

Sad news...

The Associates Board has lost a very precious member of the Board. Pam Medina lost her battle with cancer in November 2008. Many of you probably had the pleasure of knowing Pam. She served on the Associates' Board for approximately seven years and was the President of the Board for the last two. She was the clinical team secretary for Jefferson Center in their Access/Emergency Dept. and was with the Center for nine years.

In her personal life, she was the mother of three and the wife of a loving husband. She often talked about the large family she enjoyed.

Clients and staff loved Pam because of her honest commitment to helping others. She was the first person clients would meet when they walked through the door of Emergency/Access.

A few years ago, a client satisfaction survey was sent out to find out how clients felt about their experience when going to the Access/Emergency department. It was absolutely amazing how many responses were compliments for the "smiling lady named Pam" that greeted them and made them relaxed. Clients were very complimentary on her customer service skills. Her supervisor said "She is the best I have ever known at putting people at ease, making them feel good about being here, and instilling a sense of hope."

She will be (and is) missed by many.

Spring Workshop, May 21, 2009

Mark your calendars to attend the annual spring workshop as it will be one you won't want to miss!

The workshop will be held at **Community Reach Center, 11285 Highline Drive, Northglenn, CO 80233 (303-853-3400) 8:00 a.m.—4:00 p.m.** with a morning and afternoon session. Attendees have their choice of attending the full day or a half day.

Once again, certificates, as evidence of continued education/training, will be given to participants for their personnel file.

REGISTRATION and more about the speakers, is on PAGES 4 and 5 OF NEWSLETTER

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“Inclusion of a Stakeholders’ Council representative on the FBHP governing board is a “first” in the CO Medicaid Community MH Services Program”

Foothills Behavioral Health Partners’ Creates Stakeholders’ Council

Early on in the new FBHP partnership, Donald Rohner, Executive Director of Foothills Behavioral Health, FBHP’s predecessor, and the executive directors of the two mental health centers determined that this new organization provided an opportunity to re-anchor to the core values of community mental health by becoming an organization that is more inclusive of consumer and stakeholder perspectives and voices. With this goal in mind, the owners of FBHP decided to reorganize and diversify its governance structure to better reflect the interests of community stakeholders. Inclusion of a Stakeholders’ Council representative on the FBHP governing board is a “first” in the Colorado Medicaid Community Mental Health Services Program.

FBHP invited over one hundred representatives of community stakeholder organizations and agencies to a Stakeholders’ Council organizational meeting that was held on August 27th. Approximately forty stakeholders attended this organizational meeting to talk about FBHP’s vision of creating a stakeholders’ voice that would have representation equal to the other three entities forming FBHP. The Stakeholders’ Council of the FBHP Board of Directors will meet up to four times a year and will be charged with working with FBHP staff and Board to develop a Behavioral Health Services Plan for the five county services area and to elect its chair and two other members of the Council to serve on the FBHP Board of Directors. To date, the Stakeholders’ Council has held six meetings.

In addition, each governing entity (Jefferson Center for Mental Health, The Mental Health Center Serving Boulder and Broomfield Counties, Stakeholders’ Council and ValueOptions) has appointed a consumer or family member to serve on the FBHP Board of Directors. This will provide 33 1/3% representation on the governing board to family members and consumers.

“New structure provides 33 1/3% representation on the governing board for consumers and family members”



Christmas Boxes for Windsor Tornado Survivors

Currently 20 homes in Windsor, Colorado are still not livable. Repairs on 4-6 of these will not begin until spring. Due to the financial strain that many of the fami-

lies are still under, Colorado SPIRIT, a local outreach team funded by FEMA and managed by North

Range Behavioral Health, put together holiday food boxes for approximately 200 families throughout the 39 mile tornado

path. These families are either still not in their homes and therefore paying both rent and a mortgage, utilities on both properties, along with their day to day expenses, or are having to pay extreme amounts of money (out of pocket) due to the fact that insurance is not covering all of their costs.

The mission of Colorado SPIRIT is to assist community members in the recovery process following the May 22, 2008 tornado. Since May, they have been

working with families in the affected areas providing education, referrals, and crisis counseling services. The team found that many families still face financial hardships and appreciated the additional assistance around the holidays.



“Currently, 20 homes in Windsor, CO are still not livable...”

Mental Health Center Denver

Twenty Years in the Making: A Key Community Partner

As we reflect on the work we have done over the past year and over the past two decades we are driven by our dedication to the essential role we play in the Denver community. Each year the results we experience and measure show us that our programs and services are vital to the strength and well-being of the people we serve and our community as a whole.

It is truly an honor to have the opportunity to serve Denver in a way that means so much to so many. As Colorado’s largest community mental health organization, we are a place where thousands come for compassionate, accessible care. We serve as a resource for the many in need of substance abuse treatment, housing, education and employment services and are recognized as the national center of excellence for those seeking the understanding of proven, recovery-focused treatment.

