

2021 MILE HIGH BEHAVIORAL HEALTHCARE ANNUAL REPORT



Mile High
Behavioral Healthcare

MESSAGE FROM OUR CEO

Community is at the heart of everything we do at Mile High Behavioral Healthcare. It centers us as we live through the second year of the pandemic, mental health concerns on the rise and calls for racial justice, diversity, equity and inclusion—as well as the uncertainty of what the endemic looks like in our state and for our agency.

Though we cannot be assured of what the future holds, we can be clear and confident in our mission, to provide a caring, seamless continuum of behavioral healthcare to those in need. We remain rooted in our vision to empower individuals to shape healthy, viable, complete lives and communities.

As I lead this organization into 2022, I share in amazement of how well our staff and peers have come together, ensuring there was never a gap in services for our clients and guests, despite high stress and what felt like impossible barriers. The team advocated to provide for those who depend on MHBHC for their sobriety, mental health needs, emergency shelters, child care and education, support groups, therapy, community resources and so much more. The integrity of the staff and peer teams at MHBHC is the glue that holds the agency together and I am beyond proud of each and every one of them. The team demonstrated safety, integrity, advocacy and empathy and I respect all of the hard work that is brought to MHBHC every day.

Our community rallied around us to ensure sustainability and through the generous donations from our grant funders and donors, MHBHC was able to thrive and serve more community members than ever before. Our Board of Directors was responsive and remained connected through one of the hardest times in history. We are thankful to each of you and look forward to additional growth to serve more community members in 2022 which could not be possible, without your support.

In our 2021 Annual Report, you will read about the many efforts we undertook to confront the most devastating public health crisis of our lifetime — including an update of the progress of our programs and the goals they have set to accomplish this upcoming year. We will continue to serve, with tenacity. We are hopeful for continued engagement, growth and will remain adaptable and fluid in the needs our community depends on us to provide. We are hopeful you will continue to pursue this journey with us!

Cheers,



Robert "Bob" Dorshimer
Chief Executive Officer
Mile High Behavioral Healthcare



OUR STORY



OUR MISSION

Provide a caring, seamless continuum of behavioral healthcare to those in need.

OUR VISION

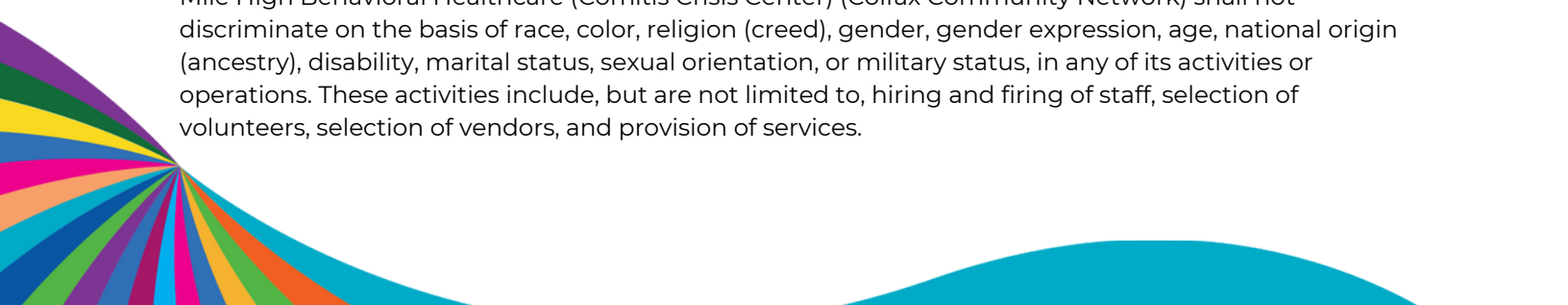
Empower individuals to shape healthy, viable, complete lives and communities.

