




# ANNUAL REPORT | 2016



## MENTAL HEALTH MATTERS

It is a reality that one in five of us will experience a mental health challenge at some point this year. Yet, less than one-third will actually seek professional help. For those adults or children who go untreated, the risks of dropping out of school, homelessness, addiction, or even suicide, increase.



Aurora Mental Health Center (AuMHC) is a private, non-profit organization that has been serving our community with a wide range of mental health services since 1975. Our proven programs help people heal and cope with mental health issues — from crisis situations to mild anxiety or depression. In addition, our highly qualified staff understand that there are many methods to help people through mental health challenges. We offer a full spectrum of care, including preventative care, as well as group and family counseling. It is our goal to help individuals find the services they desire to meet their needs.

### What you may not know about us

- We help educate the community on the realities of mental health through our many award-winning Mental Health First Aid training classes, available to adults and youth in Spanish and English.
- Our Speakers Bureau connects audiences with highly qualified and informative presenters.
- We work in partnership with organizations and community groups, and help people learn skills to succeed in finding employment and other life skills.

- There is a proven connection between emotional and physical well-being, and our wellness programs address emotional and general health, nutrition and diet, exercise and stress management to help people reach their wellness goals.

### You are not alone

At AuMHC we are committed to reducing the stigma around mental health, and we realize that taking the first steps to seeking help may be difficult. That's why we believe that more and better education is important. Learning how mental health affects people and communities can help people recognize when and how to take that first step. We also hope our efforts will encourage friends, families and neighbors to help their loved ones find help when they need it.

### Connect to care

We strive to make our programs as accessible as possible. We offer 29 specialty programs located in 14 counseling and specialized services centers in Aurora. We provide services in public schools, homes, county departments of human services, medical offices, jails, courts and other community locations.

Give us a call at **303.617.2300** or visit our website at **[www.aumhc.org](http://www.aumhc.org)**. We are here to serve our community, and we want to help you **Live Life to the Fullest!**

# A LIFE WELL LIVED

A family tragedy led Margie to walk through the doors of the Aurora Mental Health Center (AuMHC). She tried unsuccessfully to deal with her grief for years before seeking help and deciding to truly live again.

"I was apprehensive at first because I didn't know what to expect," Margie recalled. "But I was at a point where moving forward on my own just wasn't working. Had I known then what a saving grace the Center would be, I wouldn't have waited as long to go."

That's a sentiment many of AuMHC's clients repeat once they see their lives turning around. "It's a true family," Margie emphasized.

"Every person I have met supports you and treats you as an individual and helps you deal with your unique problems."

Margie was still involved with the Center when a second family tragedy occurred and she credits her doctors and support network at AuMHC for keeping her out of another dark place. "People think that asking for help is a sign of weakness, but it's not. It's the exact opposite – recognizing that you can't do it alone shows that you are stronger than you think."

Margie is happy and healthy today, and she is a huge advocate for AuMHC. She thinks it's never too late to live the life you deserve – a life to the fullest.

***"All I want is for others to know that there is help out there. If my story can change one life, then it's worth it."***

## To the Aurora Community,

Over the past four decades, Aurora Mental Health Center (AuMHC) has become an integral part of the Aurora community and we're working vigorously to improve the lives of those who call this home. Much of the support we provide helps individuals and families recover from life's setbacks, cope with mental health problems and become emotionally whole again. Just like our physical health needs tending to, so does our mental health — and AuMHC is here to help everyone attain and maintain good mental health and achieve the highest quality of life possible.

This report has information about our programs and services as well as the accomplishments of the past year. As we look to the year ahead, it is our intention to continue to provide important services, and to connect with our increasingly diverse and vibrant community.

I am forever grateful to our professional staff, amazing board of directors, and, of course, our volunteers — who we can never thank enough. As a private, nonprofit organization, we depend on your support. This annual report is to let you know that we're here for you and that we are working hard to maximize the funds our dedicated donors and supporters have entrusted to us. A special thank you to all of the clients for letting us into your lives for the past 41 years. It is our wish that you "Live Life to the Fullest!"

