Aurora Mental Health Center Live Life to the Fullest

CELEBRATING OUR 40TH YEAR | 1975-2015 (



Ellin Mrachek Aurora Mental Health Center Founder



GROWING WITH THE COMMUNITY, CHANGING LIVES, MAKING A DIFFERENCE

Chance encounters can change lives. One weekday morning in the late 1960s, Aurora resident Ellin Mrachek happened upon a young girl who was alone, in the street, playing with a stick. As an educator and a member of the Aurora Public Schools Board of Education, Mrachek knew that the child should have been in the classroom that day. Why wasn't she? To this question, the girl responded that her mother had gone to the doctor "out there," pointing away from her home. Mrachek investigated further and found out that the girl's mother needed mental health services, and she was dependent on others for transportation to and from where she could get help, far away from home. Mrachek envisioned a solution a mental health center in and for the community of Aurora.

Aurora, once a small town, transformed into a growing and primarily military community when the federal government established two Air Force training centers, Lowry and Buckley, in addition to continuing operations at Fitzsimons Army Hospital. Meanwhile, in Colorado and nationally, attitudes about mental health were slowly shifting. Both Arapahoe and Adams Counties built treatment centers with federal funds provided by the Community Mental Health Act of 1963, but, as exemplified by the story of the young girl, Aurora residents in need had to face an extra burden of distance and time spent traveling, in order to get help. For the better part of a decade, Mrachek and a committee of similarly concerned citizens advocated for Aurora to have a standalone mental health center. They succeeded. Started by community members, Aurora Mental Health Center opened its doors on July 1, 1975.

At the beginning, and certainly within two years from opening, it was clear that AuMHC was a necessary and needed community resource. During the seven-month period from July 1976 to January 1977, leaders projected they would provide 9,900 hours of direct service — in actuality, the team provided nearly 16,000 hours. AuMHC hired additional staff to meet the previously unknown demand, expanding the team by more than 400 percent, to 68 full-time employees in 1977.

Determined to put AuMHC on firm footing to continue serving the community into the future, Mrachek and other early visionaries scouted for a person who could guide and grow the organization. Dr. Randy Stith, known for his skills in leadership in serving communities in Northern Colorado, joined AuMHC as Executive Director in 1978. Under Stith's leadership, AuMHC enhanced its core service areas and expanded efforts in new areas.

As Aurora has grown, AuMHC has grown with it. With support of the community, Aurora Mental Health Center has been able to provide the innovative, quality and comprehensive programs that make the community stronger.

1975-2015 | HOW WE GREW

To the Aurora Community,

Anniversaries are a time to reflect and take the opportunity to see where we started and how far we've come. When I think back over Aurora Mental Health Center's last 40 years, the thoughts of collaboration, compassion and growth frequently come to mind. Together with other community volunteers in the early 1970s, Ellin Mrachek advocated for a mental health center to serve the distinct needs of the Aurora community. She didn't do it to win accolades for herself. She recognized a need, and through sheer determination and unwavering commitment, partnered with others to address it.

Our approach is much the same today as it was in 1975. We work together with individuals, families, government entities and other community agencies to help our neighbors preserve and regain their mental health. On the following pages, we revisit some of the highlights of our history and programs, and as we look back over some of the milestones, you can see the same determination and commitment woven throughout our 40-year history.

I'm honored to have been a part of AuMHC through much of its growth and development as an organization, but this is not a task that any one person can do on their own. So, as we celebrate and reminisce, I also want to express my deepest gratitude to the individuals who – for the last 40 years – have been instrumental in moving this organization forward. To our board of directors, staff, volunteers and donors, thank you for your unwavering support and your dedication to this community. Also, a heartfelt thanks to the more than 100,000 families, individuals and children who have invited us into their lives to share their path to recovery.

And, to our community, thank you – from all of us – for the privilege of 40 years of service, and helping everyone "Live Life To The Fullest!"

Sincerely,

Runky Stat AND

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



MAJOR MILESTONES



With guidance from Ellin Mrachek, a citizens' committee forms to study ways to respond to growing drug use and other dangerous behaviors among adolescents.