OUR GUIDING PRINCIPLES

EMPATHY
RESPECT
CARING
AUTHENTICITY
SAFETY
STABILITY
RESPONSIVE
INTEGRITY
SUSTAINABILITY
ADVOCACY
CONNECTION & COMMUNITY

NON DISCRIMINATION POLICY

Mile High Behavioral Healthcare (Comitis Crisis Center) (Colfax Community Network) shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers, selection of vendors, and provision of services.



OUR LEADERSHIP

- **ROBERT “BOB” DORSHIMER, MAED, CAS** - CHIEF EXECUTIVE OFFICER
- **AMY HENDERSON, MACC** - CHIEF FINANCIAL OFFICER
- **JESSICA COURTNEY, MA, LPC** - CHIEF CLINICAL OFFICER
- **ROCHELLE NADEAU, MA** - DIRECTOR, HOUSING SUPPORT TEAM - HOST
- **ZANE GUILFOYLE, LPC, LAC, ACS, MAC, ADS** - DIRECTOR, PUBLIC HEALTH
- **ANNA MILLER** - DIRECTOR, BUSINESS DEVELOPMENT AND PUBLIC RELATIONS
- **COURTNEY WILLIAMS** - DIRECTOR, IT AND OPERATIONS
- **CANDACE LARUE** - SPECIAL ASSISTANT TO CEO

OUR BOARD OF DIRECTORS

- **Sam Cordovano, CPA**, President
- **Bob Bruce**, Vice President
- **Rodney Bellendir, CPA**, Treasurer
- **Christopher Zaleski**, Secretary
- **Pamela Clifton**
- **Julia Condolora**
- **Alison Coombs**
- **Susan Harris, CPA**
- **Ethel Monroe**
- **Mimi Castelo**
- **Nancy Sheffield**



OUR FUTURE

In 2018 the Family First Prevention Services Act (FFPSA) was signed into law as part of Public Law and has several provisions to enhance support services for families to help children remain at home, reduce the unnecessary use of congregate care, and build the capacity of communities to support children and families. The law was implemented in October of 2021, Nationwide. It enables states and territories to use funds for prevention services, such as:

- Evidence-based mental health programs
- Substance abuse prevention and treatment
- In-home parent skill-based programs
- Kinship navigator programs



Anticipated site of The Family Preservation Program

A lot of work is being done in Colorado to plan for the many changes and implementation of FFPSA and MHBHC is steadfast in providing a continuum of care that best suits the families we serve. In 2022, Mile High is engaged in the hope of expanding a Family Preservation Program that will offer parenting classes, case management, individual and family therapy, family nights, after school programming including a STEM lab, a drop in center for teenagers, a food pantry as well as many other services to help preserve families and strengthen and empower self-sufficiency. We are keeping our fingers crossed that we will be awarded ARPA funding from Adams County to complete this much needed project! Please join us in advocating and reach out to the Adams County City Council in support of these efforts at 720.523.6100.

OUR FUN



HER SUCCESS



Susan's story of success and hope has fueled a fierce desire to share with others how she changed her life through perseverance, and the resources and connections provided by Mile High Behavioral Healthcare.

Raising three children, being a wife, all while working full-time building her high profile career with her type A personality, she wanted to "have it all". However, Susan was neglecting her personal needs and masking the need for personal growth through drinking. Often consuming so much alcohol it would impair her memories and would leave her waking up each morning not remembering what happened the night before. She began neglecting her family and work to self-medicate, sending her into a cycle of abuse. Susan was a high functioning alcoholic, however, as her stress levels increased with all of the demands placed on her, so did her drinking. Alcohol became more important to her than anything else. Susan was in a relationship with a substance, she had hit rock bottom.

There was an ultimatum. Susan's husband came to her after her drinking became invasive and habitual and told her that he would no longer raise their children in a home with an alcoholic. As Susan reflects back, she notes "how much courage this took for him to take a stance".