Sincerely,



Randy Stith, Ph.D.  
CEO & Executive Director  
Aurora Mental Health Center



## 41<sup>st</sup> Celebration & 10<sup>th</sup> Annual STUDENT ART CONTEST & SHOW

This year's theme:  
**"What Brings Joy to Your Life, or Happiness to Others?"**

At Aurora Mental Health Center's 41st Annual Celebration, we are pleased to host our 10th Annual Student Art Contest and Show. All are welcome.

We will honor all participating students and present awards to the winners.

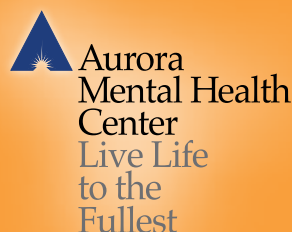
When: Wednesday, October 19, 2016  
5:00 p.m. Reception & View Art  
5:45 p.m. Program Begins

Where: Crowne Plaza Denver Airport Convention Center,  
15500 East 40th Ave., Denver

Cost: FREE

For details, call 303.617.2300 or e-mail:  
annualcelebration@aumhc.org.  
RSVP not required but appreciated.

Thank you to our contest sponsor:



# MENTAL HEALTH FIRST AID

Mental Health First Aid is a one-day, eight-hour certification course open to anyone who wants to better understand mental illness and know what to do to help someone experiencing a mental health crisis. Adult and youth classes are available in English and Spanish.



*"I was really happy to come and learn from the instructors, the class was really helpful. There are some people who suffer from mental illness in our community, and now I know how to help them."*

- Khin

To learn more, visit [www.aumhc.org/events](http://www.aumhc.org/events) email [communityeducation@aumhc.org](mailto:communityeducation@aumhc.org) or call 303.617.2300.

## 2015-2016 FINANCIALS AND DEMOGRAPHICS

### DEMOGRAPHICS

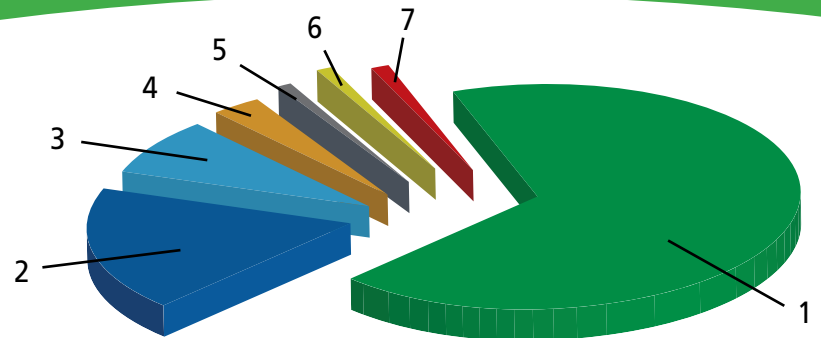
Total Clients Served 20,555

Gender	# of People	Percentage
Female	11,273	54.8%
Male	9,282	45.2%

Ethnicity	# of People	Percentage
American Indian / Alaskan Native	179	0.9%
Asian	705	3.4%
Black / African American	3,741	18.2%
Multi-Racial	1,595	7.8%
Native Hawaiian / Pacific Islander	27	0.1%
White / Caucasian	13,435	65.4%
Hispanic	5,626	27.4%
Other	870	4.2%

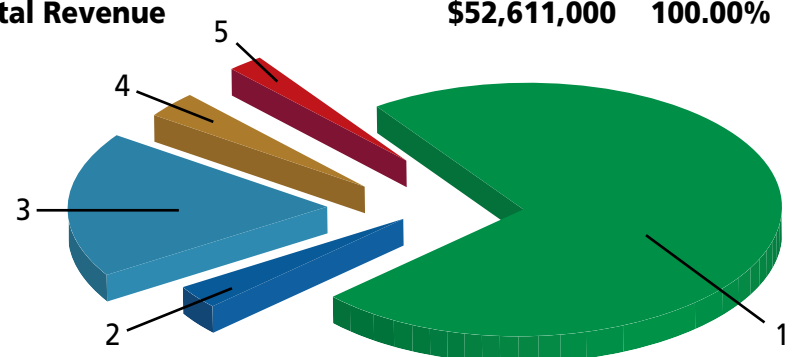
Age Group	# of People	Percentage
0 - 3 years old	439	2.1%
4 - 11 years old	3,379	16.4%
12 - 17 years old	3,503	17.0%
18 - 30 years old	4,223	20.5%
30 - 59 years old	7,453	36.3%
60+ years old	1,558	7.6%

- 70.1% of our clients are living at or below the federal poverty guidelines.
- 13.8% of our clients do not have health insurance.
- On any given day, there were 93 students spread among our 14 different sites.