Aurora Mental Health Center (AuMHC) is formed and opens to the citizens of Aurora! We offer three primary services: outpatient counseling, 24-hour emergency services, and consultation/education.

1978

1980

Dr. Randy Stith joins as Executive Director. AuMHC adds nine more core services.

1986

Metro Children's Center launches to provide on-site services at schools in the Aurora and Cherry Creek school districts.

1986

Aurora Center for Life Skills (formerly Dual Disabilities Services) launches, offering treatment to individuals with developmental disabilities and mental illness.

1989

Early Childhood and Family Center opens, providing day treatment and educational services to children up to five years of age.

1990

Construction of the Mrachek House is completed, a 15-bed residential facility opened to provide life and social skills for adults with a developmental disability and a mental illness.

Hampden Academy launches as a pilot program.

AND WHERE WE ARE TODAY





Aurora Communi y Men al Heal h Cen ei



Teaming up with Adams and Arapahoe Mental Health Centers, AuMHC forms Behavioral HealthCare, Inc. (BHI) to provide services to Medicaid-eligible clients.

AuMHC completes five-year study of the effectiveness of

study of the effectiveness of different models to treat post-traumatic stress disorder (PTSD) symptoms in adolescents.



Growth, and service to the community, continues. AuMHC expands to employ more than 300 people, operate six outpatient facilities and five residential facilities.

2000 AuMHC celebrates 25 years!

2001

Fitzsimons Recovery Apartments opens, where AuMHC provides homeless adults with a mental illness with permanent housing, support and case management in an independent apartment-like setting.

2005

AuMHC helps evacuees from Hurricane Katrina adjust to life in Colorado.

2005

AuMHC acquires Providers' Resource Clearinghouse (PRC), a nonprofit organization that receives donated furniture, office supplies, technology and other equipment for resale to other nonprofit organizations.

2007

AuMHC holds its first annual Faith Based Conference to build and enhance working relationships between faith-based providers and other community mental health providers.

2009

Staff members begin training to provide Mental Health First Aid certification courses to the community.



HUR. 8 AM 10 8

The Department of Corrections awards AuMHC a contract to provide behavioral health and psychiatric services via video calls to inmates at a minimum security prison in Golden.

2012

Just days before the Aurora theater shooting, AuMHC implements a new Same Day Access program. AuMHC becomes the lead agency for support services provided to survivors, their families and the Aurora community at large.

2013

Aurora Strong Resilience Center opens, providing a safe place for those who have suffered from a traumatic event, including the theater shooting, to participate in healing activities.

2014

AuMHC's Mental Health First Aid program is recognized with the Outstanding Organizations Achievement Award.

2015

Support is provided to those at the courthouse during the Aurora theater shooting trial; 245 individuals are seen over a five-month period.



HOW WE'RE **CHANGING LIVES**

CHILD & FAMILY PROGRAMS

As with many of AuMHC's programs, one that carries the "first in Colorado" distinction is Hampden Academy, which began in 1980 as an alternative to foster care for adolescents. Today, Hampden Academy continues to thrive and provide a therapeutic high school setting for students in need of additional support while dealing with any emotional or behavioral health

At the time of its inception in 1989, the award-winning Early Childhood and Family

Center was one-of-a-kind, and today has grown to be one of the best early childhood programs in the state. Then, as now, AuMHC offered troubled children, up to five years of age, the opportunity to learn about and confront their feelings through play therapy.

Yet another outlet that AuMHC offers to help youth in the community thrive is Aurora Youth

Aurora Mental Health Center is a private, nonprofit organization that has been serving our community with a wide range of mental health services since 1975. We not only utilize proven programs and methods to help people cope with mental illness, we also help

Options (AYO), which started in 2009. AYO aims to help at-risk youth navigate what we all know can be very challenging times — middle and high school — by connecting them, and their families, with positive, individualized resources to enhance their success at home, school and work.

Take Action Today: To learn more on how to get involved visit aumhc.org, aurorayouthoptions.org or email info@aumhc.org or call 303-617-2313.