By: Dr. Carl Clark, CEO
Mental Health Center Denver

**Spring Workshop -Thursday, May 21, 2009; 8:30-4:00
Community Reach Center; 11285 Highline Dr., Northglenn, CO**

Name _____

Agency _____

City/State/Zip: _____

Registration Fee: \$50 per participant
Half-day registrations are available for \$30. Please contact your Board representative for info.

Continental breakfast 8:30-9:00, lunch 12:00-1:00) MAY 15 DEADLINE for registration.

For those attending a half day, morning session fee includes continental breakfast; afternoon session includes lunch.

MAKE CHECKS PAYABLE TO:

Colorado Community Mental Health Associates
Mail Registration form and payment to:
Jefferson Center for Mental health
c/o Janice Cassidy
4851 Independence St.
Wheat Ridge, CO 80033

WORKSHOP PRESENTATIONS ARE:

Morning Session: 9:00-12:00

Robert Melvin, Ph.D.

Dr. Robert Melvin teaches undergraduate and graduate courses in the Economics and Applied Communication programs at the University of Denver and in the Communication program at Regis University. He has recently published his

first book, *Plan B*, a guide to personal and financial survival. He is the owner of R. D. Melvin and Associates, a training and consulting firm. His consulting work center on the application of performance effectiveness issues emphasizing leadership and team leadership, teambuilding, persuasion, project management, conflict management, negotiations, and organizational development. Much of Dr. Melvin's work is focused on the development of skills that assist people in better identifying and meeting the needs, desires, and goals of clients and employees. He is frequently requested as a speaker at national meetings and conventions and has a reputation for making presentations that are both humorous and pointed.

The workshop discusses:

Staying Positive in a Changing Economy

People who survive and prosper during tough times do so because they do a better job of understanding the personal challenges they face and because they are proactive in developing strategies that ensure their survival and growth. The workshop will begin with an overview of the changing economy and the challenges everyone faces. Following this overview, the workshop will be interactive. Major topics to be addressed include:

- Regaining economic control in a time of uncertainty
- Practicing Shoshin
- What economists know about happiness and what you can do to be happier

Look forward to a fun and interesting workshop. Learn some new ideas to help you cope with a changing and challenging economy.

**Spring Workshop -Thursday, May 21, 2009; 8:30-4:00
Community Reach Center; 11285 Highline Dr., Northglenn, CO**

Afternoon Session: 1:15-4:00

Jennifer Place, MA, CEAP, CACII, EA-CS,

is currently the Director of Employee Assistance and Workplace Programs for Peer Assistance Services, Inc. Jennifer holds a masters degree in counseling psychology and is also a nationally Certified Employee Assistance Professional. Ms. Place also holds a certificate in Addictions Counseling and is an Employee Assistance Coaching Specialist.

Ms. Place is a member of the Colorado Human Resource Association and is past Vice President of the Colorado Employee Assistance Professionals' Association. She has presented across the state on issues surrounding wellness, productivity, communication and health for the Colorado Dental Association, Colorado Organization of Victim Assistance.

The workshop would enable participants to:

- 1) Identify the physical and psychological consequences of chronic stress
- 2) Create a personalized stress management plan
- 3) Learn and practice stress management techniques that can be used anytime, anywhere.



**MEMBER CENTERS
and BHO's**

- **Arapahoe Douglas MHN**
- **Aurora MHC**
- **Centennial MHC**
- **Community Reach Center**
- **Foothills Behavioral Health, LLC**
- **Jefferson Center for MH**
- **MHCD**
- **Midwestern CO MHC**
- **North Range Behavioral**
- **Pikes Peak MHC**
- **San Luis Valley MHC**
- **Southwest CO MHC**
- **Spanish Peaks MHC**
- **ValueOptions**

OFFICERS:

Arlene Kingsley, President
Aurora Mental Health Center
ArleneKingsley@aumhc.org

Maggie Tilley, Vice President
Colorado Health Networks
Maggie.tilley@valueoptions.com

Vicki Esposito, Secretary
Community Reach Center
V.esposito@communityreachcenter.org

Janice Cassady, Treasurer
janicec@jcmh.org
Jefferson Center for Mental Health

Diane Pohlman, Public Relations
Foothills Behavioral Health
dpohlman@fbhcolorado.org

Pam Medina
Board Member Emeritus

BOARD MEMBERS:

Pat Dillon
Mental Health Center Denver
Pat.Dillon@mhcd.org

Amy Denzin
Community Reach Center
A.Denzin@communityreachcenter.org

Francis Grant
Aurora Mental Health Center
francesgrant@aumhc.org

Dee Nelson
Community Reach Center
D.nelson@communityreachcenter.org