



2022

MILE HIGH BEHAVIORAL HEALTHCARE ANNUAL REPORT



Mile High
Behavioral
Healthcare

A MESSAGE FROM OUR CEO



To our valued donors, volunteers and stakeholders,

Mile High Behavioral Healthcare has undergone a remarkable year in 2022. We've pursued our vision to become Colorado's leading service provider by expanding our services and service locations to meet all people where they are at! 2022 welcomed back many of our in person fundraisers including the Miracles Fashion Show, which was a huge success. We also held our first annual gala at Rancho Vaya Con Dios where our entire event was underwritten, meaning all funds raised went directly into services.

One of the most profound changes over this past year has been the successful purchase of the Family Preservation Center in Aurora made possible by Adams County, the City of Aurora, ARPA funding and Colorado Access. The building is currently under massive renovation. Like nothing else in Colorado, this state-of-the-art program is slotted to open in May of 2023 and will serve youth, adolescents, and their families.

Whole Person Care is Healthcare. Mile High Behavioral Healthcare provides integrated healthcare services to support our clients on their path to becoming stronger, healthier, and self-sufficient. We have added a physician's assistant to our staff who provides a supportive space for physical exams, wellness checks, care for minor illnesses and injuries, gender-affirming care, basic psychiatric medications such as antidepressants, and MAT treatment. We are committed to offering a friendly healthcare clinic, we put the client first without stigma or judgment. We believe it is essential that our clients recognize the importance of wellness, health, and sexual health, so we offer public health education and gender-affirming care for adults and adolescents. We empower adolescent clients to engage in gender-affirming healthcare and treatment for physical health, mental health, and risky substance use by providing non-judgmental education on the importance of health and wellness. By providing holistic gender-affirming services to support transgender, non-binary, and gender-expansive individuals, we enable individuals to live their most authentic lives. Pre-Exposure Prophylaxis or PrEP is commonly known as the HIV prevention pill. We offer resources about PrEP, prescriptions, and in-clinic follow-ups.

MHBHC continues to provide warm meals, showers, hygiene items, case management, and shelter for those experiencing homelessness. We facilitated multiple cold weather activation events in 2022, ensuring the safety and warmth of our guests.

Our pregnant and postpartum women have new expansions coming to their homes, enabling us to serve even more mothers and children, breaking the cycle of addiction and abuse.

At MHBHC food and food insecurities are a big deal. Not only do we provide meals for our guests and clients but our staff as well, serving over 200,000 plates of food in 2022!

2023 is shaping up to be another exciting year for MHBHC and we look forward to having you all on this life-changing journey with us. We thank you for your continued financial support, and countless hours spent volunteering and believing in our mission; to provide a caring, seamless continuum of behavioral healthcare to those in need.

WHO WE ARE

VISION

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

MISSION

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

OUR GUIDING PRINCIPLES

THESE FUNDAMENTAL VALUES ARE AT THE HEART OF MILE HIGH BEHAVIORAL HEALTHCARE—THE ORGANIZATION, THE BOARD, THE LEADERSHIP AND THE STAFF. THEY ARTICULATE THE IDEALS WE ASPIRE TO, THE CONVICTIONS WE HOLD OURSELVES ACCOUNTABLE FOR, AND OFFER GUIDANCE ABOUT HOW WE CARRY OUT OUR MISSION.

EMPATHY

RESPECT

CARING

AUTHENTICITY

SAFETY

STABILITY

RESPONSIVE

INTEGRITY

SUSTAINABILITY

ADVOCACY

CONNECTION AND COMMUNITY

NON-DISCRIMINATION POLICY

MILE HIGH BEHAVIORAL HEALTHCARE (COMITIS CRISIS CENTER) (COLFAX COMMUNITY NETWORK) (MHBHC RESIDENTIAL) 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 VISION MAKERS

BOARD OF DIRECTORS

SAM CORDOVANO- PRESIDENT

NANCY SHEFFIELD- VICE PRESIDENT

RODNEY BELLENDIR-TREASURER

JULIA CONDOLORA-SECRETARY

MIMI CASTELO, PH.D

PAM CLIFTON

ALISON COOMBS

ETHEL MONROE

CHRISTOPHER ZALESKI

LEADERSHIP TEAM

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, MA, LPC-DIRECTOR, PUBLIC HEALTH

