

VOLUME 1, ISSUE 2

JULY, 2010

### Spring Workshop

The Board tried something different this year and invited only one speaker to present for the entire day. Attendees seemed to like the new format as it lends itself to be more informative.

Thirty-eight attendees enjoyed a presentation from Ana-Cristina Wadle who was engaging and energetic. She discussed ways to change one's perspective to help provide better customer service. She talked about asking for what you need and working in a solution-focused way to help bridge gaps and improve communication. She included a lot of examples about her own life and how she went from being a victim of domestic violence to how she removed herself and her kids from that situation and now works as a consultant doing what she loves to do.

Not only was the presentation informative, but one participant stated: "I met fellow associates within this field and made so many new friends, as well as getting closer to my friends at JCMH." We sometimes forget about the networking benefits that these workshops and conferences provide!

**IF YOU MISSED THIS ONE, PLEASE TRY TO ATTEND THE UPCOMING FALL CONFERENCE!**

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**FALL CONFERENCE**  
**September 29—October 1, 2010**  
**Beaver Run Resort!**

**WOW! The Fall Conference is almost here once again! Mark your calendars now! The featured speaker will be Shari Harley who will present a full day session on Thursday. There will be two more informative sessions on Friday! Stay tuned...**

## HAPPENINGS AT MHC's

### COMMUNITY REACH CENTER...

#### **Staff Step Out and Get Healthy!**

The Wellness Committee from Community Reach Center implemented this year's challenge to fitness with pedometers that record steps, time and distance through receivers located at each of its offices. Staff have formed teams, and with the ability to see everyone's progress, have jumped energetically into this challenge. There has been more participation with this challenge than with previous pedometer challenges because of the fun everyone is having with the competition!



#### **MHC's Working Together**

*“The intense training provided the foundation and evidence of the DBT theories and model”*

In early May, Community Reach Center was the site host with Aurora Mental Health for the first 5 days of a 10 day Comprehensive Dialectical Behavioral Therapy training conducted by Behavioral Tech. Other agencies from various Colorado areas also attended including, but not limited to, Aurora Mental Health, Spanish Peaks, and Jefferson Center for Mental Health. The intense training provided the foundation and evidence of the DBT theories and model, discussion of and practice of DBT Skills, information regarding the structure of a comprehensive DBT program, and concrete expectations of each participant in implementing the model into their daily practice as clinicians and/or managers. Since the training, the DBT “Team” has begun a weekly consultation group in order to work on the various tasks that need to be accomplished between now and November 1st, when the second half of the training is scheduled. This ongoing, hands-on training will culminate in a presentation of what the DBT team has accomplished as a whole, how each member has worked to individually implement this model and the outcomes of treatment.

***JEFFERSON CENTER FOR MENTAL HEALTH—Tobacco Free Organization!***

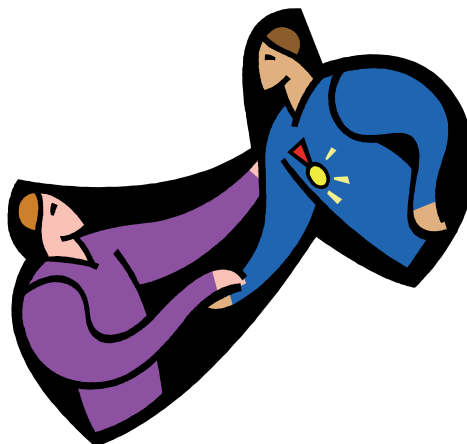
All facilities owned by Jefferson Center for Mental Health have joined a growing number of Colorado behavioral health providers in becoming tobacco free.

Dr. Harriet Hall, President and CEO of Jefferson Center, stated in her email release to staff about the new policy on July 1, “Decades of research have consistently demonstrated the health risks of tobacco use, and have identified to-

bacco use as the leading cause of premature death in the United States. Consumers of mental health services have for far too long borne more than their share of the health related burden caused by tobacco. It is sobering to consider that individuals with serious mental health illness die, on average, 25 years younger than the general population. Tobacco use plays a large role in this unacceptable reality. Today, Jefferson Center recognizes this disparity and commits to facilitating the culture shift necessary to create a different outcome.”



Thank you Jefferson Center for making such a bold move to protect staff and consumers!



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