

all ring out hope this bell shall ring out hope  
this bell shall ring out hope  
g out hope this bell shall ring out hope  
shall ring out hope  
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shall ring out hope this bell shall ring out hope  
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ope this bell shall ring out hope this bell shall ring out hope  
I shall ring out hope this bell shall ring out hope  
ne this bell shall ring out hope this bell shall ring out hope  
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out

2009 annual report



# the story of the bell

The Mental Health Bell, symbolized in our logo, was cast in 1953. Mental Health America issued a call to asylums across the country for their discarded chains and shackles. MHA melted down these inhumane bindings and recast them into a sign of hope. The 300-pound Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental health conditions. Today, the Bell rings out hope for improving mental health and achieving recovery from mental illnesses.

The inscription on the Bell reads:

*“Cast from shackles which bound them,  
this bell shall ring out hope for the  
mentally ill and victory over mental illness.”*

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## in review



Dear Friends of Mental Health America of Colorado,

The past year has been challenging for many people. Financial and other environmental stressors have put undue burdens and pressures on the people of Colorado. Through the most recent recession, we have witnessed an increase in the need for mental health services. And yet, trying to find mental health services can often be frustrating, confusing, and fruitless; as a result, many of Colorado's most vulnerable residents do not receive mental health care when they need it.

MHAC helps fill a major gap in our community's mental health services by delivering programs that increase access to mental health services, by educating the community about mental health and by advocating for policies and legislation that eliminate barriers to mental health treatment and improving service provision.

MHAC reached out to over 20,000 in 2009, spreading the message that mental health conditions are real and treatable. We are proud to report that we did not cut any of our programs or services in 2009. In fact, MHAC is building the capacity of many of its programs to serve more Coloradoans in 2010.

In the second half of 2009, our Pro Bono Outreach Program expanded to provide more free mental health services to low-income individuals and families in the Denver metro area. In 2010, we will expand the program to new communities throughout Colorado. Additionally, our education programs are reaching more students, parents, educators and the public at large.

We are pleased to report our success in fulfilling our mission to the community, as well as our fiscal stewardship of public and private funds in 2009. In this report, you will find highlights of our 2009 fiscal year, a summary of our programs and a list of our generous volunteers and donors.

As a strong and energetic organization, we are confident that we have the capacity, experience and expertise to meet the challenges that lay ahead. We also know that our ability to serve the community is a direct result of the commitment, energy and generosity of the people and organizations that support us.

Thank you for all you do to promote mental health!

Sincerely,

**Jeanne M. Rohner**  
President and CEO

**Gwendolyn Brewer**  
Board Chair

## mission

Mental Health America of Colorado is the recognized leader, collaborating to promote mental health, expand access to services and transform systems of healthcare.

## vision

We envision a healthy Colorado free of stigma and discrimination where every person has full access to high quality services for all mental health and substance abuse conditions.

Mental Health America of Colorado has been a **leader** in the mental health movement in Colorado since its establishment in 1953. Within MHAC's **mission** of promoting mental health, expanding **access to care**, and transforming systems of care, is the implicit belief in **empowerment**. MHAC's programs strive to empower individuals and families who are impacted by mental health conditions to get the help they need, **share their stories**, and change the system of mental health care so that everyone in Colorado has the right to pursue their **highest quality of life**.

## programs & accomplishments

### Empowering People Experiencing Mental Health Conditions

**The Wellness and Education Coalition & Advocacy Network of Colorado (WE CAN!)** is a statewide grassroots organization run by and for individuals with mental health conditions. WE CAN! provides support to its members and advocates for progressive state and local policies pertaining to mental health. In 2009, 26 individuals received advocacy training through WE CAN!'s Leadership Academy. Throughout Colorado, 590 WE CAN! members participated in discussions about the quality of their behavioral health services. This information is reported to the Colorado Division of Behavioral Health for planning purposes.



Leadership Academy class of 2009.

### Increasing Access to Care

Through **The Pro Bono Outreach Program** professional volunteers provided free mental health services to 1,270 homeless and low-income children, teens, families, and adults throughout the Denver metro area in 2009. These volunteers donated 7,450 client hours of service to the program, valued at \$745,000.

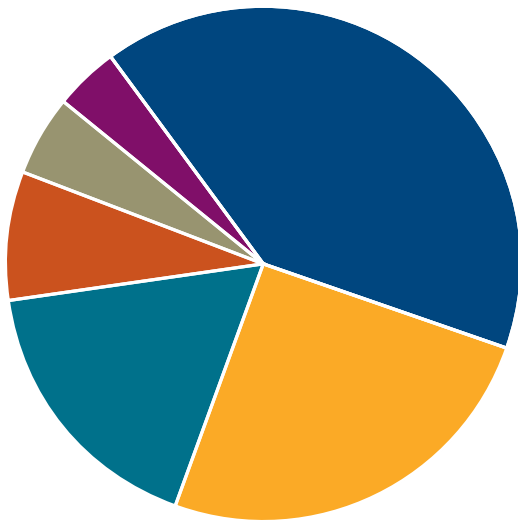


East High School students' Check Your Head assembly.