APRIL OWEN, PSYD-DIRECTOR, TRANSGENDER CENTER OF THE ROCKIES

ANNA MILLER- DIRECTOR, BUSINESS DEVELOPMENT AND PUBLIC RELATIONS

CANDACE LARUE-SPECIAL ASSISTANT TO CEO

DIVERSITY, EQUITY & INCLUSION

WE BELIEVE. WE ARE COMMITTED. TO BUILD AN EQUITABLE COMMUNITY. TOGETHER. WE ARE COMMITTED TO MAKING MILE HIGH BEHAVIORAL HEALTHCARE AND THE COMMUNITIES WE SERVE EQUITABLE FOR ALL. Diversity, equity, and inclusion are fundamental to our core values and beliefs. We are committed to creating an environment where all individuals feel safe, welcomed, valued, heard, and respected. As we witness so many acts of racism, homophobia, transphobia, and xenophobia in our communities, this commitment is more important than ever. We stand in solidarity with BIPOC, LGBTQ+, and other marginalized communities. We encourage our people to discuss these all-too-prevalent issues with the leadership team, one another, and the MHBHC Employee and Client Equity Council. We also believe that Colorado is strongest when everyone has a voice and a vote, and we encourage and empower our staff and clients to exercise their right to cast a ballot. We stand against efforts that may prevent anyone from fully participating in our democracy. We know our words and actions alone are not enough to bring about broader change, so we work to enact change at a higher level through advocacy and education. We empower individuals daily to shape healthy, viable, complete lives and communities. Many challenges lie ahead in Colorado, and we are committed to being part of the solution today.

For tomorrow.

Family Preservation Center

Made possible by Adams County, the City of Aurora, ARPA funding, BOMA (Denver Metro Building Owners and Managers Association) and Colorado Access, the Family Preservation center will provide needed information, resources and services, we work alongside adults, children, adolescents and parents to help them see their value. We offer many tangible resources to lighten emotional and financial burdens and to encourage stability.

The Family Preservation Center will offer a new Adolescent program and will be the new site of Colfax Community Network (CCN). We will offer parenting classes, case management, individual and family therapy, experiential therapy (pottery, recording studio, a stage for children's theater, etc.) family nights, after school programming including a STEM lab, drop in center for teenagers, a food pantry as well as many other services to help preserve families and strengthen and empower self-sufficiency.

The building is currently undergoing renovations to become a state of the art facility. We look forward to inviting you all to the ribbon cutting later this year!



HOST-HOUSING SUPPORT

Comitis Crisis Center provides emergency & transitional adult and family shelters, a transitional VA shelter, and a cold weather emergency activation for those experiencing homelessness. The Aurora Day Resource Center is a day shelter which is open everyday providing employment services, hygiene, hot meals, and housing assistance. The HoST Team connects families to resources, provides parenting classes, invests in youth in the community (including a STEM lab), provides food resources and responds to calls made to Access Aurora, through the street outreach program.



Successes

Increased outreach teams

Increased individuals and families served

Whole person client care increased

Goals

Increase access to behavioral healthcare

Open the Family Preservation Center

Improve data tracking



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STREET OUTREACH

The Aurora Street Outreach Team connects with those experiencing homelessness but not accessing Comitis or Aurora Day Resource Center services. The team meets these individuals where they are, typically at homeless encampments. The Outreach Team builds rapport with the individuals and supports them in accessing resources available through Comitis for shelter or housing. Through its close working relationship with the City of Aurora, MHBHC can view and respond to calls made to Access Aurora—a citywide hotline to report homeless encampments in Aurora. Last year, outreach workers provided over 850 service connections to individuals not currently accessing services.



Successes

Hosted several resource fairs bringing in community partners to provide additional resources

Increased donations of needed supplies for our guests

Educated many media and news outlets surrounding the Aurora Camping Ban

Goals

Increase effective use of HMIS with case management

Increase Street Outreach specific training

Increase tangible resources in the Street Outreach van



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DENVER ELEMENT

LGBTQ+ communities has long been recognized 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.

Successes

Increased visibility through strong community engagement

Participated in several PRIDE events

Added new groups



Goals

Increase the NXT adolescents program

Increase medical and behavioral health services

Improve demographics



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BEE THE VIBE- KIF

A program of Mile High Behavioral Healthcare, Bee The Vibe provides harm reduction resources for safer sex and safer drug use in metro Denver and Summit County. Bee The Vibe offers Colorado residents free educational sessions, fun events, and a safe space to truly be yourself and BEE the vibe! The services offered are: Free rapid HIV/HCV testing available, at-home STI test kits, Safer sex and drug use education, resources, and supplies, case management and resources to help create individual harm-reduction action plans, one-on-one and group coaching led by a Prevention Peer Specialist with lived experience, community outreach and education through events and social programming through social media.

Knowledge in Freedom (KIF) provides on-site HIV and Hepatitis C testing, as well as wound care from a licensed nurse. Whether you visit us at our office, or need mobile support, we are happy to meet you where you are. Through skill-building resources and evidence-based programs, we are here to help you heal.

Successes

1M+ views on TikTok

Bee the Vibe launched and started running services out of their new building on Kalamath in Denver

Started running several weekly groups which grew in attendance



Goals

- Continue to expand partnerships
- Increase harm reduction resources
- Increase activity in community events



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TRANSGENDER CENTER OF THE ROCKIES - TCR

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.