### REVENUE

1. Insurance/client billing	\$34,633,000	65.83%
2. Other contracts & donated	\$11,761,000	22.35%
3. State of Colorado	\$5,090,000	9.67%
4. Arapahoe County	\$774,000	1.47%
5. Adams County	\$53,000	0.10%
6. Federal Block Grant	\$65,000	0.12%
7. City of Aurora	\$235,000	0.45%
<b>Total Revenue</b>	<b>\$52,611,000</b>	<b>100.00%</b>



### EXPENDITURES

1. Salaries/Benefits	\$39,827,000	75.70%
2. Occupancy	\$1,778,000	3.38%
3. Operating	\$10,437,000	19.84%
4. Hospital/Client	\$1,741,000	3.31%
5. Capital Reserves Added (Used)	\$(1,172,000)	-2.23%
<b>Total Expenditures</b>	<b>\$52,611,000</b>	<b>100.00%</b>

## BOARD MEMBERS

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Live Life to the Fullest

# THANK YOU TO OUR GENEROUS DONORS

In 2016, we received generous contributions and grants from **441** individuals, corporations and foundations. Through their generosity, we can continue serving the community. Their gifts demonstrate a commitment to keeping people mentally healthy through innovative programs and services. We also wish to acknowledge the tireless efforts of the **515** volunteers and interns who so generously contributed **23,295** hours of their valuable time. We thank them all for their kindness and dedication.

## Bronze (up to \$100)

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Carla Steele  
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Harriet Stern  
Rachel Stewart  
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Lisa Merzbach  
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Trisha Portnoy  
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Bob Seckman  
Miles Smith  
Deborah Stafford  
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Arapahoe House  
Asian Pacific Development Center (APDC)

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Aurora Federal Credit Union  
Aurora Public Schools  
CeDAR  
Cherry Creek School District  
Community Reach Center  
Kunding, Corder & Engle, P.C.  
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National Western Stock Show  
Alfonso and Rachel Nunez  
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Randy and Shirley Stith  
Suss Buick GMC  
Swigert International School  
Tolin Mechanical  
Gregg and Kat Torres  
University of Colorado Hospital  
Ed and Pat Van Bramer

## Platinum Plus (\$2,001+)

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Aurora Warms the Night  
Citywide Banks  
Larry and Carol Davila  
EON Office  
Field Entertainment  
Chryl Gausman  
Homelessgear.org  
Metro Community Provider Network  
Nelnet  
Ruth Ryan  
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Colorado Department of Local Affairs- Housing  
Colorado Dept. of Public Health and Environment  
Colorado Division of Vocational Rehabilitation  
Colorado Health Foundation  
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Temple Hoyne Buell Foundation  
The Anschutz Foundation  
The Colorado Health Foundation  
The Denver Foundation  
US District Court Probation  
US Department of Health and Human Services- SAMHSA  
US Veterans Administration  
Walmart Foundation

- 1 **Viewpoint Plaza Counseling Center/ Administration**  
1105 East Bethany Drive
- 2 **North Center**  
1646 Elmira Street
- 3 **Hampden Center**  
14302 East Hampden Avenue
- 4 **Alameda Center**  
10782 East Alameda Avenue
- 5 **Providers' Resource Clearinghouse (PRC)**  
14500 East 33rd Place
- 6 **Community Transitions Center**  
1391 & 1400 Chambers Road
- 7 **Intercept Center**  
16905 East 2nd Avenue

- 8 **Fitzsimons Center**  
2206 Victor Street
- 9 **Galena Center**  
1504 Galena Street
- 10 **Asian Pacific Development Center**  
1537 Alton Street
- 11 **Chambers Center**  
791 Chambers Road
- 12 **Smoky Hill Center**  
20971 East Smoky Hill Road
- 13 **Aurora Youth Options/ Aurora Strong Resilience Center**  
1298 Peoria St.
- 14 **PATH/Aurora Warms the Night Center**  
1544 Elmira St

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