

THANK YOU
TO OUR
COMMUNITY
SUPPORT

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 partnership demonstrate a commitment to keeping people mentally healthy through innovative programs and services. We also wish to acknowledge the tireless efforts of the 333 volunteers and interns that have contributed more than 17,816 hours of their time to our Center. We thank them all for their dedication!



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ANNUAL REPORT 2014

MENTAL HEALTH
MYTHS AND
MISCONCEPTIONS

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

MYTH: I can't do anything for a person 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 38 percent of adults with diagnosable mental health problems and less than 20 percent of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need.

Through our "Mental Health First Aid" program, AUMHC offers participants solid strategies to help participants recognize mental illness in others and take the step(s) to encourage them to find help. More information about this course can be found later in this report.

MYTH: If it isn't serious, it can't hurt you.

Fact: Many people look at mental health in extremes, thinking they or

others only need help when it is a serious condition. The fact is, mental illness doesn't have to make you unemployed, lose your home 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, loneliness, 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 we might perceive as a social stigma associated with mental illness and its treatment. There are many legitimate factors that can lead to mental health problems, including, life experiences, such as trauma or abuse, genetic/biological factors, physical illness, injury, or a family history of mental health problems.

The truth is, everyone should pay attention to their own mental health. Just as you wash your hands, brush

your teeth and drink water, there are many things you can do to stay both mentally and physically healthy. Spending time around people you care about, being active, getting enough sleep and eating healthy food are all easy ways to promote your own positive mental health and well-being.

MYTH: While I might benefit from mental health treatment, instead I'll just tough it out.

Fact: "Toughing it out" is rarely the best course of action. Serious mental illness costs Americans \$193.2 billion in lost earnings per year, and individuals 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 AUMHC is convenient and confidential at all of our locations throughout Aurora, and we'll work with you to identify the best programs and services that meet your needs. We'll help you take the steps toward enjoying and living your life to the fullest!

CONVENIENT LOCATIONS
THROUGHOUT AURORA

- 1 Viewpoint Plaza Counseling Center/ Administration**
11059 East Bethany Drive

2 North Center
1646 Elmira Street

3 Hampden Center
14301 East Hampden Avenue

4 Alameda Center,
10782 East Alameda Avenue

5 Leversee Center
1290 Chambers Road

6 Community Transitions Program
1390 Chambers Road
- 7 Substance Abuse Treatment Services**
1400 Chambers Road

8 Intercept Center
16905 East 2nd Avenue

9 Fitzsimons Center
2206 Victor Street

10 Galena Center
1504 Galena Street

11 Asian Pacific Development Center
1537 Alton Street
www.apdc.org

12 Chambers Center
791 Chambers Road

All Aurora Mental Health Centers may be reached at 303-617-2300.




To the Aurora Community,

Ordinary citizens like you founded the Aurora Mental Health Center (AUMHC) almost four decades ago, and since then we have devoted ourselves to helping this community “Live Life to the Fullest!” As a private, nonprofit organization, we help people cope with mental illness and attain good mental health, while educating and coaching people to remain emotionally healthy and resilient no matter what challenges may arise.

Every year we publish this annual report in community newspapers to keep you, the citizens of Aurora, aware of the services, operations and accomplishments of our Center.

I personally want to thank our dedicated board of directors, our outstanding staff, our tireless volunteers, and especially all of you who have supported AUMHC. Together, we’re helping our friends and neighbors, regardless of circumstances, overcome mental illness to live their lives to the fullest!

Sincerely,



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

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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 80014.

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

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 – 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.

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

DON’T HAVE HEALTH
INSURANCE? GET COVERED!

The Aurora Coverage Assistance Network (ACAN) is one of 57 groups across the state that provides personal assistance to customers of Connect for Health Colorado, the new health insurance marketplace.

Connect for Health Colorado offers individuals, families and small employers a new online marketplace for health insurance and exclusive access to new up-front financial assistance to reduce costs. ACAN serves Aurora and the surrounding areas, helping customers consider health plan options, apply for insurance affordability programs and sign up for coverage.

ACAN’s network of partners includes Aurora Mental Health Center, Colorado African Organization, Asian Pacific Development Center, the Aurora chapter of the NAACP, Metro Community Provider Network, and Aurora Community Connection. Our partners work together, forming a collaborative outreach team that reaches our diverse and growing community and provides them with high-quality, fast, and friendly enrollment opportunities and support.

The next open enrollment period is November 15, 2014 to February 15, 2015 for coverage that begins January 1, 2015.

More information is available at www.ConnectforHealthCO.com or by calling the ACAN office at 303-617-2328.

FINANCIAL REPORT 2013-2014

DEMOGRAPHICS:

Total clients served	17,325	
Gender:	# of People	Percentage
Female:	9,644	55.7%
Male:	7,681	44.3%
Ethnicity of Clients:		
American Indian/Alaskan	151	0.9%
Asian	613	3.5%
Black/African American	3,257	18.8%
Hispanic/Latino (all races)	4,824	27.8%
Multi-Racial	1,515	8.7%
Native Hawaiian/Pacific Islander	46	0.3%
White/Caucasian	11,183	64.5%
Other	560	3.2%
Age of Clients:		
0-3 years old	487	2.8%
4-11 years old	3,194	18.4%
12-17 years old	3,129	18.1%
18-59 years old	9,505	54.9%
60+ years old	1,010	5.8%

REVENUE:

Insurance/Client Billing	\$28,588,000	67.33%
Other Contracts & Donated	\$10,086,000	23.76%
State of Colorado	\$2,772,000	6.53%
Federal Block Grant	\$135,000	0.32%
Adams County	\$98,000	0.23%
Arapahoe County	\$576,000	1.36%
City of Aurora	\$203,000	0.48%
TOTAL REVENUE	\$42,458,000	100.00%

EXPENDITURES:

Salaries/Benefits	\$27,821,000	65.53%
Occupancy	\$1,202,000	2.83%
Operating	\$8,206,000	19.33%
Hospital/Client	\$2,083,000	4.91%
Capital Reserves Added (used)	\$3,146,000	7.41%
TOTAL EXPENDITURES	\$ 42,458,000	100.00%

- **71% of our clients are living at or below the federal poverty guidelines.**
- **21% of our clients do not have health insurance.**