Successes

Successful fundraising events

Increased community engagement

Increased prevention services

Goals

Focus on team training

Increase medical and behavioral health services

Increase outreach



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ASPEN MIRACLES 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.

Successes

Increased fundraising

99 mothers and babies served

Increased activities



Goals

Complete remodels to serve more people

Step down apartments for graduated woman and their children

Improve building security



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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.



Successes

Increased community dinners

106 program graduates

Successful in person graduation ceremony

Increased peer groups

Goals

Implement Circle of Parents groups

Begin Adolescent services at our new Family Preservation Center

Utilize peers on crisis team



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COURT 2 COMMUNITY, RISE, DUI TREATMENT, & 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.

Successes

Increased engagement post release

71 clients graduated from probation

Strong county partnerships



Goals

Increase outreach

Integrate the Summit County team

Continue to create and strengthen partnerships



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SUMMIT- INTEGRATED CARE

Our new Summit County clinic offers access to a full continuum of care. Through a partnership with Summit Wellness Hub and Front Range Clinic, the team supports individuals on their recovery journey—from trauma, substance use, mental health challenges, and housing instability. Because of their unique location, we are launching experiential groups which will include hiking, fishing, ropes courses, snow shoeing as well as many other Colorado mountain outdoor activities to bring a different approach to each person's needs to live a healthy, enjoyable life.

Successes

Opened the new Summit County clinic

Peer program was launched

Began relationships in Summit County to help meet the community needs



Goals

Strengthen partnership with probation

Begin in person DUI treatment

Launch experiential groups (hiking, fishing, etc.)



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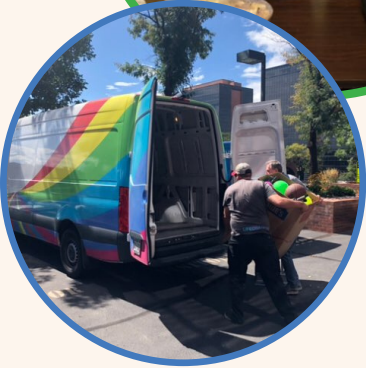
2022 BY THE NUMBERS

3547

TOTAL GUESTS SERVED THROUGH HoST

1270

CLIENTS SERVED IN BEHAVIORAL HEALTHCARE



50

BABIES BORN TO SOBER MOTHERS IN RECOVERY

55

EMERGENCY OVERNIGHT ACTIVATIONS AT ADRC

36

GUESTS SUCCESSFULLY HOUSED



Mile High Behavioral Healthcare

BIG CHANGES IN 2023!

2023 brings big changes to MHBHC so we are able to continue serving Coloradans with a whole person care approach, meeting people right where they need us!

Trauma Informed Experiential Groups

Getting back to "life" after the pandemic has created major mental health concerns throughout our state. We believe giving the people we work with a sense of "self" through experiences is a natural way to find community and work through life's struggles. All locations will begin offering experiential groups in 2023!



Mile High Behavioral Healthcare

Medical Services

We now have not only a PA but also an RN on our team to provide psychiatric care, basic primary care & MAT (Medicated Assisted Treatment) services to all MHBHC clinical clients.

Adolescent Division

In the new Family Preservation Program (opening 2023) we will be expanding services to adolescents in the community, ages 13 to 24, providing a drop in center, meals, therapy services and experiential groups.

GET IN TOUCH



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INFO@MHBHC.ORG



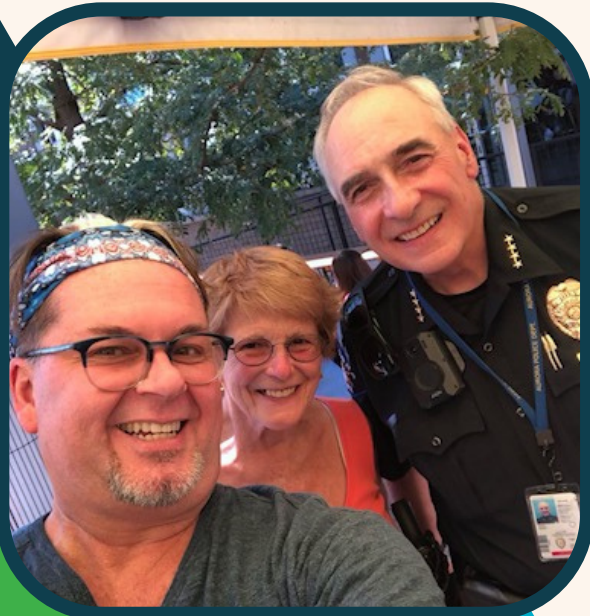
WWW.MHBHC.ORG



PO Box 919, Aurora, CO 80040



Thank You



Thank you to our countless, donors, volunteers and stakeholders. It is because of you we are able to continue serving our guests! We invite you join us again in 2023 as we grow and expand services!

We are so thankful for each of you!



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