



Colorado's Community Mental Health Centers

Serving their Communities Through Care & Innovation



AllHealth
NETWORK

“Assertive Community Treatment Saved My Life”



Nicole

We asked Nicole about her experience with AllHealth’s ACT Program:

Nicole: “I went from homeless to not homeless. And I put in the work to be able to continue with the program and do well.”

We asked Nicole about her overall experience with AllHealth Network:

Nicole: “Awesome, fun, helpful, nice, useful, the best, and cool.”

We asked Nicole what some of the important aspects to her journey to recovery were:

Nicole: “Working together with AllHealth and using the buddy system.”

Client Testimonials

Stacie B.: “What brought me to AMHR was desperation and complete hopelessness. I was suicidal and had attempted suicide three times and couldn’t get past things that had happened to me in my life, and most of all those who inflicted the pain on me. I later had three back surgeries... that left me with debilitating chronic pain, and I lost everything...my career in the medical field and myself. AMHR staff helped me tremendously. I am still in therapy, and I have more work to do, but I am no longer suicidal, and I am learning how to live with the chronic pain. I am utilizing the tools I’ve been given towards my purpose and success. I think success is finding peace on the inside and balance, then helping others. I have to add, without my faith in GOD, none of this would work!!!!!!!!!!!!!!!!!!!! It takes all of these combined.”



Aurora
Mental Health
& Recovery

Shauna E.: Dealing with a past of pain and trauma, Shauna is glad she sought help more than 10 years ago and has focused on her mental health. When she came to AuMHC she didn’t take her medications on a regular basis and determined to have bipolar II, depression, anxiety, and PTSD. Shauna has been stable on medications for years now and has this to say. “Go get help. Mental health is amazing. I couldn’t do it without Aurora Mental Health Center.”

Where experience comes first

The person that I had was the best and was very patient with me and I felt very comfortable opening up with her. I don't like talking about my feelings but with her, it felt easy.

Thank you very much for caring about me.

Individual staff have been very attentive to my care and getting other staff when needed to assure I receive needed care.

All of my experiences have been very good, all of the staff are very nice and friendly and respectful and do what they can to help me with what I need. I am glad my doctor referred me to Centennial Mental Health because I know I will get the care I need and I am very happy that I am able to come. It's a good feeling to know that I have a doctor that will help me.

Very beneficial. A very healthy environment. My experience has been very mentally rewarding.

All staff at CMH that I've had contact with have addressed all my concerns in a professional and courteous manner.

She was extremely professional, attentive and kind. At a time when my emotions were high she provided an environment of safety and acceptance.



**DIVERSUS
HEALTH**

Testimonials

Every member of the staff - from the Front Desk to the Psychiatrists - are professional, sensitive and kind. The depth of experience and knowledge sets Diversus apart. – V.R.

I feel safe, respected and heard by my mental health counselor! She helps me stay grounded in reality, and cope with life today!
– T.B.

I love it here! I have been stable for more than a decade thanks to their treatment. Their staff is extremely helpful, patient and nice! – L.D.

This is by far the best mental healthcare I've ever received. I firmly believe everyone here genuinely wants to help and feel like things truly can get better for the first time in my life – K.S.



Hope. Health. Together

Health Solutions now offers licensed childcare services for employees and the community of Pueblo

Our team of experts is committed to social-emotional development for those we serve.

Offering

- Preschool
- Therapeutic Preschool
- Afterschool Programming
- Childcare for 6 Weeks & Older

8 Licensed Classrooms

- 2 Infant
- 2 Toddler
- 3 Preschool
- 1 School-Aged



“I’m free – I’m *finally* free”



Darrin tasted his first drop of alcohol at eight years old, which started his decades-long struggle with alcohol. Before he came to Jefferson Center, Darrin spent years trying to get help. Between several hospital stays, detox attempts, and losing his home, he hit rock bottom and was ready for a change. He changed his life on February 12, 2023, when he entered Jefferson Center’s withdrawal management program, and then moved into their Residential Recovery program. Since that day, he hasn’t had a single drink of alcohol. During his treatment Darrin recognized that he was surviving day-to-day and did not want to go back to a life of self-destruction.