A year prior to this, Susan had ordered a book surrounding Alcohol and Addiction but had tucked it into her night stand, not yet ready to take control of her addiction. When her husband told her something needed to change, Susan went to that night stand, pulled out the book and said through tears, "This is the direction I want to go". Susan immediately entered a six-week rehab to start battling her addiction. This was a life changing and amazing experience for her. She was fighting. Susan became sober in 2009. When she left rehab, she knew that she would need continued after-care resources and support. She began attending a woman's group that utilized space inside one of Mile High Behavioral Healthcare's buildings. Susan was impressed at the generosity of MHBHC to lend space to assist those in the community in any forum that works for their sobriety. Susan became involved quickly in giving back to her community, supporting programming and sharing resources for those that were on the journey that she completely understood. Susan joined the MHBHC Board of Directors and has been a huge advocate and very generous supporting partner of the recovery programs MHBHC offers. Susan shares that it is vital to stay connected to robust recovery resources or "after-care" programs including seeing a therapist, checking in with a mentor, group meetings, exercise programs, spiritual studies and reflection, etc., while you are navigating your sobriety. Mile High has a variety of groups and activities to keep yourself engaged specifically through the Transcend programs.

Because Susan recognized and admitted that her family and health were more important to her than her addiction, with time she was able to repair the relationships that were once fractured with her children and husband, and shares that she is very close with her family today. Susan would tell those just starting or struggling in the recovery process that "every day you are sober your life gets better. There was a time when I did not believe that. I am here to tell you, I can guarantee that with sobriety, you have a chance to experience a life better than you can ever imagine. I still have difficult days, the normal ups and downs of life still happen, but now I have healthy tools and resources to cope with anything life throws at me!"

Life without addiction to alcohol, drugs or anything else, is true freedom!!!

HIS SUCCESS

As a former engineer, working on a Defense Contract for the United States Air Force and US Veteran who served for almost 10 years as a Staff Sergeant, Tony knew success. Like many, the Covid-19 pandemic created barriers for people across the globe.

Tony became homeless. Knowing he had to find stability and get back on his feet, he researched the Mile High Behavioral Healthcare program, Comitis Crisis Center. Tony knew that there were many others also experiencing homelessness and unfortunately did not make the "lottery" which is held monthly to secure a bed in the program, an emergency adult shelter providing housing, clothing, meals and a warm place to stay for month-long increments, allowing people to reestablish consistent housing and employment.



Tony had received services at the Aurora Day Resource Center and had shown interest in the culinary collaboration between MHBHC and Housed Working and Healthy (HWH) which helps people return to independent living and be self-sufficient. This model is partner based and encompasses housing, mental health services, workforce training and employment. Tony showed continued interest in the culinary program as "my love has always been cooking, it is relaxing and tests your patience." This perseverance got Tony a bed at Comitis as well as a spot in the HWH culinary program. Immediately, his team saw his great passion for creating food and his undeniable leadership skills with his peers. Tony completed the program successfully and was hired by an Executive Chef of a former Michelin Star Restaurant at Corinne located in The Le Meridien Hotel in downtown Denver.

General Manager, Tobias Burkhalter said "Tony is fantastic! He is self-driven, polite, very focused and passionate. He is a great leader in our restaurant".

Tony attributes this success to his self-determination, hard work and the support he received from the Comitis staff. "It was hard asking for help", Tony said "Life happens. One minute you are successful and one day you can lose it all. The skills and support I received from Comitis got me this far and the intent of the program helped to make me self-sufficient again." Tony was able to secure his own housing and now has his own apartment in Lakewood, he is saving money and always looks for the positives in this journey.

Tony tells others that may feel helpless or discouraged "remember that a temporary problem does not become a permanent solution- you just have to keep trying and being the best that you can."

Sabrina Hayes, Program Manager of The Comitis Crisis Center has worked closely with Tony through his trials and tribulations and shares "Tony was never prideful, he asked a lot of questions. He trusted the process. He has been full of gratitude and frequently sends email updates to let us know how he is doing." Tony smiles when saying that he has a "debt of gratitude to the Comitis team, they did for me what others couldn't".

