

Bringing Wellness Home

Annual Report 2008



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bringing wellness home



Dear Friends,

As we at MHAC strive to improve access to high-quality mental health care in communities throughout Colorado, we are supported by individuals and organizations equally committed to this cause. This two-way community relationship lies at the very heart of our success and we are extremely grateful to all who support our work.



During the second half of 2008, our communities faced many new challenges. News that the national economy was in trouble soon translated into job losses, home repossessions and cuts in public services. Colorado's nonprofit community witnessed a dramatic increase in demand for services during this time period and yet the funding needed to provide these services became more difficult to find. At the end of the year, MHAC was faced with difficult budget decisions. We are proud to say, however, that we did not cut programs or services and are striving to help Coloradoans find constructive solutions to the problems they face.

As the year drew to a close, one caller to MHAC described a situation that resonated with us all. Having recently lost his job and health insurance, this individual said that he was becoming increasingly depressed. His request was simple: he wanted help finding a support group in his local community where he might discover a way forward. We receive many such calls for assistance and strive to help each person connect with a community resource that will serve as a center of hope and healing. Many callers tell us that having a person answer the phone was the first time they had gotten someone live.

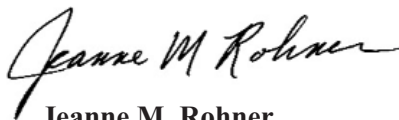

MHAC actually reached-out to over 22,000 Coloradoans in 2008, conveying the message that mental health conditions are real and treatable. In addition to providing information about available resources, we engaged numerous individuals, organizations and communities in advocating for the inclusion of mental health in all positive health reform and were delighted that significant progress was made in achieving parity for mental health in insurance coverage. MHAC is committed to building on this success so that full parity will soon be achieved.

MHAC's new website, launched this year, is a valuable community resource. It provides detailed descriptions of our programs, a library of information about mental health conditions and shows how people can become involved in helping further this important work in their own communities. We invite you to visit us at mhacolorado.org to learn more about mental health and our work in communities throughout the state.

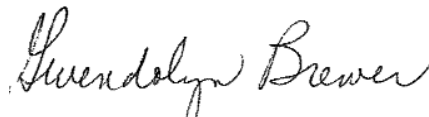
As a strong and energetic organization we are confident that we have the capacity and experience to meet the challenges that lie ahead. We also know that our ability to serve the community is a direct result of the commitment, energy and generosity of the people and organizations that support us.

Thank you, thank you, thank you!

