

Policy Guide



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About CBHC

Since 1967, the Colorado Behavioral Healthcare Council (CBHC) has served as the membership association for Colorado’s statewide system of community behavioral health providers.

CBHC member organizations are the backbone of Colorado’s public behavioral health safety net, working to ensure all Coloradoans have access to quality, community-based services tailored to the unique needs and strengths of each community.

CBHC member organizations include:

- **Community Mental Health Centers (CMHCs)**
Colorado’s 17 CMHCs contract with the state and secure other fund sources to provide a continuum of services to Coloradans living with mental health conditions and/or substance use disorders. By statute, CMHCs are required at a minimum to provide or ensure the following services:
 - o Inpatient services
 - o Outpatient services
 - o Partial hospitalization
 - o Emergency services
 - o Consultative and educational services
- **Managed Service Organizations (MSOs)**
MSOs contract with the Office of Behavioral Health in the Colorado Department of Human Services to manage block grant funding from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The four MSOs contract with a network of providers to ensure access to a full continuum of quality substance use disorder prevention, early intervention, treatment, and recovery services.
- **Specialty Clinics**
CBHC is honored to count among its membership two specialty clinics – Asian Pacific Development Center and Servicios de La Raza. Originally created to serve a specific community, both organizations now have branched out to provide a number of unique services based on community need.



50 Years at a Glance

Prior to CBHC’s creation in 1967, Colorado’s Community Mental Health Centers (CMHCs) worked together to support access to mental health services in every community across the state. Through formal and informal meetings, CMHCs collaborated to educate policymakers, secure funding, and standardize the way in which communities understand and approach behavioral health care and treatment. Over time, officers were elected, duties were formalized, and the Colorado Association of Community Mental Health Centers and Clinics was created. It was later renamed the Colorado Behavioral Healthcare Council (CBHC).

During those early years, the leadership of Colorado’s CMHCs self-managed the association and focused on the following activities:

- Advocating on behalf of CMHCs, with an eye towards sound policy and adequate funding for quality services for individuals and communities.
- Organizing representatives from across the system in various categories and committees to facilitate shared learning, collaboration, and maximization of resources.
- Facilitating annual conferences for members, Board members, community partners, and state officials.
- Supporting member innovation to ensure Colorado’s CMHCs are equipped with state-of-the-art resources and best practice program design.

CBHC depends heavily on member engagement to develop shared priorities to improve Colorado’s behavioral health system. **This organizing function of CBHC led to several key outcomes over the years, including:**

- The development of a statewide system for Colorado’s community-based behavioral health safety net. This shared vision has allowed CBHC members to support one another and, at times, to share resources to ensure the success of every center, regardless of variations in regional circumstances.
- A community focus built on the grassroots origins of the CMHCs, which were developed to meet local needs. CBHC continues Colorado’s rich history of local involvement and investment in behavioral health through community-based organizing.
- The development of strong partnerships and collaborations with Colorado’s General Assembly, State Departments, and other statewide systems that interface with behavioral health.

Over the years, the role of CBHC evolved to respond to the shifting landscape of Colorado’s behavioral health system. Over time, CBHC hired staff to reduce the burden of board member management structures. Through the years, the membership has ebbed and flowed to represent the community behavioral health system. Examples of past membership categories include the Mental Health Assessment and Service Agencies (MHASAs), Behavioral Health Organizations (BHOs), and Crisis Service Organizations (CSOs).

Currently, the membership includes:

- Community Mental Health Centers
- Managed Service Organizations
- Specialty clinics

Even as roles and membership categories have evolved over time, CBHC’s vision and mission have remained consistent. Consequently, CBHC offers many of the same services to its members today that it did in 1967. Beyond simply advocating for and organizing members, CBHC provides community engagement, education, regulatory advocacy, and other opportunities aimed at enhancing every aspect of Colorado’s comprehensive community behavioral health system.

From the very beginning, the CBHC membership has held strongly to the value that each member is responsible for the success of the entire system, not just their own center.