Tony looks forward to growing his culinary skills, mentoring others that have experienced homelessness and giving back to the community that supported him.

The Comitis Crisis Center houses The Emergency Adult Shelter, Transitional Family Shelter, Emergency Family Shelter, Transitional VA Shelter and works in conjunction with the Aurora Day Resource Center.

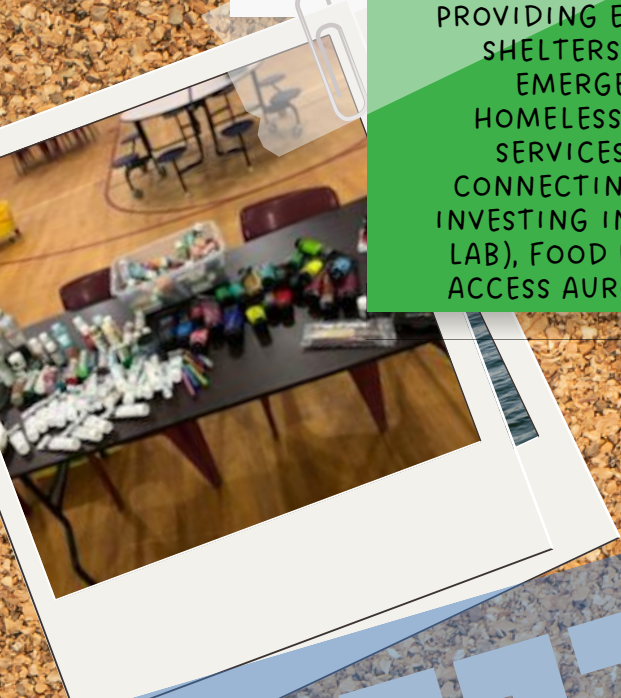


Mile High Behavioral Healthcare

HOUSING SUPPORT

HOST Programs

PROVIDING EMERGENCY & TRANSITIONAL ADULT AND FAMILY SHELTERS, A TRANSITIONAL VA SHELTER, COLD WEATHER EMERGENCY ACTIVATION FOR THOSE EXPERIENCING HOMELESSNESS, DAY SHELTER OPEN DAILY, EMPLOYMENT SERVICES, HYGIENE, HOT MEALS, HOUSING ASSISTANCE, CONNECTING FAMILIES TO RESOURCES, PARENTING CLASSES, INVESTING IN YOUTH IN THE COMMUNITY (INCLUDING A STEM LAB), FOOD RESOURCES AND RESPONDING TO CALLS MADE TO ACCESS AURORA, THROUGH THE STREET OUTREACH PROGRAM.



Goals for 2022

OPEN NEW FAMILY PRESERVATION PROGRAM TO INCREASE SERVICES FOR THE FAMILIES FIRST PRESERVATION ACT

INCREASE CORPORATE GIVING OF GOODS AND SERVICES FOR THE COMMUNITY

INCREASE COMMUNITY INVOLVEMENT AND PROVIDE ADDITIONAL TRANSITIONAL HOUSING

Successes 2021

EXPANDED SHELTERS THROUGH THE PANDEMIC AND PROVIDED VACCINES & HEALTH CLINICS FOR THE COMMUNITY SERVING OVER 4,200 PEOPLE IN 2021

PROVIDED IN PERSON CLASSROOM INSTRUCTION EVEN WHEN PUBLIC SCHOOLS WENT REMOTE

PARTNERED WITH THE CITY OF AURORA TO PROVIDE HOTEL SERVICES AS THE EMERGENCY WEATHER SHELTER MAXED OUT CAPACITY





LGBTQ+ PROGRAMMING

Denver Element

LGBTQ+ COMMUNITIES HAVE LONG BEEN KNOWN FOR THEIR RICHNESS AND COLOR. IT IS THESE COMMUNITIES WE ARE HONORED TO BE A PART OF AND ALSO WHO WE SERVE. OUR PROGRAMS ARE OUTWARD FOCUSED WITH THE INTENT OF ENRICHING THE WORLD WE LIVE IN, CREATING A HEALTHIER MORE EMPOWERED COMMUNITY.



