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**FOR IMMEDIATE RELEASE**

**Mental Health Center of Denver Demonstrates Expertise**  
***The Mayo Clinic Recognizes Tools for Measuring Mental Health Recovery***

(Denver, Colo., October 8, 2010) ó The Mental Health Center of Denver (MHCD) is recognized for its progressive approach to mental health recovery by The Mayo Clinic.

The Mayo Clinic Conference on Systems Engineering & Operations Research in Health Care awarded MHCD First Place for Best Poster Presentation of its Four Mental Health Recovery Measures that demonstrates how data collected from the measures is used to improve clinical practice and recovery outcomes for persons with mental illness.

“Our poster presents the development of a set of four reliable and valid mental health recovery measures, which we combine for a multi-perspective assessment of recovery progress,” says Linda LaGanga, Director of Quality Systems & Operational Excellence. “Everything we do at MHCD is designed to help people achieve recovery. We focus on people’s strengths rather than limitations. We measure health recovery outcomes and use these measures to drive clinical quality improvement and effective resource allocation. This creates a more efficient system of care, assuring that people are placed at the appropriate level of care for their needs.”

The Mental Health Center of Denver is known as the National Leader in Mental Healthcare. MHCD has concentrated on recovery through its Recovery Committee, which conceptualized the promotion and measurement of recovery, along with members of Evaluation & Research, who developed and rigorously evaluated the instruments, and other members of Quality Systems, who integrated the measures into practice to drive continuous quality improvement of clinical services. Creation of its system of Mental Health Recovery Instruments that measure recovery from both the clinical and consumer (MHCD's clients) perspective as well as the organization's integrated treatment philosophy where consumers participate in governance, program development, implementation and oversight, rather than being passive recipients of services, is a powerful recovery tool and one that has earned MHCD recognition as The National Leader in Mental Healthcare.

Members of MHCD's Quality Systems, especially representatives of Evaluation & Research and Clinical Quality Improvement, collaboratively developed the poster, which was presented at the Mayo Clinic conference in August to medical providers, physicians, fellow researchers in healthcare operations, and Mayo Clinic administrators. The award judges clearly saw the value of the coordinated system of recovery instruments and how it is used to improve human lives. The system tracks consumers' perceptions and progress in recovery and provides feedback on changes to facilitate appropriate clinical responses and support that maximize recovery results. For example, MHCD analyzed the annual progress of nearly 8,300 adult consumers and found that 89% had sustained or increased their recovery progress, meaning they required a less intensive level of care – an indicator of mental health improvement. Another one of the four instruments revealed that in their first year of services, 81% of consumers had positive perceptions of their own recovery. To learn more go to:

<http://www.outcomesmhd.com/presentations/Mayo%20Clinic%20Poster%2008-20-2010.pdf>

MHCD believes people can, and do, recover from mental illness; that treatment works and improves the quality of life of people of all ages. Of those served by the Mental Health Center of Denver, 75% go on to lead healthier, happier and more productive lives.

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The Mental Health Center of Denver (MHCD) is a private, not-for-profit, 501 (c) (3), community mental health care organization providing comprehensive, recovery-focused services to more than 15,000 residents in the Denver metro area each year. Founded in 1989, MHCD is Colorado's leading provider and key health care partner in the delivery of outcomes-based mental health services.

MHCD employs over 500 highly trained professionals and offers a broad array of mental health services while specializing in the treatment of serious and persistent mental illness. MHCD over has 35 locations throughout metro-Denver where children, families and adults of all ages access high-quality services in neighborhood and community-based settings including clinics, day care centers, schools and at home.

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