In response, AuMHC and community partners opened the Aurora Strong Resilience Center in 2013. All services are free, and programming is unique and diverse, including art, music and writing, yoga, massage, tai chi, meditation, and traditional one-on-one and group counseling.

> Take Action Today: To learn more or see a calendar of activities and programs, visit aurorastrong.org.

CRISIS & **DISASTER SERVICES**

Throughout its 40-year history, many AuMHC staff members have specialized in and responded to emergencies, disasters and other traumatic events. Staff also train others to expand the reach of support.

AuMHC has reached out to the community and provided support around the Oklahoma City bombing trial in 1996, the events of September 11, 2001, Hurricane Ivan (2004)

and Hurricane Katrina (2005), and many other incidents over the years. Following the Aurora theater shooting in 2012, AuMHC opened its doors 24/7 to provide help to anyone, for any reason, at no cost. Staff also provided mental health services on-site at schools, workplaces and other community organizations.

In the aftermath of the Aurora theater shooting, many saw the need to provide free mental health and supportive services to any Aurora resident who has been affected by trauma, or who simply want to learn resilience and coping skills to prepare themselves for unexpected trauma.

HOMELESS SERVICES



An essential part of AuMHC's mission is to be a resource to everyone in the community, regardless of their means or situation in life.

An integral part of the Aurora Community Outreach Team (ACOT), AuMHC partners with the Aurora Police Department, Colfax Community Network to provide support to homeless

Through Projects to Assist in the Transition from Homelessness (PATH), a federal program funded by the Substance Abuse and mental health services to indigent and homeless adults in Aurora.

Take Action Today: Donations of hygiene,

SHAPING THE **NEXT GENERATION OF PRACTITIONERS**

AuMHC works to be a community resource today and tomorrow. Education, training and volunteer programs are an important part of AuMHC's work to ensure that people who are struggling have somewhere to go, and someone to see, for the long term. These programs also ensure, through the thousands of volunteer hours devoted every year, that the spirit of the Aurora community is reflected in AuMHC's operations.

AuMHC has a nationally recognized **Student** Internship and Training Program, and in 2015, AuMHC provided learning experiences for 131 students. These students provide valuable support to AuMHC, allowing us to build upon the resources offered and continue to provide affordable behaviorial health care to the Aurora community.

educate and coach people to remain emotionally healthy no matter what type of circumstances may arise.

Our highly qualified staff provides individual, group and family counseling, as well as consultation

VETERANS PROGRAMS

In 2010, AuMHC established the **Aurora Veterans Home**, which provides a safe and stable environment for former military members struggling with homelessness, substance use disorders and mental health issues. and educational services that focus on prevention and wellness.

We offer 29 specialty programs located in 12 counseling and specialized services centers in Aurora, and provide services in public schools,

The program connects veterans to medical, mental health and vocational support, as well as substance use treatment services. We empower veterans to find jobs, build savings, and live independently in the community.

Take Action Today: As activities are needed for the residents, appropriate movies, games and tickets to events are always accepted. county departments of human services, jails and courts, medical offices, and in homes and other community locations. We strive to help as many children, adults and families as possible live life to the fullest.



COMMUNITY HEALTH INTEGRATION



AuMHC's **Integrated Services Team** works alongside medical personnel to provide comprehensive behavioral and physical health care for the community. The Center's Integrated Services Team is working to solve this problem by providing fully integrated medical and mental health care in primary care settings. Adults can access care without delay through collaboration with the Metro Community Provider Network. Children from infancy to age 18 can receive the same kinds of services at the Advanced Pediatrics' Potomac Street clinic. Staff from AuMHC also work regularly, in collaboration with medical teams, at University Hospital, Children's Hospital, Rocky Mountain Youth Clinic and the Colorado Refugee Wellness Center. Making mental health care accessible in this way helps to relieve symptoms, prevent long-term difficulties, and give individuals the opportunity to grow and enjoy a better quality of life.