Goals for 2022

REMODEL NEW ELEMENT SPACE FOR SERVICE GROWTH

CREATE NEW FUNDRAISING EVENT

EXPAND CLIENT ACCESS BY 50 PEOPLE

Successes 2021

STARTED SEVERAL NEW COMMUNITY GROUPS

INCREASED SOCIAL MEDIA PRESENCE

MET ALL CONTRACT DELIVERABLES THROUGHOUT THE PANDEMIC





Mile High
Behavioral
Healthcare

GENDER SPECIFIC PROGRAMMING

Aspen Miracle Center & Miracles

ASPEN MIRACLE CENTER AND MIRACLES ARE DESIGNED FOR WOMEN WITH A GOAL OF HELPING THEM LEARN TO CARE FOR THEMSELVES. CLASSES OFFERED INCLUDE: LIFE SKILLS, JOB READINESS, PARENTING, HEALTHY RELATIONSHIPS, COOKING, YOGA AND QUILTING TO SUPPORT SOBRIETY AND RECOVERY, A PLACE OF SISTERHOOD WHERE THEY ARE ACCEPTED AND UNDERSTOOD, THESE PROGRAMS OFFER COMPASSIONATE GUIDANCE IN A WOMAN'S LIFE.



Goals for 2022

REMODEL AND UPDATE
FACILITIES

UPDATE ZONING TO INCREASE
MOTHERS AND BABIES SERVED

INCREASE EVIDENCE BASED
PROGRAMMING TO STRENGTHEN
FAMILIES

Successes 2021

CONTINUED RESIDENTIAL
SERVICES DESPITE OUTBREAKS OF
COVID-19

INCREASED GRANT
FUNDING

INCREASED FUNDRAISING EVENTS

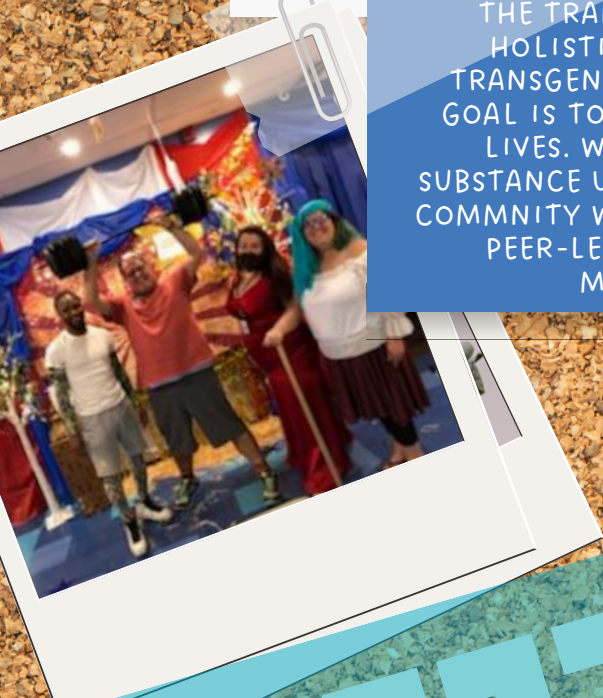




Transgender
Center of
The Rockies

Transgender Center of The Rockies

THE TRANSGENDER CENTER OF THE ROCKIES PROVIDES HOLISTIC GENDER-AFFIRMING SERVICES TO SUPPORT TRANSGENDER AND GENDER-EXPANSIVE INDIVIDUALS. OUR GOAL IS TO EMPOWER YOU TO LIVE WHOLE AND AUTHENTIC LIVES. WE PROVIDE SOCIAL-EMOTIONAL SUPPORT AND SUBSTANCE USE TREATMENT FOR THE ADULT COLORADO TRANS COMMUNITY WITH CLINICAL GROUPS, INDIVIDUAL COUNSELING, PEER-LED SUPPORT GROUPS, EMPLOYMENT, PREP CASE MANAGEMENT AND COMMUNITY EVENTS.