“Right now, the future looks great. I have integrity, I have honesty without fear. Waking up instead of coming to is a miracle to me.”

Darrin is now living a life of freedom, one where he is a better person to those around him. One where he can dream big about a future without substance use.





*Healthy minds, healthy lives,
healthy communities*

For example, BSRC's **Resources on the Road program** sends AcuDetox and Massage Therapy providers, case managers, service dogs, and therapists to provide resources out in the community, including weekly visits to the Boulder District Attorney's office. One community member said BSRC's regular visits feel like "a warm blanket over their shoulders."

MHP's Boulder Strong Resource Center

Shortly following the 2021 Table Mesa King Soopers tragedy in South Boulder, MHP opened the **Boulder Strong Resource Center (BSRC)** – in partnership with King Soopers – as a safe place of healing and support for grieving employees, first responders, and community members. This Center continues to be a cornerstone in the community by helping people process trauma and grief, understanding that healing takes time.





**NORTH
RANGE**

BEHAVIORAL HEALTH

Supported Employment through Individual Placement and Support (IPS)

North Range's Supported Employment through Individual Placement and Support (IPS) program focuses on wellness and recovery through employment. Integrated with treatment provided by North Range, this person-centered, no-cost service helps individuals with mental illness and/or substance use disorders find meaningful, lasting work to enhance recovery.

Kendra, an IPS jobseeker who has found her home as the Grants and Contracts Administrator at United Way, says, "IPS helps people bring out the best in themselves. When you're dealing with unseen disabilities, it is difficult to break the barriers, even with your own self-esteem or self-worth. IPS helps break down those barriers and then continues to build you up by helping with education and finding a job."

"Employment has helped a lot with my recovery because I can pay my own bills and get a car since I am making a higher income. It's helped me believe in myself again. I believe in my strengths now. It's elevated my recovery."



CLIENT LOVE

From rock bottom to radiant Transformation, I defied the odds. Alcoholism, addiction, homelessness – I conquered them all. Remember, tough times are fleeting in our remarkable stories.

- Adde's Story

Our increased efforts in the community showcase our dedication to making a lasting impact. Through sponsorships, event hosting and participation, and the cultivation of expanded community partnerships, SLVBHG continues to weave a tapestry of positive change. As we share these SLVBHG highlight stories, we look forward to inspiring others and fostering a spirit of collaboration and hope.

SLVBHG was a lifesaver for me. As teen ward of the state and young mom, their support helped me raise my son and improve my life. The staff was always there with guidance and encouragement. I'm forever grateful for their dedication to helping people like me.

Thank you, SLVBHG, for saving my life.
-Stacy Knight



“I have never in my life seen people so determined to help.”

Just three months ago, I was homeless. I was living by a creek when I saw your staff member, a young man named Dusty, at Loaves and Fishes. He came and talked to us...he took his time and care with us...He just listened to these poor hungry people talk.

You have just all been so amazing I can't think where to go from here. Aww, Rose! Rose has encouraged me to change. We talk weekly, she has been my cheerleader. I just get so much from her. She taught me to be grateful though journaling and retraining my brain even at 50 years old! Her encouragement is just beyond words.

I have Heather working with me on housing to help me have hope of finding a place. I was living by a creek but now I have a shelter...I can feel safe. She encouraged me when my wallet was stolen and helped me to get a new ID and birth certificate. She ALWAYS calls me back when she says she will. I am so thankful for her care.

I have Christie in supported employment helping me to find work...This program helped me to know that it isn't the end, and I can survive and be ok. Terry has helped me so much to get things managed and makes me feel heard. I thank her so much for that.

I know I will be ok thanks to Solvista. I have never in my life seen people so determined to help.