About the Community Mental Health Centers

Colorado’s 17 Community Mental Health Centers (CMHCs) provide a comprehensive continuum of evidence-based, culturally responsive services in partnership with many different community organizations. These community-based non-profit centers, as well as two specialty clinics within the CBHC membership, provide a wide range of treatment and community services, including, but not limited to: outpatient counseling and psychiatric services; crisis, emergency, and disaster response services; case management and care navigation; substance use disorder services including withdrawal management (detox); child, youth and family services; housing supports, vocational services, well-being promotion, and community organizing.

The CMHCs work closely with the justice, education, and public health systems to ensure access to care for anyone living with a mental health or substance use disorder. Through education, referrals, and linkages with schools, public agencies, businesses, and other community organizations, the CMHCs ensure that effective, high-quality behavioral health services are accessible to all Coloradans. CMHCs hold the value that all individuals deserve access to quality services where they live, work, and play.

AllHealth Network

www.allhealthnetwork.org
303-730-8858

Asian Pacific Development Center

www.apdc.org
303-923-2920

AspenPointe

www.aspenpointe.org
719-572-6100

Aurora Community Mental Health Center

www.aumhc.org
303-617-2300

Axis Health System

www.axishealthsystem.org
970-259-2162

Centennial Mental Health Center

www.centennialmhc.org
303-646-4519

Community Reach Center

www.communityreachcenter.org
303-853-3500

Health Solutions

www.health.solutions
719-545-2746

Jefferson Center for Mental Health

www.jcmh.org
303-425-0300

Mental Health Center of Denver

www.mhcd.org
303-504-6500

Mental Health Partners

www.mhpcolorado.org
303-443-8500

Mind Springs Health

www.mindspringshealth.org
888-320-5218

North Range Behavioral Health

www.northrange.org
970-347-2120

San Luis Valley Behavioral Health Group

www.slvbhg.org
719-589-3671

Servicios de La Raza

www.serviciosdelaraza.org
303-458-5851

Solvista Health

www.solvistahealth.org
719-275-2351

Southeast Health Group

www.southeasthealthgroup.org
800-511-5446

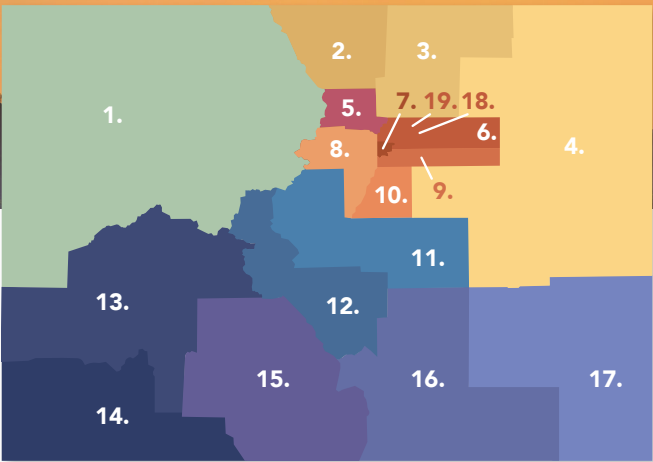
SummitStone Health Partners

www.summitstonehealth.org
970-494-4200

The Center for Mental Health

www.centermh.org
970-252-3200

Colorado Community Mental Health Centers by County Served



Mesa, Garfield, Rio Blanco, Moffatt, Routt, Eagle, Pitkin, Summit, Grand, and Jackson Counties



Larimer County



Weld County



Morgan, Logan, Sedgwick, Phillips, Washington, Yuma, Elbert, Lincoln, Kit Carson, and Cheyenne Counties



