It is a reality that one in five of us will experience a mental health challenge at some point this year. Yet, less than one-third will actually seek professional help. For those adults or children who go untreated, the risks of dropping out of school, homelessness, addiction, or even suicide, increase.

Aurora Mental Health Center (AuMHC) is a private, non-profit organization that has been serving our community with a wide range of mental health services since 1975. Our proven programs help people heal and cope with mental health issues — from crisis situations to mild anxiety or depression. In addition, our highly qualified staff understand that there are many methods to help people through mental health challenges. We offer a full spectrum of care, including preventative care, as well as group and family counseling. It is our goal to help individuals find the services they desire to meet their needs.

What you may not know about us
- We help educate the community on the realities of mental health through our many award-winning Mental Health First Aid training classes, available to adults and youth in Spanish and English.
- Our Speakers Bureau connects audiences with highly qualified and informative presenters.
- We work in partnership with organizations and community groups, and help people learn skills to succeed in finding employment and other life skills.

You are not alone
At AuMHC we are committed to reducing the stigma around mental health, and we realize that taking the first steps to seeking help may be difficult. That’s why we believe that more and better education is important. Learning how mental health affects people and communities can help people recognize when and how to take that first step. We also hope our efforts will encourage friends, families and neighbors to help their loved ones find help when they need it.

Connect to care
We strive to make our programs as accessible as possible. We offer 29 specialty programs located in 14 counseling and specialized services centers in Aurora. We provide services in public schools, homes, county departments of human services, medical offices, jails, courts and other community locations.

Give us a call at 303.617.2300 or visit our website at www.aumhc.org. We are here to serve our community, and we want to help you Live Life to the Fullest!
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 this home. Much of the support we provide helps individuals and families recover from life’s setbacks, cope with mental health problems and become emotionally whole again. Just like our physical health needs tending to, so does 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, it is our intention to continue to provide important services, and to connect 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 your lives for the past 41 years. It is our wish that you “Live Life to the Fullest!”

Sincerely,

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

This year’s theme:
“What Brings Joy to Your Life, or Happiness to Others?”

At Aurora Mental Health Center’s 41st Annual Celebration, we are pleased to host our 10th Annual Student Art Contest and Show. All are welcome.

We will honor all participating students and present awards to the winners.

“"All I want is for others to know that there is help out there. If my story can change one life, then it’s worth it."

41st Celebration & 10th Annual Student Art Contest & Show

When: Wednesday, October 19, 2016
5:00 p.m. Reception & View Art
5:45 p.m. Program Begins

Where: Crowne Plaza Denver Airport Convention Center,
15500 East 40th Ave., Denver

Cost: FREE

For details, call 303.617.2300 or e-mail: annualcelebration@auumhc.org.
RSVP not required but appreciated.

Thank you to our contest sponsor:

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

A family tragedy led Margie to walk through the doors of the Aurora Mental Health Center (AuMHC). She tried unsuccessfully to deal with her grief for years before seeking help and deciding to truly live again.

“I was apprehensive at first because I didn’t know what to expect,” Margie recalled. “But I was at a point where moving forward on my own just wasn’t working. Had I known then what a saving grace the Center would be, I wouldn’t have waited as long to go.”

That’s a sentiment many of AuMHC’s clients repeat once they see their lives turning around. “It’s a true family,” Margie emphasized.

“Every person I have met supports you and treats you as an individual and helps you deal with your unique problems.”

Margie was still involved with the Center when a second family tragedy occurred and she credits her doctors and support network at AuMHC for keeping her out of another dark place. “People think that asking for help is a sign of weakness, but it’s not. It’s the exact opposite – recognizing that you can’t do it alone shows that you are stronger than you think.”

Margie is happy and healthy today, and she is a huge advocate for AuMHC. She thinks it’s never too late to live the life you deserve – a life to the fullest.

“A LIFE WELL LIVED

Aurora Mental Health Center
Live Life to the Fullest

Thank you to our contest sponsor:

CITYWIDE BANKS

All photos and interviews were provided with full cooperation and permission.
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.aumhc.org/events email communityeducation@aumhc.org or call 303.617.2300.