### Impacting the Mental Health System

MHAC monitors, analyzes, initiates and responds to legislation relating to mental health through its **Public Policy & Advocacy Program**, with the goal of using policy initiatives to eliminate barriers to mental health treatment, improve service provision and increase access to care. Additionally, MHAC is working hard to ensure the inclusion of mental health in all progressive health care reform.

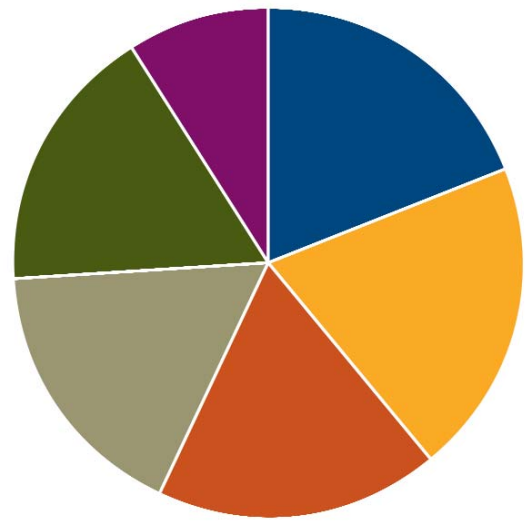
## 2009 revenue\*



**foundations 40%**  
**events 25%**  
**government grants 17%**  
**contributions 8%**  
**mile high united way 5%**  
**other 5%**

**\*Total Unrestricted Revenue: \$1,600,264**

## 2009 expenses



**metro crisis services, inc. 20%**  
**support services 19%**  
**we can! 18%**  
**advocacy 17%**  
**education 17%**  
**pro bono outreach 9%**

**Total Expenses: \$1,450,699**

### **Educating about the Importance of Mental Wellness**

MHAC is committed to educating the community about mental health issues. To achieve this goal, several programs reach out to a variety of populations in Colorado.

**Check Your Head** is a school based program targeted to reach low-income, underserved and at-risk youth. In 2009, the program was offered at four high schools in the Denver metro area where 75-100 percent of the students are considered at-risk. Students are encouraged to use performance and expressive arts to explore personal issues; the arts provide a safe, creative, youth-friendly method for tapping into self-expression while promoting supportive relationships – two key protective factors against suicide and other violent issues for adolescents.



The **Information & Referral Service** assisted over 679 consumers, family members and mental health professionals access information about mental health services in 2009. This free service, available to anyone, strives to connect people with mental health resources at MHAC and in the community.

**The Speakers Bureau** provides free educational presentations to students, business leaders, parents and the general public about a variety of mental health issues. In 2009, over 250 people attended these presentations. Additionally, MHAC provided 683 free depression, anxiety, and posttraumatic stress disorder screenings at community centers, schools, and businesses as well as through our online screening tool.

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**Thank you to our dedicated volunteers!**

**In 2009, volunteers donated more than 13,876 hours to MHAC and its programs.**

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Carolyn Veiling  
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Susanne Washburn  
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Bill Wendt, JD, LCSW, CACIII  
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Jerry Wheeler  
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Cathy Williams  
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Gary Wilson  
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**Volunteers Jean Greenberg and Diane Wheeler.**

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Allan Liebgott, MD  
Billie Lillie, LCSW  
Gretchen Lobitz, PhD  
Amy Lopez, LCSW  
Bob Loup  
Robyn Loup  
Anne Lowe  
Harlan Lubin, MD  
Ruth Lurie  
Alicia MacArthur, LCSW  
Petrea Mah  
Solomon Malick  
Patrick Maloney, LCSW, CACIII  
Jean Marie Manthei  
Jim Mascolo  
Barbara Matthews  
Robert McBride, LCSW  
Tonya McFarland  
Melinda Sue McLinsky  
Claire Mearns, LCSW  
Debroah Melancon  
Herbert Merrill II, EdD  
Sunne Meyer  
Jennifer Miller  
David Milner, PhD

Doug Muir, LCSW  
Patsy Mundell  
David Murphy  
Maralee Muscato, MA  
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Rachel Nunez  
Chief Daniel Oates  
Atsuko Okuzawa, LMFT  
Mary Orchard  
Chris Orloski  
Sheriff Joe Pelle  
Randa Picard  
Molly Piester  
Ruth Pollak, LCSW  
Timothy R. Pollak  
William W. Porter, PhD  
Virginia Poor, LCSW  
Alec Propp  
Barbara Quarton  
David Quarton  
Sharon Raggio  
Ann Rakosnik  
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Carol Jean Reynolds  
Sandra Rhodes, PsyD  
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Margaret Roath  
Jane Robb, LPC  
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