Boulder and Broomfield Counties



Adams County



Denver County



Jefferson, Clear Creek, and Gilpin Counties



Arapahoe County*



Douglas County



Park, Teller, and El Paso Counties



Lake, Chaffee, Fremont, and Custer Counties



San Miguel, Ouray, Hinsdale, Gunnison, Montrose, and Delta Counties



Archuleta, La Plata, Montezuma, Dolores, and San Juan Counties



Saguache, Mineral, Rio Grande, Alamosa, Conejos, and Costilla Counties



Pueblo, Huerfano, and Las Animas Counties



Crowley, Otero, Bent, Kiowa, Prowers, and Baca Counties



Asian Pacific Development Center

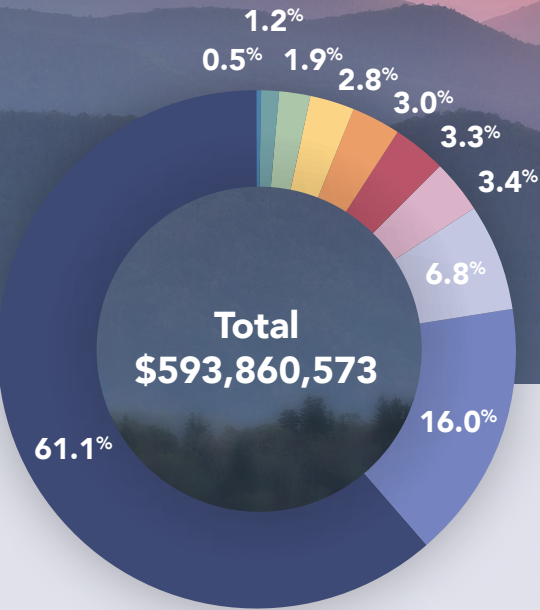


Servicios de la Raza

*Arapahoe County is served by AllHealth Network excluding the city of Aurora, which is served by Aurora MHC

CMHC Revenues by Fund Source Fiscal Year 2018

While nearly two-thirds of all Center funding comes from Medicaid, it is important to note that 38.9% of all funding allows Centers to provide a safety net for those who otherwise would have no opportunities for care.



0.5%	Cash Contributions \$3,051,992	3.0%	Client Fees \$17,588,968
1.2%	In-Kind/Donated \$7,072,934	3.3%	3rd Party \$19,455,579
1.9%	Medicare \$11,502,962	3.4%	Local Government \$20,284,031
2.8%	Federal/Grants \$16,802,155	6.8%	Other \$40,279,117
		16.0%	State of Colorado \$94,900,232
		61.1%	Medicaid \$362,922,603

Fortifying Colorado’s Behavioral Health Workforce

CBHC’s vision is that all Coloradans have access to exceptional mental health and substance use disorder (SUD) services where they live, work, and play. To accomplish this, CBHC works to ensure our member organizations can maintain a stable workforce that is consistently available to provide the safety net services upon which communities depend, and to have opportunities to expand new services that promote health and well-being across the state.

Recruitment and retention of the behavioral health workforce is a national challenge. Unfortunately, over the past 21 years, Colorado’s cost of living adjustment (COLA) increases have fallen so far behind that providers have lost more than 36.7% of their spending power as compared to the inflation rate across our state – dramatically impacting their ability to sustain their existing workforce and limiting their capability to expand or offer new services to meet a growing demand. Without adequate rate adjustments, providers in the safety net system cannot compete with the growing healthcare industry, especially at a time when

