

## SCHOOL-BASED SERVICES – SUPPORT FOR STUDENTS’ EMOTIONAL NEEDS



Mental health is directly related to children’s learning and development. That is why, for the past 20 years, MHCD has been providing services to students in elementary, middle, and high schools in Denver Public Schools. MHCD mental health therapists are on-site to provide mental health intervention and treatment that support students’ positive social and emotional development. In addition,

the stigma often associated with mental health services is significantly diminished when services are received in a school rather than at an out-patient clinic.

Through early identification and intervention, MHCD treats cases of emotional disturbance before they develop into more difficult conditions. This is essential to a student’s success and well-being, and it is a more cost-effective way to provide services because early intervention helps prevent the need for more mental health services in the future.

Every year, an average of one in seven students in a school setting experiences a mental health concern. By working with other community-based mental health services, the MHCD school-based team assures that students and families receive seamless, coordinated, and comprehensive care. Together, Denver Health, Denver Public Schools, and MHCD create a true integrated healthcare model – Denver Health meeting physical needs, the school system meeting educational needs, and MHCD meeting the emotional needs of each student.

Services in the School-Based program are available to all students free of charge. They are confidential, culturally appropriate and family-focused. In keeping with MHCD’s belief in recovery, the services are strengths-based and focus on the uniqueness and individuality of each young person.

Davis Schiele, Ph.D, Program Manager for School-Based Services, has been with MHCD since 2006. In that time he has seen this program grow, develop, and steadily gain acceptance by school staff, students, and family members. Because of the program’s impact in the community, it has expanded from seven therapists in seven schools to 14 therapists in 16 schools.

One of MHCD’s school-based therapists recently saw a high school student who had been referred by the social worker. The young woman was depressed, sad, cried often, kept to herself and had few friends. She told the therapist she had a history of medical problems going back to when she was five years old. When she was ten, her father died following an extended illness. For the past six years she had worried about the health of her mother and grandmother. After several sessions with the therapist, the student gained some perspective about herself and her family and learned skills to help her deal with her anxiety and loss. As her confidence and self-esteem increased, so did her grades. She has just graduated from high school and plans to attend college in the fall.

To learn more, contact MHCD’s Child & Family School-Based Services, 303-504-6500.

### SAVE THE DATE – OCTOBER 12, 2011



Mark your calendars for our annual Gifts of Hope Fundraising Breakfast. We will again be hosting the breakfast at Temple Emanuel at 51 Grape St. in Denver. Come learn more about:

#### **GROWTH – ENRICHMENT – RECOVERY**

A campaign of the Mental Health Center of Denver

If you would like to help invite guests to this important annual fundraising event, please contact Barbara Shaw at 303-504-6727 or [barbara.shaw@mhcd.org](mailto:barbara.shaw@mhcd.org)

## BEAUTIFUL MINDS

When recovery happens, it can be beautiful - both for the individual and for the lives that individual touches. At MHCD, the making of beauty can also be *part* of recovery.

Six years ago vocational counselor and artist Katie Carr-Anderson initiated the art workshop at MHCD's 2Succeed program. In the beginning Katie met with consumers in the 2Succeed coffee shop several times a week. Now the program features an open studio available daily and a class taught by Katie twice a week. The coffee shop still plays a role: each week its walls display the works of a different featured artist. Additionally, the work of a variety of artists is on display in the downstairs hallway throughout the year.

The display and sale of consumer art has become something of an MHCD trademark, with works featured at such annual MHCD events as the Recovery Conference, the Gifts of Hope Breakfast, and Voz y Corazón fundraiser. Consumer art was featured this year at the MHCD booth during PrideFest and the Disability Awareness Festival. MHCD consumer art also appears in such venues as Dazzle, Cake Crumbs, Mercury Café and various other small businesses and churches. MHCD artists are making a splash at the Core New Art Space and Access galleries in Denver's Santa Fe art district and at

the annual Denver Plein Air Exhibition, where consumer artist Judy Lucero earned an honorable mention in 2009.

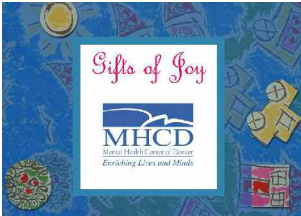
What is it about art that is so important to recovery? Katie explains that, as with meditation or yoga, immersion of the body and the mind in art "sometimes helps us see issues and relax around them. The expression of these personal symbols really transforms the artist and allows greater self-awareness." Katie goes on to explain that for many it is not important to retain the completed image - the process of making it is the most important part.

Katie states that the artists "are always teaching me and stretching my boundaries around who and what and how they express themselves." For instance, Todd Thorne has developed a simple direct style of painting on a black background that she would not have thought would work had she not seen his success with it. Todd recently displayed his work at the Access Gallery.



Painting by 2Succeed artist Todd Thorne

## HOLIDAY TIME ALREADY?



Although the holidays may seem far away, it's never too early for us to plan for our annual **Gifts of Joy Holiday Gift Drive**. During this special season of the year, with the help of friends throughout the community, MHCD provides a gift to each child and a gift card to each adolescent in our treatment programs. As the number of youth increases, the number of gifts and gift cards also increases.

This is the time when there is an opportunity to "adopt" one of MHCD's residential homes. By providing ingredients for a holiday meal and a holiday package with a gift card to each of the adult residents, you can truly make this a joyful season.