REFUGEE OUTREACH



According to the most recent Colorado Department of Public Health and the Environment (CDPHE) Surveillance Report, in 2013, 1,708 refugees and 219 asylum seekers were resettled in Colorado. In addition to transitioning to a new culture and way of life, refugees may also be grappling with recent or long-term traumatic experiences. In 2012, AuMHC partnered in the effort to establish the **Colorado Refugee Wellness Center (CoRWC)**, which focuses on serving the unique health and social needs of individuals resettling here from 50 countries.

MENTAL HEALTH FIRST AID

Think CPR for the head and heart. **Mental Health First Aid** is a certification course open to all adults – regardless of training or vocation – who want to better understand mental illness and know what to do to help someone experiencing a mental health crisis.



In a single eight-hour class, you will learn:



Potential warning signs and risk factors for the most common mental health issues;



Ways to help someone who's showing signs of mental illness or a mental health crisis;

A five-step action plan to help an individual in need access care with a mental health professional.

Learn more and register at www.aumhc.org/events or by calling 303-617-2300.

To inquire about hosting a class for your organization, email communityeducation@aumhc.org or call 303-617-2300.

CURRENT AND FORMER BOARD MEMBERS

Thank you to all of our current and former board members who have dedicated countless hours to Aurora Mental Health Center and the Aurora community. Your faithful service has lead AuMHC to where it is today, and your continued commitment will help us make sure that everyone has the opportunity to live life to the fullest.

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Gerald Utesch

DEMOGRAPHICS AND FINANCIAL REPORT 2014-2015

DEMOGRAPHICS:

Total Clients Served:	19,231	
Gender	# of People	Percentage
Female	10,508	54.64%
Male	8,723	45.36%
Ethnicity:		
American Indian / Alaskan	281	1.46%
Asian	960	4.99%
Black / African American	3,799	19.75%
Hispanic/Latino (all races)	5,273	27.42%
Multi-Racial	391	2.03%
Native Hawaiian / Pacific Islander	51	0.27%
White / Caucasian	12,136	63.11%
Other	1,613	8.39%
Age of Clients:		
0 to 3 years old	317	1.65%
4 to 11 years old	3,421	17.79%
12 to 17 years old	3,337	17.35%
18 to 59 years old	10,889	56.62%
60+ years old	1,267	6.59%