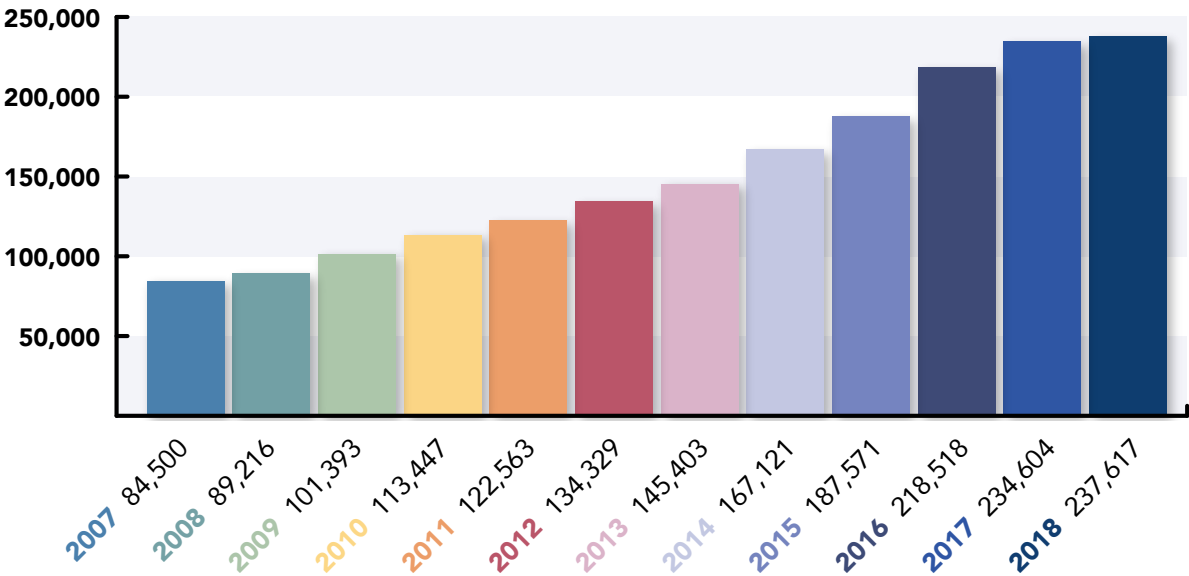
Colorado communities are clamoring for more (and often more intensive) services from the very providers whose mission it is to serve all Coloradans regardless of their socioeconomic status.

For these reasons, CBHC will continue to pursue a multi-year strategy to increase community provider rates to ensure employers can adequately recruit, reimburse, and retain talented professionals in community-based settings.

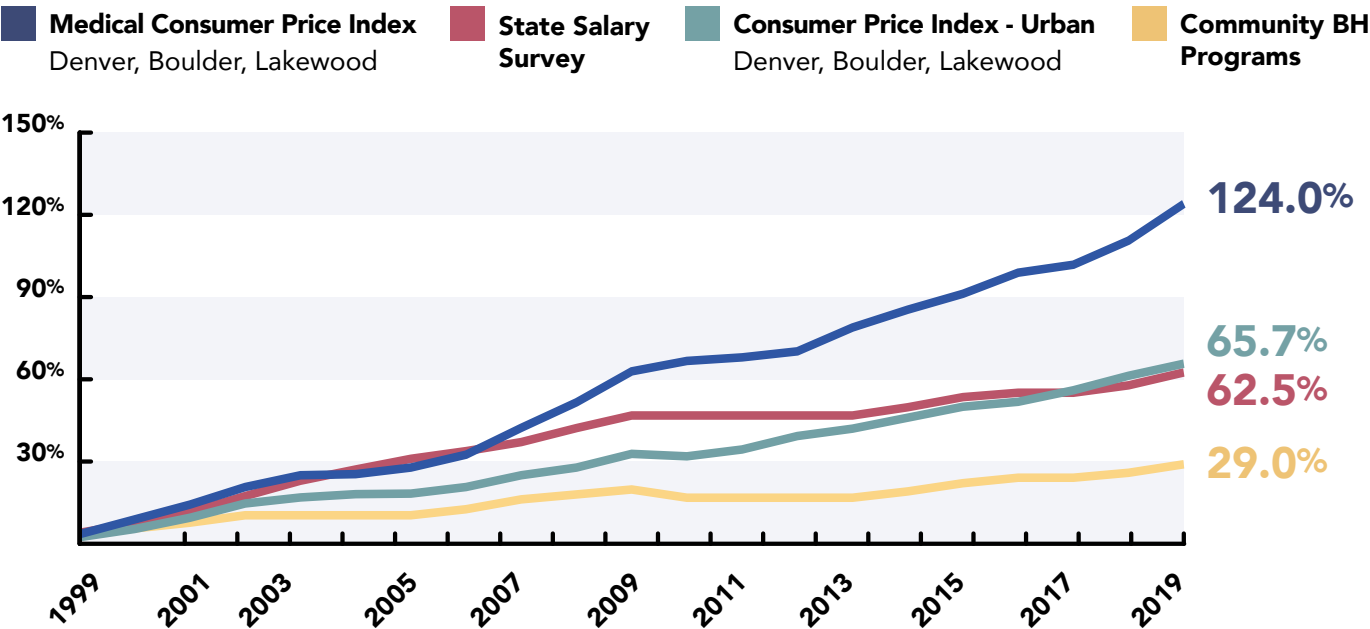
Beyond simply increasing salaries, CBHC is committed to pursuing strategies that improve the overall employment experience and to better attract future workforce to the field. Colorado must ensure that administrative burden does not add an unnecessary barrier for the safety net behavioral health workforce. Further, individuals who are considering a career in behavioral health must know that they will be supported and incentivized, and that Colorado is committed to developing career pathways that offer a living wage at each step along the way.