If you or your church, civic, or business group would like to help provide gifts for children or gift cards for adolescents, or would like to adopt a residence, please contact Joanne Aiello at 303-504-6732 or [joanne.aiello@mhcd.org](mailto:joanne.aiello@mhcd.org)

---

## WATCH FOR A WORKPLACE GIVING CAMPAIGN AT YOUR JOB

Fall is the time when workplace giving campaigns are presented in a variety of private companies, nonprofit organizations, and governmental agencies.

Because MHCD is a member of Community Health Charities, federal, state, county, and city employees can provide support through their workplace giving campaigns:

To designate MHCD to receive your gifts, use these codes:

- Combined Federal Campaign Code – 39579
- Colorado Combined Campaign Code – 0953
- Denver Employees Combined Campaign Code – 2549



## SECOND ANNUAL COLORADO GIVES DAY TUESDAY, DECEMBER 6, 2011



**Colorado Gives Day** returns on Tuesday, December 6, 2011. Sponsored by the Community First Foundation and its

[GivingFirst.org](http://GivingFirst.org) website and supported by First Bank, this single-day effort to raise money for Colorado nonprofits was a huge success in 2010, raising \$8.7 million for Colorado charities on that one day! During that 24-hour period, nearly 13,000 individuals gave to 529 nonprofits.

The 2011 **Colorado Gives Day** should be even more successful. First Bank has increased its support to the project and Community First Foundation and

[GivingFirst.org](http://GivingFirst.org) will continue to sponsor the program and pay all merchant fees on donations.

The Mental Health Center of Denver is honored to once again participate with Community First Foundation in this highly successful and innovative project. If you are planning to make a donation to MHCD before the end of the year and wish to make your donation online, doing so on December 6, 2011 will provide an even greater return for MHCD through an incentive fund.

The November 2011 issue of MHCD's Perspectives on Recovery will contain additional information or contact Barbara Shaw at 303-504-6727 or [barbara.shaw@mhcd.org](mailto:barbara.shaw@mhcd.org)

### 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, September 14, 5:15 – 6:30 p.m.

*Topic: Suicide Prevention for Teens*

Wednesday, November 9, 5:15 – 6:30 p.m.

*Topic: Day Treatment Program*

Wednesday, December 14, 5:15 – 6:30 p.m.

*Topic: Early Childhood Mental Health*

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](mailto:joanne.aiello@mhcd.org)



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](mailto:joanne.aiello@mhcd.org)

### MHCD RECOVERY CENTER



In early July, renovation of the building at 4455 E. 12th Ave. began under the direction of general contractor Taylor Kohrs. When completed, the Mental Health Center of Denver Recovery Center will be home to the four adult out-patient clinics currently located on Vine, Downing, Humboldt, and Clermont. For more information about the building, visit the MHCD website at [www.mhcd.org](http://www.mhcd.org) and click on the *News for our Neighbors* link.

#### Contact Us:

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

303.504.6500 • [www.mhcd.org](http://www.mhcd.org)

**Mental Health Center  
of Denver  
Board of Directors**

*Officers:*

*Chair*, Tim Hudner, MBA

*Vice Chair*, Nancy Severson,  
JD, MBA

*Secretary*, Roberta Payne, PhD

*Treasurer*, Rick Simms, CPA

*Directors:*

Elizabeth Eldridge

Barbara A. Ford,  
MA, LFMT, CAC III

Nancy Gary, PsyD,  
Lifetime Member

Lucille Johnson, MA

Judith A. Kilbourne

Gary May, M.D.,  
Lifetime Member

Reed Morgan, Esq

Jesse Ogas

R. J. Ross, MDiv, MSA

Lisa Roy, MA

Curtis V. Smith Esq

Daniela E. Stamatiou, M.D.

*Emeritus:*

Velvia Garner



**MENTAL HEALTH CENTER OF DENVER**

4141 E. Dickenson Place

Denver, CO 80222



## SPOTLIGHT ON MENTAL HEALTH

A room full of people isn't that scary if they are laughing at your jokes. For a brief time, the main hall at this year's MHCD Consumer, Family, and Provider Recovery Conference was transformed into a comedy club. Alone on a stage with only a microphone for company, five MHCD consumers delivered funny and poignant stand-up comedy routines to the delight of the audience.

The consumers wrote, practiced, and honed their comedic skill under the caring coaching of stand-up comedian David Granirer, the founder of Stand Up for Mental Health who teaches stand-up comedy as a way to help people with mental illness build self-confidence. "The comics worked really hard to turn their mental health issues into comedy and we had a great show. Most people think you have to be nuts to do stand-up comedy," says Granirer. "We offer it as a form of therapy."

MHCD's annual Recovery Conference is a free, one-day conference where consumers, professionals and providers from around the state gather to learn about the latest in recovery-focused treatment strategies.



*From Left to right back row: Todd Thorne, Steve Baumer, Zach Barnes. Front row: Angel Marie, Tracy Zimmerman, Michele Meyers, Troy Willis. Kneeling: David Granirer.*

## PREPARING FOR FALL

It's hard to think about fall when the temperatures are in the 90's but in a few weeks, school will be starting and fall schedules will be in place. If preparing your home for fall means cleaning out closets and basements, don't forget that your good usable items are important additions to MHCD's two resource centers.

Both the Wishing Well Resource Center and A New Day Resource Center need donations of clothing, household items, non-perishable food, and other things that adults and families need.