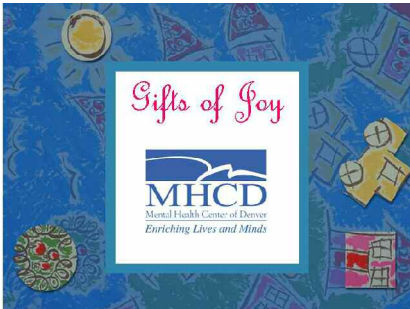


HOW TO GIVE THE PERFECT GIFT FOR THE HOLIDAYS



Finding the perfect gift during the holidays can be a challenge. Giving gift cards to The Mental Health Center of Denver's holiday gift drive is easy and your donation

of a \$10 gift card makes the perfect gift for a single mother who cannot afford a toy for her five year-old or a lonely adult living on a fixed income.

Is your office or business looking for a holiday giving opportunity?

The need is great - this year we have over 3,200 children at MHCD; they will be grateful for your gifts.

Groups can hold holiday parties and ask guests to bring gifts or gift cards to be donated. Or you can go to our website and make a much-needed donation. Last year, *Team Biltzen*, a group of generous elves from a local call center, raised \$400 in cash and donated 50 gifts to *Gifts of Joy*.

Adopting an MHCD residence means:

- Providing food for a holiday dinner that adult residents can prepare themselves, and
- Filling a holiday stocking or gift bag for each resident which could include gloves, hats, socks, a \$10 gift card, toiletry items, etc.

We have residences with as few as six people or as many as 16. Just let us know the size of home your group would like to adopt.

Everyone gets into the joy of giving:

Our own MHCD employees hold coin drives to buy gift cards, others buy gifts and some children have donated the contents of their piggy banks to *Gifts of Joy*. Two young girlfriends donated all the money they made from their summer lemonade stand so that less fortunate kids might have a gift to open.

You can support Gifts of Joy in many ways:

- Make a cash donation at www.mhcd.org
- Purchase \$10 gift cards to Target, Walgreen's, or King Soopers
- Adopt an MHCD residence – Great idea for a group or business

Contact Joanne.aiello@mhcd.org or 303-504-6732 about *Gifts of Joy*, or visit our website at www.mhcd.org



Your gift makes a difference...

After attending a fundraising breakfast, Alice decided she had to do something to make a difference in the lives of children and adults at MHCD. She organized a drive for children's gifts and gift cards for adolescents. She even went further and found clothing,

mittens, and sweat suits for adults. When asked about her passion for the organization, the story unfolded: she wanted to give back to MHCD because her son had been a consumer and she knew first hand that even a new pair of socks could support a young person's recovery.

INTENSIVE DAY TREATMENT PROGRAM



The Intensive Day Treatment Program provides mental health treatment and educational services to children with emotional or behavioral disorders severe enough to interfere with their ability to be successful in a traditional public school setting. The program offers a safe setting for children and their families to learn to cope with and manage daily life. Students stay from four to six months before returning to a regular classroom.

Day Treatment staff uses a team approach to build therapeutic relationships with children and families to help them reach their highest level of success socially and academically.

The Intensive Day Treatment Program emphasizes character development, learning new social skills, and appropriate ways to express feelings:

- *Peace Curriculum* teaches positive traits; clinical staff takes advantage of daily “teachable moments” to enhance a child’s ability to practice life skills.
- *Therapeutic Crisis Intervention* teaches de-escalation techniques to help youth manage themselves in safe ways.
- *Animal Assisted Therapy* is an adjunct therapy to enhance character building, relationships, skill building, and motivation.

EDUCATIONAL CURRICULUM SUPPORTS STUDENTS

The Day Treatment Program’s educational curriculum meets Colorado standards. It

- emphasizes improving language arts and math skills
- teaches reading, writing and math in individual and group instruction
- reinforces learning units by field trips and guest speakers
- includes daily physical education activities
- provides help with below-average reading skills as well as speech and occupational therapy

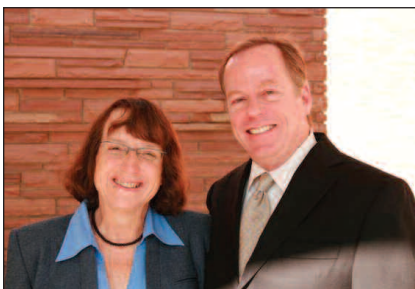
MHCD’s Intensive Day Treatment Program is a partnership between MHCD, Denver Public Schools, and the State of Colorado and is staffed by ten licensed clinicians and mental health professionals. It is licensed and regulated by the Colorado Department of Human Services and the Colorado Department of Education.