Number of Clients Served 2007-2018

Community Mental Health Centers have increased the number of clients served by 181% in just 11 years, and by 63.4% in just the past five years alone.



Behavioral Health Community Programs COLA Increases vs. State Salary Increases and Inflation Rates



About the Managed Services Organizations

Colorado’s Office of Behavioral Health (OBH) has established seven service areas for substance use disorder (SUD) treatment in different geographical regions of the state – known as Sub-State Planning Areas (SSPAs). Presently, Colorado contracts with four Managed Services Organizations (MSOs) who contract with over 80 community-based providers at hundreds of locations across the state to ensure access to a full continuum of quality SUD services is available for individuals in need. These services include, but are not limited to, prevention and early intervention, withdrawal management (detox), outpatient treatment, day treatment, residential treatment, psychiatric care, Medication Assisted Treatment (MAT), recovery support, and other specialized treatment services and supports. To ensure quality care, each MSO monitors providers in their network for clinical quality and contract compliance.

Funding for the MSO system comes primarily from the federal Substance Abuse, Prevention, and Treatment (SAPT) Block Grant, state general fund, Marijuana Tax Cash Fund, and federal opioid grant dollars. Services provided within the MSO system help create a safety net for indigent Coloradans and other priority populations that have no dedicated funding source.

The Value of Colorado’s MSOs

Colorado’s MSOs are uniquely positioned to guide the inclusion of SUD services in public and private healthcare systems throughout the state.

MSOs manage Colorado’s SB202 funding, pioneering a funding model that expands SUD service capacity in a way that is community identified and directed.

Recent funding increases now allow MSOs to administer funding for a broad continuum of services including prevention, intervention, and recovery.

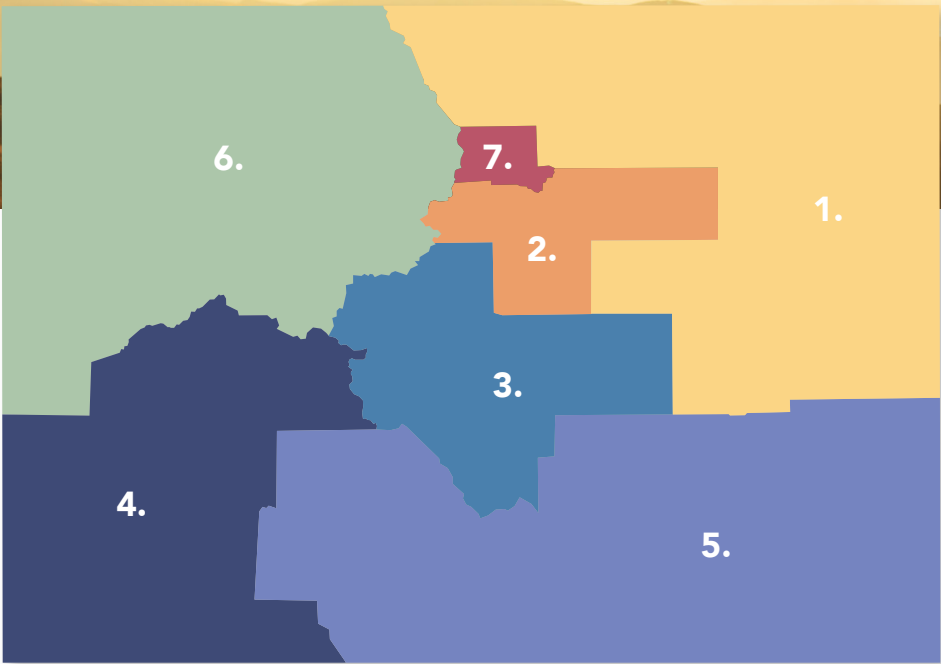
Mental Health Partners
3180 Airport Rd.
Boulder, CO 80301
303-441-1281
www.mhpcolorado.org