Sincerely,



Jeanne M. Rohner
President and CEO



Gwendolyn Brewer
Board Chair

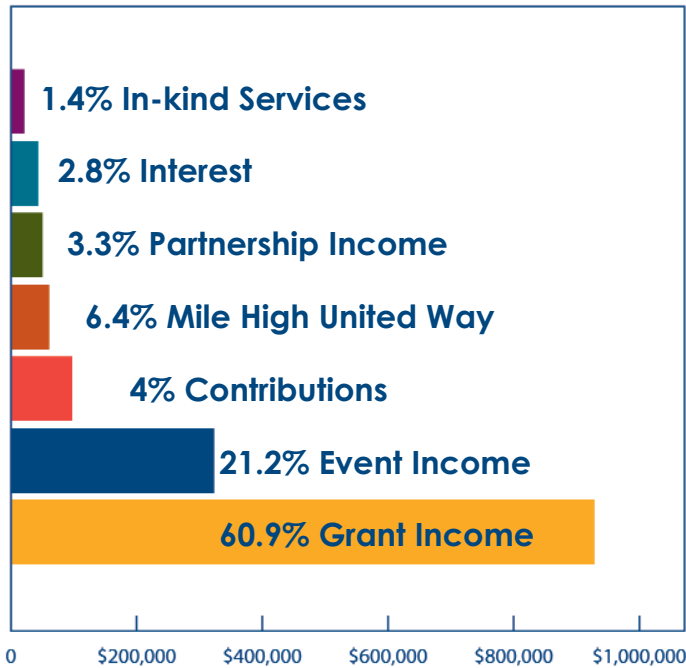
mission

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

vision

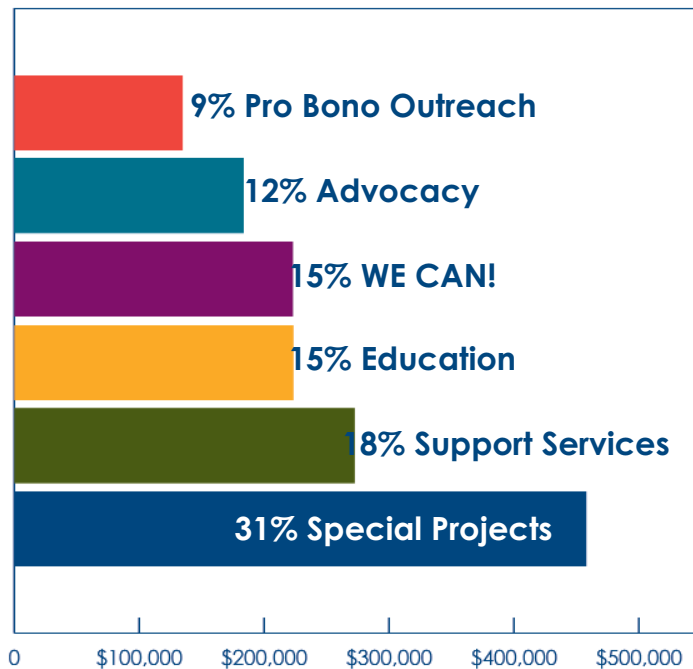
Our dream for Colorado envisions a cure for all mental disorders and a state where all people are empowered to pursue their highest quality of life.

2008 revenue*



Total *Unrestricted Revenue: \$1,525,843

2008 expenses



Total Expenses: \$1,495,231

bringing wellness home

programs & accomplishments

The Metro Crisis Triage Project

The number of people in crisis who seek and need psychiatric services at local hospital emergency rooms is escalating. MHAC is the lead agency in the creation of a new crisis service system in the Denver Metro area that will provide an alternative to emergency room care for urgent psychiatric services. The Metro Crisis Triage Project was incorporated as "Metro Crisis Services," an independent business entity that will own and operate the (Triage) crisis system for Metro Denver.

Public Policy & Systems Advocacy

MHAC monitors, analyzes, initiates and responds to legislation pertinent to mental health, with the aim of eliminating barriers to mental health treatment and improving service provision. Central to this work is the goal of ensuring the inclusion of mental health in all progressive health care reform.



Greeley resident Kevin Thompson was voted Advocate of the Year for his dedication to mental health at the 15th annual Legislative Education Day. Kevin is pictured with his parents and wife.

Suicide Prevention

Colorado has the 6th highest suicide rate in the nation and MHAC is committed to reducing this alarming statistic. MHAC provided gatekeeper training and education in eight communities across Colorado, reaching 222 people.

The final draft of the Suicide Prevention and Intervention Plan was provided to The Colorado Trust in August 2008 and will be released in early 2009 for implementation.

Free Mental Health Services for Low-Income Adults & Children

The Pro Bono Outreach Program provided professional mental health therapy services to 1,295 low-income children, teens, families, and adults — at no cost to service recipients — at 31 host sites throughout the Metro Denver area. Volunteer mental health professionals donated 7,747 client hours of services to the program, valued at \$774,700.



Students at Red Rocks Elementary talk about feelings and emotions and learn healthy ways to express themselves.



Teens from the Check Your Head program perform at the Black Arts Festival.

Empowering People with Mental Illness

The Wellness and Education Coalition and Advocacy Network of Colorado (WE CAN!) is a statewide grassroots organization run by and for individuals with mental health conditions to provide support to its members and to advocate for progressive state and local policies pertaining to mental health. In 2008, 42 consumers received advocacy training through WE CAN!'s Basic and Advanced Leadership Academies. Through WE CAN!'s Networking Meeting's 408 members throughout Colorado participated in discussions about the quality of their behavioral health services. This information is reported to the Division of Behavioral Health for planning purposes.

Mental Health Information & Education

MHAC provides free mental health and wellness information to the public through a variety of means including health fairs, youth programs, Speakers' Bureau presentations, education forums and our website, mhacolorado.org.

In 2008, more than 28,000 pieces of educational printed materials were distributed; 35 health fairs and school educational events were conducted; and over 400 people, including business leaders, parents, teachers and the general public attended Speakers' Bureau presentations, receiving education about mental health and wellness.

- **Information & Referral:** MHAC helped over 5,500 consumers, family members and mental health professionals access information about mental health services.
- **Free Depression and Anxiety Screenings:** MHAC provided 975 free depression, anxiety and suicide screenings at community centers, businesses and through our online screening tool.
- **Check Your Head** is a school-based program that encourages young people to explore such issues as self-identity, conflict resolution, depression, and tolerance.

The program helps young people identify their mental health needs, communicate their needs to others and find constructive resolutions to the problems they face. Three Check Your Head curriculum-based hip-hop programs were completed at East High School and two at Montbello High School. More than 4,000 Denver high school students participated in or received information from the program.



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Valuable services invaluable results

“We had a young mother who had been through domestic violence and family issues in the past but had been reluctant to seek mental health assistance. She started working with one of the pro bono volunteers...and we could see a change in her level of trust. She also felt that the individual sessions were very beneficial. At times, she had no child care but would bring her three young children rather than miss a session.”



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