I cry each and every day, but now they are happy tears. I wanted to die but now I want to live. I am not done with my journey by far, but I know that Rose will be there and the others at Solvista and it lifts me up. You all have really saved my life. There just aren't enough words to thank you and give enough credit for all that you have done for me.

Voter-approved, Community-Driven Behavioral Health Facility for Larimer County



At 55,000+ square foot, this stunningly designed, state-of-the-art treatment facility is unprecedented.

Supporting 64-beds, one location and multiple levels of care:

- 24/7 Behavioral Health Urgent Care
- Crisis Stabilization Unit
- Withdrawal Management
- Substance Use Treatment with Medications
- Care Coordination
- Onsite pharmacy and lab



Learn more at SummitStone.org



Valley-Wide Health System Responds to Its Community



Veterans Advisory Council



**COMET (Changing Our
Mental and Emotional
Trajectory) Training**



**Coffee Break Project –
Providing mental health
education and support**

WellPower

A Light in the Darkness

In January of 2021, Dee knew that she and her children needed support, but she didn't know where to turn, until her friend recommended WellPower.

"I began to realize that I'd had depression for a while," said Dee. "Counseling helped me see that I'd been dealing with these challenges, but I didn't have the words to explain what was happening to me... I wasn't just another case number but someone worth listening to."

Dee now works at WellPower's Adult Resource Center and has moved up to a permanent position as a shift lead in the Shopette, the free store for people they serve to find clothing, hygiene products and miscellaneous household items. She's ushered in new ways to create size inclusivity and has dedicated her life and time to curating dignified experiences for the people served at WellPower.



2023 Golden Abacus & Golden Lightbulb Award Nominees

Thank you to our Awards Sponsor:



golden
abacus

Golden Abacus Nominees

An award granted to a project, methodology, system, or procedure that demonstrates best practices in a non-clinical arena.



Aurora Mental Health & Recovery

The logo for Golden Abacus, featuring the words "golden abacus" in a white, sans-serif font on a golden, rounded rectangular background.

golden
abacus

Coding Audit Tool Project

The Coding Audit Tool Project improved coordination and reduced administrative burden across the organization around a shared goal of improved documentation and coding.

The technology system decreased supervisor time to review notes individually, facilitated creation of new learning and development courses, and reduced the burden on the quality teams for audits.

Quality Improvement: AMHR was able to actively monitor an increase in pass rates of over 35% over a 6-month time frame. This demonstrates a fundamental shift in the knowledge of staff based on the improvements to the learning and development programs as well as real time feedback from supervisors.

Jefferson Center for Mental Health

Achieving Superior Performance, Impact, Results, & Effectiveness (ASPIRE)

A golden, rounded rectangular shape with a gradient, containing the text "golden abacus" in white, lowercase, sans-serif font.

golden
abacus

The ASPIRE program is a data-driven framework that increases operational efficiencies to better meet Jefferson Center's mission of improving lives and strengthening their community. The program gives clinical staff autonomy over and responsibility for how they spend their time and rewards them with monetary incentives.

The program consists of four tiered benchmarks for clinicians to achieve with quarterly bonuses ranging from \$500 to \$1500 attached to each tier. The program currently has 88 clinicians participating across seven programs. Quarter after quarter, teams continue to improve client-facing time. To date, the ASPIRE program has given out \$21,050 in incentive dollars.

Health Solutions

The logo for Golden Abacus, featuring the words "golden abacus" in white lowercase letters on a gold-colored, rounded rectangular background.

golden
abacus

Supervision Documentation

Health Solutions' Supervision Documentation database enables smooth tracking of licensed and unlicensed clinicians' supervision activities in a Community Mental Health Center. Ensuring compliance, accountability, and quality care, the user-friendly system supports staff development and effective communication.

Health Solutions began working in 2019 to ensure consistency of clinical supervision and identify a documentation method that could be easily tracked, ensuring staff performance and awareness of Key Performance Indicators (KPIs) related to their roles.

An employee documentation dashboard was created that helps improve communication between clinical and administrative supervisors and assists with decision-making with internal transfers.