Goals for 2022

DOUBLE CLIENT CAPACITY

CREATE TCR SIGNATURE FUNDRAISING EVENT

ESTABLISH INDEPENDENT 501(C)3

Successes 2021

TRANS DAY OF REMEMBRANCE HAD RECORD NUMBER OF ATTENDEES

MARSHA'S CLOSET-ACCESS FOR GENDER AFFIRMING CLOTHING

BINDER PROGRAM STATRUP: 50+ BINDERS PROVIDED FOR CLIENTS





Transcend

AFTER-CARE PROGRAMMING

Transcend

AT TRANSCEND, THE AFTER PROGRAM OF MILE HIGH BEHAVIORAL HEALTHCARE, WE HELP YOU ON YOUR ROAD TO A SOBER LIFE. YOU WILL DEVELOP RELATIONSHIPS THAT PROVIDE SUPPORT, FRIENDSHIP, LOVE, AND HOPE THROUGH PEER SUPPORT AND CONNECTION. WE ENCOURAGE, WE LISTEN, WE HOLD YOU ACCOUNTABLE. WE OFFER MOTIVATION, INSPIRATION, AND A STRONG FOUNDATION FOR YOU TO MOVE FORWARD. YOU WILL LIVE IN YOUR TRUTH AND FIND PURPOSE TO CREATE AND SUSTAIN CHANGE.



