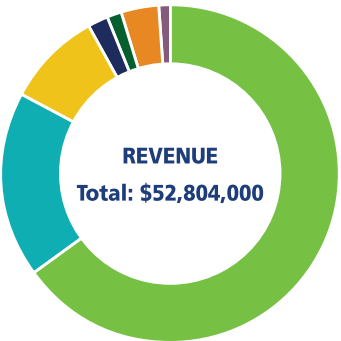
Additionally, our clinical staff works to motivate clients to continue their treatment once they have completed their withdrawal. To help them maintain the benefits of detox services, we give many of our clients an opportunity to continue treatment within Aurora Mental Health Center or with the next appropriate level of treatment services in our community.

Our East Metro Detox and Recovery Services provides monitored, safe, and supportive withdrawal management services 24/7/365 to adults who are intoxicated, under the influence, or in any stage of withdrawal from alcohol or other substance use. We provide these services in a social detox setting at 1290 Potomac Street, Aurora, Colorado, 80012.

If you or a loved one needs withdrawal management services, please contact our office at 303.923.6888. A specialist can answer your questions and arrange services.

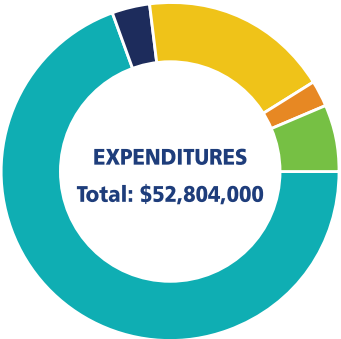
REVENUE

Insurance / Client Billing	\$35,749,000	67.07%
Other Contracts & Donated	\$10,511,000	19.91%
State of Colorado	\$5,196,000	9.84%
Federal Block Grant	\$263,000	.50%
Adams County	\$44,000	.08%
Arapahoe County	\$840,000	1.59%
City of Aurora	\$201,000	.38%



EXPENDITURES

Salaries / Benefits	\$36,661,000	69.43%
Occupancy	\$1,770,000	3.35%
Operating	\$9,575,000	18.13%
Hospital / Client	\$1,302,000	2.47%
Capital Reserves Added (Used)	\$3,496,000	6.62%



DEMOGRAPHICS

Total Clients Served: 25,045

Gender	# of People	Percentage
Female	13,566	54.2%
Male	11,479	45.8%

Ethnicity

American Indian / Alaskan Native	217	0.9%
Asian	852	3.4%
Black / African American	4,371	17.5%
Multi-Racial	1,520	6.1%
Native Hawaiian / Pacific Islander	70	0.3%
White / Caucasian	16,915	67.5%
Hispanic	7,057	28.2%
Other	761	3.0%

Age Group

0 - 3 years old	532	2.1%
4 - 11 years old	3,430	13.7%
12 - 17 years old	4,265	17.0%
18 - 30 years old	5,582	22.3%
30 - 59 years old	9,347	37.3%
60+ years old	1,889	7.5%

- 68.8% of our clients are living at or below the federal poverty guidelines.
- 21.0% of our clients do not have health insurance.

42nd Celebration
11th Annual
Student Art
Contest & Show

Thursday, November 2
at 5:00pm

Crowne Plaza Denver Airport
Convention Center
15500 East 40th Avenue, Denver



This year's theme:

*What Warms your Heart
or makes you Smile?*

This is a **FREE** community event.

For details, call 303.617.2300 or
email annualcelebrations@aumhc.org.
RSVP not required but appreciated.

Thank you to our art contest sponsor:



All photos and interviews were provided
with full cooperation and permission.

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