2015-2016 FINANCIALS AND DEMOGRAPHICS

DEMOGRAPHICS

Total Clients Served 20,555

<table>
<thead>
<tr>
<th>Gender</th>
<th># of People</th>
<th>Percentage</th>
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<tr>
<td>Female</td>
<td>11,273</td>
<td>54.8%</td>
</tr>
<tr>
<td>Male</td>
<td>9,282</td>
<td>45.2%</td>
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<table>
<thead>
<tr>
<th>Ethnicity</th>
<th># of People</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>American Indian / Alaskan Native</td>
<td>179</td>
<td>0.9%</td>
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<tr>
<td>Asian</td>
<td>705</td>
<td>3.4%</td>
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<tr>
<td>Black / African American</td>
<td>3,741</td>
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<tr>
<td>Multi-Racial</td>
<td>1,595</td>
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<tr>
<td>Native Hawaiian / Pacific Islander</td>
<td>27</td>
<td>0.1%</td>
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<tr>
<td>White / Caucasian</td>
<td>13,435</td>
<td>65.4%</td>
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<tr>
<td>Hispanic</td>
<td>5,626</td>
<td>27.4%</td>
</tr>
<tr>
<td>Other</td>
<td>870</td>
<td>4.2%</td>
</tr>
</tbody>
</table>

Age Group

- 0 - 3 years old: 439 (2.1%)
- 4 - 11 years old: 3,379 (16.4%)
- 12 - 17 years old: 3,503 (17.0%)
- 18 - 30 years old: 4,223 (20.5%)
- 30 - 59 years old: 7,453 (36.3%)
- 60+ years old: 1,958 (7.6%)

- 70.1% of our clients are living at or below the federal poverty guidelines.
- 13.8% of our clients do not have health insurance.
- On any given day, there were 93 students spread among our 14 different sites.

REVENUE

1. Insurance/client billing $34,633,000 65.83%
2. Other contracts & donated $11,761,000 22.35%
3. State of Colorado $5,090,000 9.67%
4. Arapahoe County $774,000 1.47%
5. Adams County $53,000 0.10%
6. Federal Block Grant $65,000 0.12%
7. City of Aurora $235,000 0.45%
Total Revenue $52,611,000 100.00%

EXPENDITURES

1. Salaries/Benefits $39,827,000 75.70%
2. Occupancy $1,778,000 3.38%
3. Operating $10,437,000 19.84%
4. Hospital/Client $1,741,000 3.31%
5. Capital Reserves Added (Used) $(1,172,000) -2.23%
Total Expenditures $52,611,000 100.00%

BOARD MEMBERS

Board of Directors
Thomas Ashburn
Molly Barrett
Marshar Berzins
Terry Campbell Caron
Carol Chambers
Harrison Cochran

Larry Dávila
Gigi de Gala
Ron Frierson
Stephan Ghadaifchian
Donna Hilton
Tim Huffman
Sara Jarrett

Teri Karjala
Paritosh Kaul
Mary Lewis
Rudy Lie
Steve Millette
Thiensa Nguyen
Rachel Nunez
Betsy Oudenhoven
Tony Oum
Ora Plummer

Aditi Ramaswami
Terry Todd
David Walcher
Kevin Waters

Government Appointees
Barbara Shannon-Banister
CITY OF AURORA

Mayor Steve Hogan
ADAMS COUNTY

Nancy Jackson
ARAPAHOE COUNTY

Cathy Wildman
AURORA SCHOOL DIST.

Lori Dalton
CHERRY CREEK SCHOOL DIST.

Live Life to the Fullest
In 2016, we received generous contributions and grants from 441 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 91 volunteers and interns who so generously contributed 23,295 hours of their valuable time. We thank them all for their kindness and dedication.

Bronze (up to $100)
Bryan & Mary Adams
Bryan & Melissa Buse
Terry Campbell-Caron and Dean Caron
Alton E. Bethany Drive
Chamblee

Silver ($101-$500)
Bryan & Mary Adams
Bryan & Melissa Buse
Terry Campbell-Caron and Dean Caron
Alton E. Bethany Drive
Chamblee

Gold ($501-$1,000)
Cliff Gausman
Brian Gaffney
Brian Gaffney

Platinum ($1,001 and above)
Cliff Gausman
Brian Gaffney
Brian Gaffney

Thank you to our generous donors.