During the past year, we received generous contributions and grants from 403 individuals, corporations, and foundations that enabled us to continue serving the community. We are pleased to honor the donors that have entrusted us with their charitable giving. Their gifts and partnerships demonstrate a commitment to keeping people mentally healthy through innovative programs and services. We also wish to acknowledge the dedicated efforts of the 333 volunteers and interns that have contributed more than 21,862 hours of their time to our mission.

At Aurora Mental Health Center (AMHC), our daily work goes beyond helping individuals live to the fullest. We strive to help inform the community by dispelling common myths and misconceptions. Some include:

**MYTH:** I can't do anything to help someone with a mental health problem.

**Fact:** There are a whole host of things you can do to help a friend or loved one you think may be suffering from a mental illness. Only 30 percent of adults with diagnosable mental health problems and less than 20 percent of children and adolescents receive needed treatment.

Our “Mental Health First Aid” program, AMHC offers participants solid strategies to help participants recognize mental health issues in others and take the steps to encourage them to seek help. More information about this course can be found later in this report.

**MYTH:** If it’s not serious, it can’t hurt you.

**Fact:** Many people look at mental health in extremes, thinking they or the people they care about have to be suffering from a serious condition. The fact is, mental illness doesn’t have to make you unhappy, lose your job or possibly your life to have a serious impact. Even mild conditions, if left untreated, can turn into a chronic issue that can impact your relationships and quality of life.

Mild depression, as just one example, can lead to a loss of interest in what used to be your favorite activities, concentration problems, sleeplessness, alcohol and drug abuse, and weight and sleep changes. If left untreated, the risks can even get worse over time.

**MYTH:** I have a mental health problem because I am weak or have a character flaw.

**Fact:** Mental illness has nothing to do with being lazy or weak, and this is just the fear of what people might perceive as a social stigma associated with mental illness and its treatment. There are many underlying conditions that can lead to mental health problems, including, life experiences, such as trauma or history of mental health problems. Adults living with a serious mental illness die on average 25 years earlier than other Americans, largely due to treatable medical conditions. People living with serious mental illness face an increased risk of having chronic medical conditions. Adults living with a serious mental illness die on average 25 years earlier than other Americans, largely due to treatable medical conditions.

Mental health support from AMHC is convenient and confidential at all of our locations throughout Aurora, and we’ll work with you to identify the best possible resources and services that meet your needs. We’ll help you take the steps toward enjoying and living your life to the fullest. 
AURORA MENTAL HEALTH CENTER’S 39TH ANNUAL CELEBRATION & 8TH ANNUAL

“LIVING LIFE TO THE FULLEST” Student Art Contest & Show

At Aurora Mental Health Center’s 39th Annual Celebration, we are pleased to host our 8th Annual Student Art Contest & Show! This year, students submitted art based on the theme: WHAT INSPIRES OR EXCITES YOU?

Your family, friends, and co-workers are welcome!

SCHEDULE OF EVENTS:
5 p.m.: Reception and Hors d’oeuvres, Viewing of Art
5:45 p.m.: Program begins:
- Art Contest Recognition and Awards
- Employee Awards and Annual Board Election

Wednesday, October 22, 2014
Radisson Hotel Denver Southeast
3200 S. Parker Rd., Aurora, CO 80004.

Please RSVP by Friday, October 17 to 303-617-2300 or annualcelebration@aumhc.org.

To inquire about on-site training, please call 303-617-2313.

Mental Health First Aid

Mental Health First Aid will teach you:
- How to help someone showing signs of mental illness or mental health crisis
- A five-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
- Caring citizens and anyone else who works directly with the public, including community educators, school administrators, community leaders, faith groups, law enforcement, first responders, HR personnel and health care workers

Youth and adult-focused classes offered:
Both youth and adult-focused classes help participants recognize the signs and symptoms of individuals experiencing a mental health crisis. The adult-focused class is also available in Spanish.

Cost: Free - thanks to grant funding!

Training Dates / Registration:
Adult-focused - Oct. 14, 2014 – 8 a.m. – 5 p.m.
Adult-focused (Spanish) – Oct. 15 & 16 – 8 a.m. – 3 p.m. (each day)
Youth-focused – Nov. 5 & 6, 1 p.m. – 5 p.m. (each day)
Adult-focused – Nov. 12 & 13 – 8 a.m. – 5 p.m.
Adult-focused – Dec. 9 – 8 a.m. – 5 p.m.

For registration information, visit www.aumhc.org/events

Space is limited; please RSVP at least three days prior to your training date.

Location: Aurora Mental Health Center, 11059 East Bethany Drive, Aurora, CO 80014.