

## MAY IS MENTAL HEALTH MONTH

### HUMOR FUELS HOPE AT ANNUAL RECOVERY CONFERENCE

Comic David Granirer, founder of *Stand Up for Mental Health*, will be the featured speaker and performer at MHCD's 2011 Recovery Conference, "*Stand Up For Mental Health Recovery*." A recovering mental health consumer himself, Granirer believes there is healing in humor. Through his organization he teaches people to use humor to decrease stress, improve wellness and cope with change. He is helping five MHCD consumers create stand-up routines for presentation at the conference.

Mental health professionals and providers convene in Denver for MHCD's free, one day conference to learn

about the latest in recovery-focused treatment strategies. The conference features six breakout sessions on various topics and a lunch catered by Sally's Café, an MHCD culinary training program.

Access Behavioral Care, Citywide Banks, and McKesson have joined MHCD in sponsoring this year's conference, which will take place Thursday, May 26, at First Plymouth Church, 3501 S. Colorado Blvd., Englewood, CO 80210.

The conference is free but registration is required. More information can be found at [www.mhcd.org](http://www.mhcd.org)

### HEROES IN RECOVERY



One of the highlights of MHCD's annual Recovery Conference is the *Hero in Recovery award* presented to the consumer who has most substantially shaped his or her own recovery. Last year's **Hero**, Keith Malone, shapes his recovery by playing and performing music – his passion. Keith's recovery has taken him and his beaming smile to new levels and he now performs live at many local venues.

### LOGAN'S GREAT RUN: A COURT TO COMMUNITY SUCCESS STORY

In the winter of 2010, Logan was recovering from life on the streets but still felt depressed and hopeless when his hunger drove him to shoplift.

Getting caught turned out to be a blessing in disguise. Denver's Mental Health Court offered him the option of enrolling in MHCD's Court to Community (C2C) program as an alternative to jail. Logan expected that C2C would offer only supervision of his court ordered treatment. He was surprised when, on top of the substance abuse and psychiatric treatment, MHCD provided many additional supports – grocery cards, help applying for benefits, food and household items, employment assistance, and primary medical care.

After graduating from C2C, Logan declared, "This is a

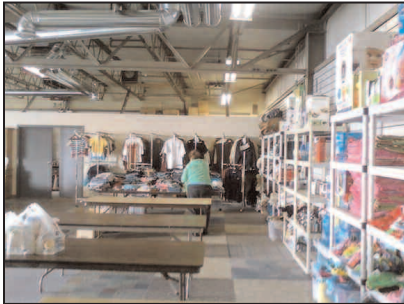
program that works and it is very easy," adding, "You just have to do it, and if I can do it, anyone can do it." Thanks to the support of generous donors in our community, Logan continues to thrive in less intensive MHCD treatment programs. He feels peace and comfort knowing that MHCD is in his corner, just a phone call away when life gets overwhelming.

In addition to community support, C2C (also known as Integrating Care through Court to Community) receives funding from the Colorado Health Foundation and the Denver Crime Prevention and Control Commission. The program is the 2011 winner of the Excellence in Service Innovation award from the National Council for Community Behavioral Healthcare.

## YOUR SUPPORT MAKES A DIFFERENCE IN THE LIVES OF MANY

Last year, MHCD provided recovery-focused services to 15,400 men, women, and children in our community. Funding to provide these programs and services comes from a wide variety of sources, including your in-kind donations. Most people receiving services at MHCD live below federal poverty guidelines. As they move toward recovery and return to full productive lives in the community, they often need the most basic kinds of help and our two resource centers provide it. Your donations will make a difference in the lives of our neighbors in Denver.

### YOUR IN-KIND DONATIONS IMPROVE QUALITY OF LIFE



**The Wishing Well Resource Center** at 1075 Galapago St. is open for adult consumers and includes a drop-in center, food bank, and thrift store where household items can be found.

Children and families receiving services at MHCD find support at **A New Day Resource Center** at 3101 W. 14th Ave. Here children have a safe place to play while parents shop at the food bank and thrift store.

Both centers rely on donations to provide food, clothing, and household items to those who are impacted by mental illness in our community.

If you need items picked up, call MHCD's Donation Line at 303-892-5594.

### ONLINE DONATIONS PROVIDE ADDED SUPPORT FOR MHCD



Through its affiliation with Community First Foundation, MHCD participates in an online giving program called **GivingFirst.org**. Online giving is very easy and efficient. Visit [www.mhcd.org](http://www.mhcd.org), click on "Donate to MHCD" and you will be directed to [www.GivingFirst.org](http://www.GivingFirst.org) where you can make a one-time or recurring donation. You can give through a credit card or a deduction from a bank account.

When you make a gift, you will receive an immediate acknowledgement from *GivingFirst.org* followed by a letter of acknowledgement from MHCD. Funds donated are then electronically deposited into MHCD's account at the end of every month. Because of its commitment to the nonprofit sector, Community First Foundation pays all processing fees for online donations, a great savings for MHCD.