AspenPointe Health Network
PO Box 15318
Colorado Springs, CO 80935
719-572-6100
www.aspenpointe.org

Signal Behavioral Health Network, Inc.
6130 Greenwood
Plaza Blvd, Suite 150
Denver, CO 80111
303-639-9320
www.signalbhn.org

West Slope Casa, LLC
PO Box 3410
Glenwood Springs, CO 81602
970-945-8661
www.westslopecasa.org

Colorado MSOs by Sub-State Planning Area (SSPA)



1. SIGNAL Behavioral Health Network
Larimer, Weld, Morgan, Logan, Sedgwick, Phillips, Washington, Yuma, Elbert, Lincoln, Kit Carson, and Cheyenne Counties

2. SIGNAL Behavioral Health Network
Denver, Adams, Arapahoe, Broomfield, Douglas, Jefferson, Clear Creek, and Gilpin Counties

3. ASPEN POINTE
El Paso, Teller, Park, Lake, Chaffee, Fremont, and Custer Counties

4. SIGNAL Behavioral Health Network
Pueblo, Crowley, Kiowa, Huerfano, Las Animas, Otero, Bent, Prowers, Baca, Saguache, Mineral, Rio Grande, Alamosa, Conejos, and Costilla Counties

5. West Slope Casa
Archuleta, La Plata, Montezuma, Dolores, San Miguel, San Juan, Ouray, Hinsdale, Gunnison, Montrose, and Delta Counties

6. West Slope Casa
Mesa, Garfield, Rio Blanco, Moffatt, Routt, Eagle, Pitkin, Summit, Grand, and Jackson Counties

7. Mental Health PARTNERS
Healthy minds, healthy lives, healthy communities
Boulder County





Mental Health First Aid Colorado

Mental Health First Aid (MHFA) is a public education course that introduces participants to the risk factors and warning signs of individuals who are experiencing a mental, emotional, or substance use crisis – the goal being to help those participants support a friend or neighbor until appropriate help arrives or until they can access supportive resources.

Participants learn a 5-step action plan that includes:

- Assessing for risk of suicide or harm
- Listening nonjudgmentally
- Giving reassurance and information
- Encouraging self-help and other support strategies
- Encouraging appropriate professional help

To promote learning, participants engage in experiential activities that build understanding of the impact of illness on individuals and families, learn about evidence-supported treatment and self-help strategies, and are oriented by the trainer to local resources and supports. **The evidence behind the program demonstrates that it builds mental health literacy, helping the public identify, understand, and respond to signs of mental illness.**

Mental Health First Aid Colorado (MHFACO), housed within the Colorado Behavioral Healthcare Council (CBHC), was formed in 2008 to guide the strategic dissemination and growth of the program statewide. Brought to the United States from Australia by the National Council for Behavioral Health, the early foundation of MHFA in Colorado is rooted in Colorado’s Community Mental Health Centers, where the core strength still is found today along with a broad array of community and state level partners working together to advance MHFA.

