

**"I was treated here with dignity, honor, value and respected as an equal. Thank you for making me a 'healthier me'."**

Artwork by Rabbitt, Former Client

# May is Mental Health Awareness Month

## The Women's Recovery Center

GIVING HOPE AND SECOND CHANCES

- A 90-day residential drug and alcohol rehabilitation program exclusively for women
- One of few programs in Colorado that allows young children to stay with their mothers
- There were **37 SUCCESSFUL GRADUATIONS** in 2018, representing 3,790 total days of intensive treatment for our graduates

## The New West Springs Hospital

WORLD CLASS PSYCHIATRIC CARE AND HOSPITALIZATION ON THE WESTERN SLOPE

- The new hospital **DOUBLED OUR CAPACITY** (64 beds) to provide inpatient psychiatric care for the Western Slope
- Designed with the patient's best interests in mind, the new hospital provides a comfortable, dignified healing experience
- Together we raised 17.75 million dollars to build the new West Springs Hospital

## Youth Resiliency Program

PREPARING YOUTH FOR LIFELONG SUCCESS

- A curriculum for middle school students that uses the principles of positive psychology to identify and nurture character strengths and build emotional resilience
- Promoting the 'Wait Till 8th' pledge: a nation-wide, research-based campaign to delay smartphone use until age 14

## Outpatient Services

THE HIGHEST QUALITY THERAPY AND PSYCHIATRIC SERVICES, WHERE YOU NEED THEM MOST

- We operate 12 outpatient clinics across 10 Colorado counties covering a 23,000 square mile service area
- Aspen, Craig, Eagle, Frisco, Glenwood Springs, Granby, Grand Junction, Meeker, Rangely, Steamboat Springs, Vail, Walden
- In fiscal year 2018 our inpatient, outpatient and crisis locations:
  - Provided **188,851** total services
  - Treated **23,947** total individuals
  - Clocked **176,834** service hours

**Mind Springs Health and West Springs Hospital at work in our communities**

## Program Innovations

PUSHING THE BOUNDARIES IN MENTAL HEALTH

- Phase Based Care  
Implementing new treatment protocols to provide appropriate individual and group therapies based on the acuity of symptoms
- Expanding Telehealth  
Increasing access to mental health services for rural Coloradans through telecommunications technology
- Addressing Opioid Addiction  
Offering Medication Assisted Treatment (MAT) in a medically-monitored setting to manage withdrawal symptoms

## Mental Health First Aid

RESPONDING TO A MENTAL HEALTH CRISIS SHOULD BE THE SAME AS RESPONDING TO A HEART ATTACK

- Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you identify, understand and respond to signs of addiction and mental illness
- Mind Springs Health plans to **DOUBLE** the number of people on Western Slope that receive Mental Health First Aid training

## Together we can change the way the world sees mental health - Donate Now

Personal  Business  Foundation Business/Foundation Name \_\_\_\_\_

I/We wish to be anonymous

Name(s) \_\_\_\_\_

Mailing Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Contribution  \$1000  \$500  \$250  \$100  \$50  Other \$ \_\_\_\_\_

Cash  Check (Please make check payable to Mind Springs Health)

My employer will match my gift

Credit Card  
Donate online at BuildingSanctuary.org or complete the information below

I would like my contribution to support:

Card # \_\_\_\_\_

Area of greatest need

Exp. \_\_\_\_\_ CVV # \_\_\_\_\_

Local outpatient office \_\_\_\_\_

Billing Address \_\_\_\_\_

Program innovations

Other \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I would like to make my gift  
 In honor of  In memory of

Name(s) \_\_\_\_\_

Please send notice of my gift to:

Name(s) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

## Thank You!

Contributions to Mind Springs Health. (Tax ID # 84-0625890) are charitable under section 501(a) of the internal revenue code as an organization described in section 501(c)3. Payments must be received before the end of the calendar year to be eligible for a tax deduction for that year. There is no maximum contribution amount.