### VOLUNTEER GIVES BACK TO THE COMMUNITY



Patricia is one of three regular volunteers working with Program Coordinator Bertha Gomez at **A New Day Family Resource Center**. Volunteers keep the shelves stocked and orderly and help Bertha collect donations. Together, they create a supportive environment for families who come to the center.

Patricia says she volunteers at **A New Day Family Resource Center** "...because no one person can do everything."

After learning about **A New Day** as a consumer, Patricia now volunteers three or four days every week because she wants to give back. She avidly organizes donations, makes sure clothing is clean, items are properly sorted and that everything is in acceptable condition. Patricia's kindness has become a cornerstone to the center's success. Her lighthearted jokes and personable nature make all who visit feel safe and welcome.

During baseball season, Patricia works as a food vendor outside Coors Field and hopes to learn the skills necessary to work as a bilingual secretary. She makes time to volunteer despite her busy schedule as a mother of five children, ranging in age from five to 23 years of age.

To learn more about how you can help A New Day, please contact Bertha at 303-504-1575 or [bertha.gomez@mhcd.org](mailto:bertha.gomez@mhcd.org)

## YOUR VEHICLES HELP PROVIDE HOLIDAY GIFTS

MHCD partners with two companies to make sure your vehicles can support our annual *Gifts of Joy Holiday Gift Drive*.

*A Great Deal For A Great Cause* is the motto of The Import Warehouse auto sales and brokerage. They will donate 1% of the purchase price of your car to MHCD. Visit [www.TheImportWarehouse.com](http://www.TheImportWarehouse.com)



If you wish to donate a car, truck, boat, or other vehicle, that can help MHCD as well. Contact *Cars Helping Charities*. Donating is easy: just call 303-423-CARS (2277) and tell them you want your donation to go to MHCD. They will handle everything. Visit [www.CarsHelpingCharities.com](http://www.CarsHelpingCharities.com)

**VozyCorazón**  
Suicide Prevention Program

*Choosing Life,  
Choosing Hope*

**7th Annual  
Teen Art Show & Benefit**  
Saturday, June 11, 2011

**"Voice & Heart"**

All Ages Welcome  
Art Work, Dinner, Raffle  
Silent Auction, Live Entertainment

**5:30pm-9:30pm**

17 and under Free  
Adults \$35 at door  
\$30 early purchase  
\$60 per couple

**MHCD**  
4455 East 12th Ave.  
Denver, CO 80220

Lisa 303.504.6725



## GIVING AT WORK MEANS GREATER SUPPORT FOR ADULTS AND CHILDREN



MHCD is a proud member of Community Health Charities, a national workplace giving charity that makes it possible for MHCD to be represented in federal, state, and local workplace giving campaigns as well as a variety of campaigns in private companies.

If you work for a governmental agency, you can easily designate your donations to MHCD by using one of the following codes:

Combined Federal Campaign – 39579

Colorado Combined Campaign – 0953

Denver Employees Combined Campaign – 2549

For a campaign in a private company, simply list MHCD as beneficiary.

## ENRICHING LIVES AND MINDS EVENTS SHARE MHCD'S STORY

Every month, you can learn about MHCD in a "virtual tour" of its three major program areas and a more detailed look at a specific program by attending an "Enriching Lives and Minds" event (ELM). If you would like to help MHCD tell its story at your civic or church group or your place of business, we would be happy to come to you.

For more information, to RSVP for an ELM, or to plan a time for us to present "Enriching Lives and Minds" at your location, contact Joanne Aiello at 303-504-6732 or [joanne.aiello@mhcd.org](mailto:joanne.aiello@mhcd.org)



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**MENTAL HEALTH CENTER OF DENVER**

4141 E. Dickenson Place

Denver, CO 80222



## MHCD NEW BUILDING NEWS

MHCD is growing! As CEO Dr. Carl Clark explains, “When MHCD committed to moving from an illness-management perspective to a recovery focus, we knew we needed to increase the number of people we were serving. Over the past five years, we doubled the number served but did not double the space available for outpatient services. That is why the purchase of new property became so important.”

Led by CFO Forrest Cason, board and staff leadership worked for months to determine a solution to our space problem. City Projects, a company whose motto is “Social Change through Real Estate,” conducted a space study. Those findings indicated that the most efficient and effective plan would be to consolidate our four



adult clinics. When we researched potential sites and found the property at 4455 E. 12th Ave., we knew we had located the right home for our adult recovery services.

Because MHCD is operationally strong, it was able to purchase the property at the end of 2010 and begin planning for a complete

renovation to make it a welcoming space for those we serve and for our staff members. A project design team is guiding the design and remodeling process. The architectural firm Davis Partnership is heading the effort to transform the space into a landmark recovery facility that is also green and sustainable.

Watch the MHCD website at [www.mhcd.org](http://www.mhcd.org) for updates on this exciting project.