Adult MHFA is for individuals 18 years of age and older and Youth MHFA is for individuals who interact with youth (teachers, parents, caregivers, etc.). Additional modules include Higher Education, Older Adults, Public Safety, EMS and Fire, Veterans, Rural, and Spanish (available in Adult and Youth). Teen MHFA (tMHFA) is currently being piloted in high schools across the nation, including Colorado. tMHFA is designed for high school students to learn about mental illnesses and addictions, particularly how to identify and respond to a developing mental health or substance use problem among their peers. The course specifically highlights the important step of involving a responsible and trusted adult. It is anticipated that tMHFA will be more broadly available in the coming years, beginning during the 2020 school year.

CBHC and its partners in MHFACO work diligently to provide MHFA to a variety of audiences and key professions. MHFACO seeks to expand those efforts and ensure access to MHFA in all 64 Colorado counties through capitalizing on the remarkable growth opportunity for the program in urban, rural, and frontier counties. This is made possible by the partnerships that have been established with the statewide network of behavioral health providers, consumer advocates, healthcare providers, state agencies, educators, criminal justice professionals, first responders, law enforcement, and statewide associations.

To date, there have been over **75,264 individuals** certified in MHFA in the state of Colorado.

In 2018 there were **13,439 Coloradans** certified.

The current funding for this program is primarily provided through **state General Fund dollars.**



“This class was amazing! I am excited about sharing what I have learned. My favorite part of the training was the focus on hope and that these issues are treatable.”



CBHC Core Values

Supporting Community Resilience

In addition to helping individuals living with mental health and substance use disorders, CBHC members are committed to increasing resilience and improving the overall well-being of the communities they serve. They are active participants in coalitions that improve local healthcare services and work tirelessly to educate and advocate for their communities. This includes ensuring that natural supports – such as families, jobs, and schools – are available to support individuals in need alongside traditional treatment services. Across sectors, our members support community resilience with outreach, awareness, and prevention programming, including programs such as Mental Health First Aid Colorado.

Guiding Behavioral Health Innovation

CBHC’s membership is dedicated to innovation that drives our system forward and promotes our mission. True to their community-based nature, CBHC members are uniquely capable of adapting to the local needs and strengths of the communities they serve. A core mission of CBHC is to highlight this innovation and, where possible, scale these innovations state-wide. Conversely, through our annual conference and other learning opportunities, CBHC offers innovative topics and emerging best-practices to our members and partners to benefit the communities they serve.

Partnering to Enhance Individual Well-Being

CBHC members understand that well-being is contagious and that whole health is a critical component to creating healthy and thriving communities, families, and individuals. While traditional community behavioral health services are still the core of what our members provide for Colorado’s most vulnerable citizens, CBHC members are increasingly attending to the needs of entire communities. Working together with our members and their community partners, CBHC is committed to advancing the individual well-being of all Coloradans, regardless of circumstance.

CBHC Annual Conference

Held in beautiful Breckenridge at the Beaver Run Resort and Conference Center, CBHC’s annual conference is a great opportunity to connect with others working or serving in the field of behavioral health, learn more about state and national policy, and gain continuing education opportunities. Please visit www.cbhc.org to learn more as new details arise.