WellPower

The logo for Golden Abacus is a gold-colored rounded rectangle with the text "golden abacus" in white lowercase letters.

golden
abacus

Medication Management Check-In Kiosk

WellPower developed and piloted a new workflow for nursing/medication management check-ins. This new workflow uses an iPad so people in services can access a Qualtrics survey which feeds results to a Microsoft Teams channel in near real time.

Previously, people had to sign in on a paper form at the front desk. The nurses assigned to medication management for that day had to leave the nursing station to walk over to the front desk, check the sign in sheet, and bring people back to the nursing lobby where people waited a second time for their medication refills or injections to be prepared.

Key benefits: people in services are waiting less, front desk staff can provide updates to those waiting on the status of their medication, and the nurses love it too!

golden
light bulb

Golden Lightbulb Nominees

An award granted to a project, methodology, system, or procedure that demonstrates best practices in a clinical arena.



A golden, glowing light bulb shape with a gradient from light to dark gold. The text "golden light bulb" is written in white, lowercase letters inside the shape.

golden
light bulb

Aurora Mental Health & Recovery

AMHR Sustained: A Municipal Mental Health Partnership

Aurora Mental Health & Recovery Sustained is a program developed and administered by AMHR in partnership with the Aurora Municipal Court. The purpose of this program is to provide mental health screening, assessment, and support to individuals interacting with the court, beginning with those who are in custody pre-bail bond hearing and then throughout the court process. Support continues through follow-up and connection to a mental health system if needed.

It has been demonstrated through this program that earlier screening and assessment increases the efficiency of the court process as it relates to mental health and competency needs, and that the connection of clients to mental health services can reduce recidivism and overall cost to the city while improving the wellbeing of city residents.



Health Solutions

Therapeutic Preschool: An Off-Ramp from the Preschool to Prison Pipeline

In 2019, Health Solutions expanded behavioral health services to include Intensive Outpatient Psychiatric (IOP) services for preschool-aged children. In 2022, Health Solutions received a license for providing childcare services to include ages 6 weeks to school-aged, and opened our newly licensed childcare center, The Learning Tree - A Center for Child Development. The preschool IOP program, ECMHC services, and The Learning Tree were able to join forces to create a continuum of care that is our newly launched Therapeutic Preschool Program (TPP).

Therapeutic Preschool Program represents our commitment to bridging the gap in children's social-emotional development. Through collaborative efforts, parental involvement, and a nurturing environment, they strive to empower children with the skills they need to thrive in their academic and social lives.



golden
light bulb

Jefferson Center for Mental Health

Hoarding Disorder Services

In 2017, JCMH noticed that there was an increased need for hoarding services within their community and joined forces with two other organizations to help those with this disorder.

By providing psychoeducation, mental health treatment, clutter removal, housekeeping, meal prep, assistance with hygiene tasks, periodic deep cleaning, and yard work services, the partnership between Jefferson Center, Senior Reach, and Clutter Trucker helps individuals remain in their homes safely and independently, which contributes to their overall well-being.

Overall, the program contributes to the livability and inclusiveness of the community it serves by providing essential support services to older adults who may otherwise be at risk of eviction, homelessness, or poor mental health and physical health outcomes because of their cluttered environment.



golden
light bulb

SummitStone Health Partners

The Larimer County Harm Reduction Project

SummitStone's Harm Reduction Services build community-wide capacity to apply evidence-based harm reduction strategies amid growing demand. The program aims to prevent overdose deaths and avoid unnecessary and costly incarceration and/or hospitalization by providing access to support and treatment grounded in the principles of harm reduction. Some mechanisms used are:

- AcuDetox
- Rapid access to MAT
- A robust contingency management program
- Utilizing existing regulatory mechanisms to make methadone available in crisis and residential care
- System-wide implementation of harm reduction supplies distribution and training
- Making Narcan available at all SummitStone locations and distributing it throughout the community



Colorado Behavioral
Healthcare Council

Colorado's Community Mental Health Centers

Serving their Communities Through Care and Innovation