For information, contact

Program Manager Trisha Goetz at trisha.goetz@mhcd.org or plan to attend the Dec. 8th ELM

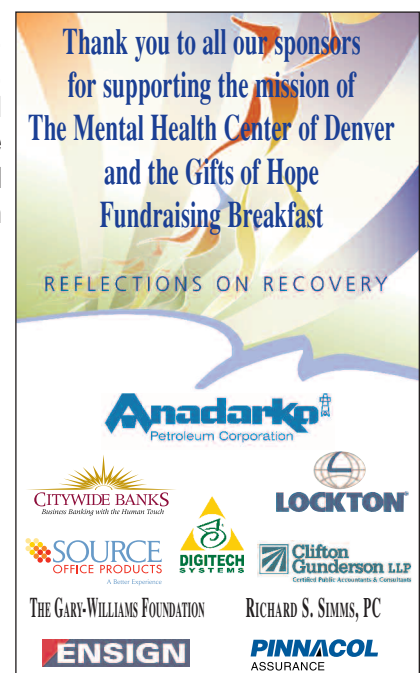
REPORT FROM GIFTS OF HOPE FUNDRAISING BREAKFAST

MHCD recently hosted its GIFTS OF HOPE FUNDRAISING BREAKFAST. Almost 300 guests gathered at Temple Emanuel to enjoy breakfast together, learn more about the work MHCD does in the community, and see a theatrical presentation that reflected on what recovery means. Guests were asked to give or pledge to MHCD’s ongoing work. During the past fiscal year, MHCD served more than 15,000 men, women, children and families as they began to reach recovery and participate fully in community life.



MHCD CEO Dr. Carl Clark celebrates at the Gifts of Hope Breakfast with speaker Linda Matthews.

If you are interested in participating in next year’s Gifts of Hope Fundraising Breakfast, please contact Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org



2010 Gifts of Hope Sponsors

INCREASE THE VALUE OF YOUR DONATION TO MHCD SUPPORT COLORADO GIVES DAY, DECEMBER 8, 2010



Created by Community First Foundation and FirstBank, **Colorado Gives Day** will cover a 24-hour period starting at 12:01 a.m. on Wednesday, December 8, 2010.

Donations to Colorado nonprofits can be made through GivingFirst.org with the goal of raising \$1 million in one day.



The Mental Health Center of Denver is affiliated with Community First Foundation's GivingFirst.org site. When you give to MHCD through GivingFirst.org, 100% of your donation goes directly to MHCD because Community First Foundation pays the merchant fees.

On **Colorado Gives Day**, a special Incentive Fund will leverage donations made to nonprofits and will be proportionally allocated across all donations received, increasing the value of each individual gift.

For more information about **Colorado Gives Day** or about making online gifts to MHCD, please contact Barbara Shaw at 303-504-6727 or barbara.shaw@mhcd.org



Joan was 26, homeless, hearing voices, suicidal and living under a bridge when an MHCD outreach worker found her. "My life was pretty bleak. If it wasn't for MHCD, I wouldn't be where I am today," says Joan who is getting the help she needs through MHCD's 2Succeed Program.

YOUR GIFT CAN GIVE YOU A TAX BREAK

MHCD's 2Succeed in Education and Employment program is located in a Denver Enterprise Zone and has been designated as a site eligible for tax credits on the Colorado State Income Tax return.

YOUR DONATION of \$200 or more designated to MHCD's 2Succeed Program will make you eligible for a tax credit of up to 25% of the gift amount. For information, please contact Barbara Shaw at 303-504-6727 or Barbara.shaw@mhcd.org



In March 2011, the Mental Health Center of Denver will host the **2011 Recovery Transformation Summit: Charting a New Course to Mental Wellness**. This inaugural event will lay the foundation for a national support network to promote and facilitate community mental health system transformation. *The Recovery Summit* will provide leaders of community mental health centers the opportunity to learn strategies and develop action steps to help create comprehensive, recovery-focused systems of care.

For more than half of its existence, MHCD has embraced a change from focusing on mitigating symptoms of mental illness to providing supportive interventions that help people live, work, learn, and lead productive lives in the community. Because of its success in making this transformation, MHCD's *Reaching Recovery Initiative* is now in a position to help other community mental health centers also make the transformation.

The *Reaching Recovery Initiative*, a part of MHCD's **Rehabilitation Program**, has received initial funding for *The Recovery Summit* from the Substance Abuse and Mental Health Services Administration (SAMHSA). For more information about this program, go to www.reachingrecovery.org or contact Shawna McGuckin at 303-504-6667 or Shawna.McGuckin@mhcd.org

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MHCD Enriching Lives & Minds Open House

Join us for a one-hour informational event, held monthly, to learn more about how MHCD is changing lives by helping people recover from mental illness.

Wednesday, December 8th, 5:15 – 6:30 p.m.

Day Treatment

Wednesday, January 19th, 7:45 – 9:00 a.m.

Living & Learning With HIV

Wednesday, February 16th, 7:45 – 9:00 a.m.

2Succeed

All sessions will be held at the MHCD office at 4141 E. Dickenson Place.

To RSVP or for future dates and locations, contact Joanne Aiello at 303-504-6732 or joanne.aiello@mhcd.org



Caring Hands and Minds Providing Support

MHCD's volunteer program *CHAMPS* – *Caring Hands and Minds Providing Support* – continues to expand as more volunteers work in meaningful, fulfilling activities which support specific program areas.

If you would like to know more about volunteering, plan to attend an upcoming Enriching Lives and Minds session or contact Joanne Aiello, Manager of Special Events and Volunteers at 303-504-6732 or joanne.aiello@mhcd.org



Contact Us:

Mental Health Center of Denver
4141 E. Dickenson Place
Denver, Colorado 80222

303.504.6500 • www.mhcd.org