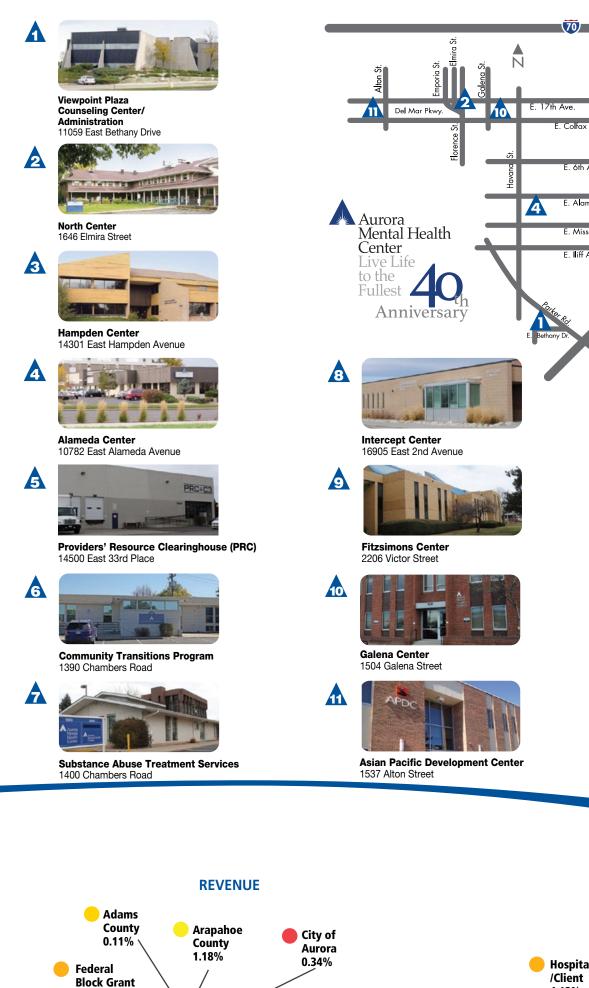
REVENUE

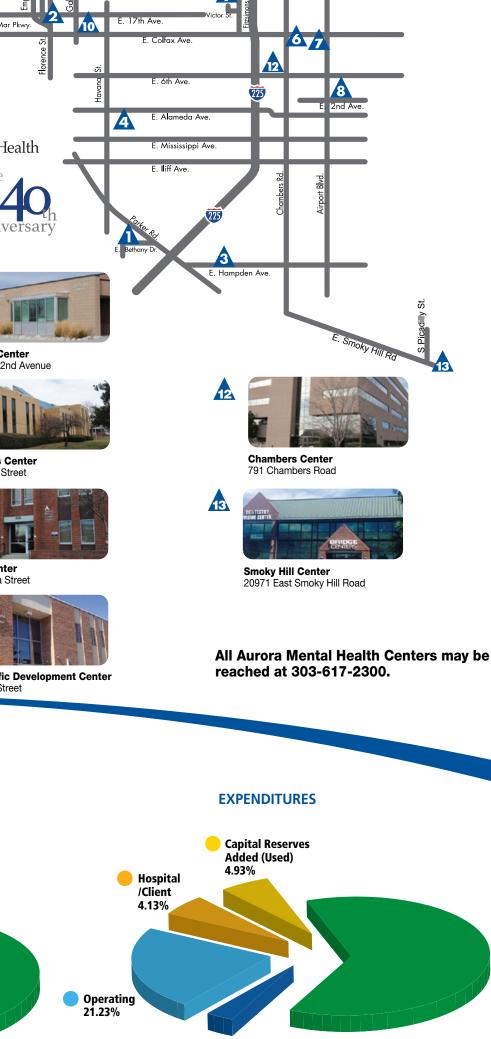
	*	
Insurance/Client Billing	\$ 37,739,000	68.48%
Other Contracts & Donated	\$ 11,436,000	20.75%
State of Colorado	\$ 4,878,000	8.85%
Federal Block Grant	\$ 160,000	0.29%
Adams County	\$ 63,000	0.11%
Arapahoe County	\$ 648,000	1.18%
City of Aurora	\$ 185,000	0.34%
Total Revenue	\$ 55,109,000	100.00%
EXPENDITURES		
Salaries/Benefits	\$ 36,751,000	66.69%
	\$ 36,751,000 \$ 1,661,000	66.69% 3.01%
Salaries/Benefits Occupancy Operating		
Occupancy	\$ 1,661,000	3.01%
Occupancy Operating	\$ 1,661,000 \$ 11,701,000	3.01% 21.23%

• 75.51% of our clients are living at or below the federal poverty guidelines.

• 14.80% of our clients do not have health insurance.

• On any given day, there were 70 students spread among our 12 different sites.





Occupancy

3.01%

Salaries /

Benefits

66.69%

5

Insurance /

68.48%

Client Billing

Other Contracts & Donated 20.75%

0.29%

State of Colorado 8.85%

THANK YOU TO OUR COMMUNITY **SUPPORTERS**

During the past year, we received generous contributions and grants from 331 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 323 volunteers and interns that have contributed more than 17,608 hours of their time to AuMHC. We thank them all for their dedication!



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Lynn Donaldson

Linda Eldridge

Bronze (up to \$100)

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Come see our student talent at our **FREE** 40th Anniversary Celebration. Please RSVP by Friday, October 16, 2015. Call 303.617.2300

of service to our community, and our 9th Annual

or e-mail: annualcelebration@aumhc.org



Thank you to our art contest sponsor:

CITYWIDE BANKS



Student Art Contest and Show. Wednesday, October 21, 2015 (5:00 p.m. - Reception & View Art; 5:45 p.m. - Program Begins) **Radisson Hotel Southeast in Aurora** 3200 South Parker Road, Aurora, CO 80014 (Parker Road & I-225)