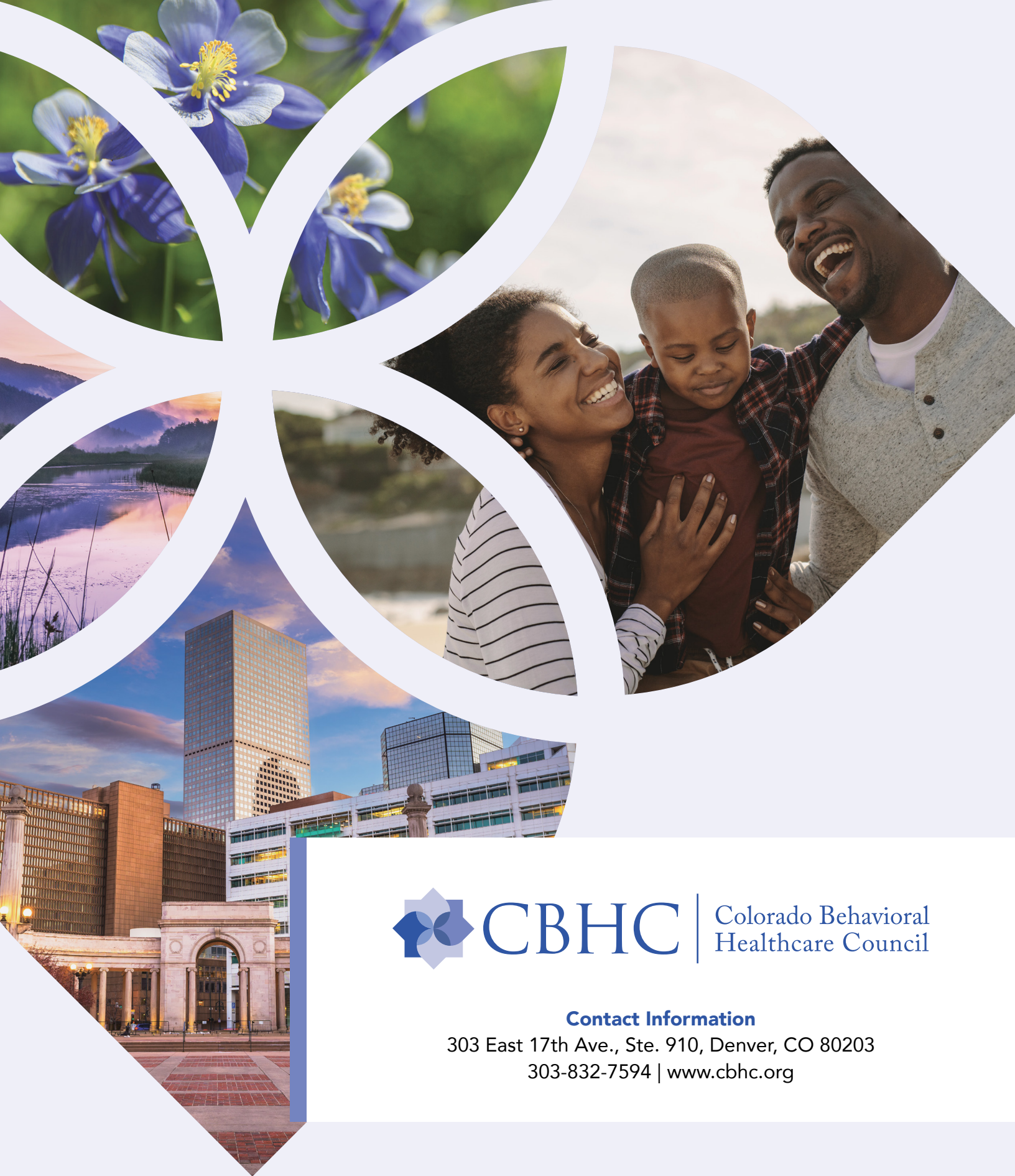
2020	2021	2022	2023
Sept. 30 - Oct. 3	Sept. 29 - Oct. 2	Sept. 21 - Sept. 24	Sept. 27 - Sept. 30

CBHC Staff

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Natalie Strom Membership Services & Communications Coordinator nstrom@cbhc.org	Barb Becker, PH.D. MHFA CO Director bbecker@cbhc.org	Paige Warren Mental Health First Aid Coordinator pwarren@mhfacolorado.org

CBHC Officers

Shelly Spalding President The Center for Mental Health	J.C. Carrica President-Elect Southeast Health Group	Kiara Kuenzler Ex-Officio Officer Jefferson Center for Mental Health
Rick Doucet Secretary Community Reach Center	Larry Pottorff Treasurer North Range Behavioral Health	Dixie Casford Ex-Officio Officer Mental Health Partners
Carl Clark National Council Representative Mental Health Center of Denver	Daniel Darting MSO Representative Signal Behavioral Health Network	



CBHC

Colorado Behavioral
Healthcare Council

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