Goals for 2022

SOBER NEW YEARS EVE FUNDRAISING EVENT

INCREASE PARTICIPATION AT MONTHLY COMMUNITY DINNERS

INCREASE ENGAGEMENT IN THE COMMUNITY TO EXPAND SERVICES

Successes 2021

MAINTAINED SOBER ACTIVITIES THROUGH THE PANDEMIC

12 FULL TIME PEERS TO ENGAGE THOSE THRIVING IN RECOVERY

CREATED RELATIONSHIPS WITH NEW DONORS AND FOUNDATIONS



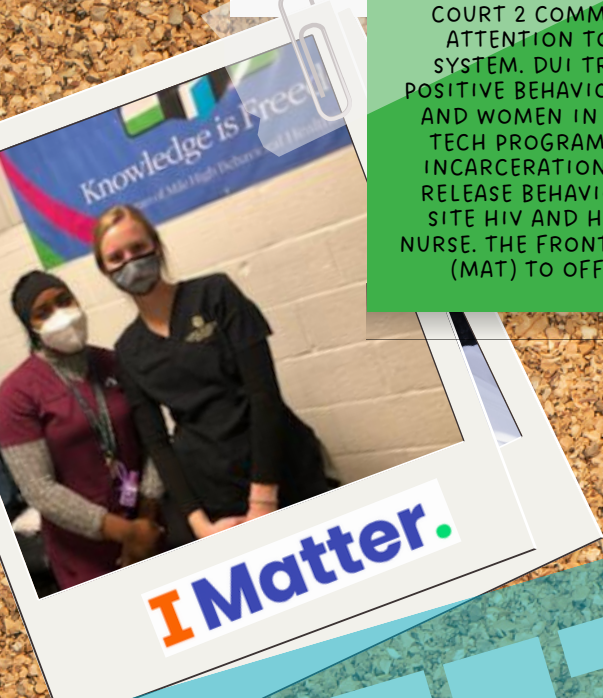


Mile High Behavioral Healthcare

OUTPATIENT PROGRAMMING

Court 2 Community, RISE, DUI Treatment, Knowledge is Freedom (KIF) & MAT Clinic

COURT 2 COMMUNITY CLINICAL TREATMENT PROGRAMS THAT PROVIDE SPECIAL ATTENTION TO THE NEEDS OF THOSE INVOLVED WITH THE CRIMINAL JUSTICE SYSTEM. DUI TREATMENT ALIGNS REALISTIC THINKING WITH HEALTHIER, MORE POSITIVE BEHAVIORS. THE RISE PROGRAM INCLUDES PEER-TO-PEER GROUPS FOR MEN AND WOMEN IN THE DENVER COUNTY JAIL WITH CO-OCCURRING DISORDERS. THE TECH PROGRAM IS FOR 18-30 YEAR-OLD MEN AND WOMEN AFTER RELEASE FROM INCARCERATION TREATMENT, EMPOWERMENT, COMMUNITY, HELP PRE-AND POST-RELEASE BEHAVIORAL HEALTHCARE. KNOWLEDGE IS FREEDOM (KIF) PROVIDES ON-SITE HIV AND HEPATITIS C TESTING, AS WELL AS WOUND CARE FROM A LICENSED NURSE. THE FRONT RANGE CLINIC PROVIDERS USE MEDICATION ASSISTED TREATMENT (MAT) TO OFFER A WHOLE-PATIENT APPROACH TO THE TREATMENT OF RISKY SUBSTANCE USE CHALLENGES.



I Matter.

Goals for 2022

STRENGTHEN OUTREACH AND PARTNERSHIPS- POST PANDEMIC

EXPAND SERVICE MODALITIES

INCREASE TRAINING FUNDS TO STAY COMPETITIVE WITH UNIQUE WORKFORCE

Successes 2021

PARTNERED WITH SIGNAL FOR IMATTER PLATFORM FOR YOUTH THERAPY

SERVED IN PERSON THERAPY IN INSTITUTIONS WHEN OTHER PROVIDERS WENT VIRTUAL

OVER THE PAST YEAR, KIF HAD 12 INDIVIDUALS SUCCESSFULLY DISCHARGE FROM SUBSTANCE USE TREATMENT INTO SAFE AND STABLE HOUSING



In 2021 , MHBHC was approached to join a community partnership in Summit County (City of Frisco) called "The Healing Hub".

MHBHC will be providing behavioral healthcare, intense case management and will be "the option for people who don't have options". The amount of Colorado residents in Summit County that have a high acuity of mental health needs and require services is at an all time high.

MHBHC is partnering with 6 other agencies to bring services to this rural area. In early spring 2022, MHBHC will begin providing crisis intervention, resources, crisis therapy and much more! With six staff on board running these new services we will continue to provide healing to all Colorado residents.

MHBHC is honored to be a part of this expansion and partnership!

PARTNERSHIP



Summit County, Colorado

OUR RESPONSE

Covid-19 brought challenges to the entire globe. While everything in our day to day lives changed, there was a greater need for services. Overnight, MHBHC transformed into a life saving reprieve for many Coloradans.

The response was immediate. Our CEO spent sleepless nights researching how to get supplies and when that failed because of non-availability, he learned how to create concoctions that would benefit staff and clients to remain safe. Our team was in person and working with those who had no other resources. MHBHC went into action with the help of many donors, volunteers, foundations and grantors.

To highlight the amazing work of our teams, we will be publishing a special "Covid-19 Impact Report" in March 2022 to tell the stories of the devastating impact this had on our state and the true grit that it took our staff to keeping working toward a goal, overcoming many challenges and sticking together, even in the hardest times. We look forward to sharing this Impact Report with you soon!



THANK YOU TO OUR DONORS AND GRANTORS FOR MAKING

our lives sparkle!



MHBHC stands behind all of those affected by the fires.

If you or somebody you know needs help call our peer warm line 720-256-6525

