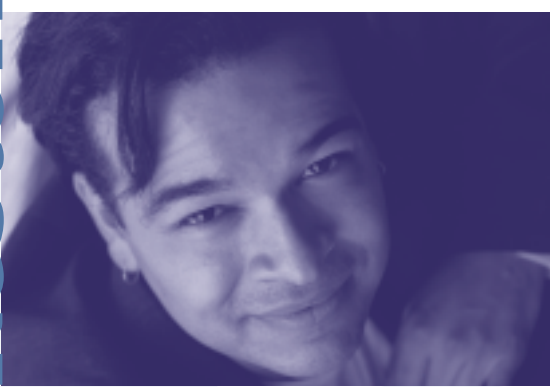


Restoring Lives Renewing Hope



Jefferson Center
for mental health

2005 Annual Report

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Letter to Our Community

For nearly 50 years, Jefferson Center for Mental Health has been proud to serve as the heart of community mental health services in Jefferson, Clear Creek and Gilpin counties. Through our innovative treatment services, educational activities, prevention programs and partnerships, Jefferson Center has been able to touch and change the lives of nearly a quarter of a million people throughout our community.

Recognizing that many individuals and families who need mental health services still go unserved, we at Jefferson Center are energized to meet that challenge. We are making the most of our resources to strengthen our core services to help the recovery of those who have a mental illness, to develop innovative programs that reach and engage all parts of our community, and to offer solution-focused services that can serve more people who have no where else to turn. We use evidence-based programs and treatments that are proven to be effective, and we are expanding our community partnerships to help extend our prevention and early intervention services to more individuals and families.

Last year we served nearly 5,300 individuals facing some of life's toughest challenges. Additionally, through our many educational and community outreach activities, we reached many thousands more. We couldn't have done it without the hard work and dedication of our talented staff...the tireless energy of our board of directors...the strong collaborative partnerships we enjoy with valued community organizations...our generous funders and donors... and the ongoing support of our entire community. Thank you!

*Harriet Hall, Ph.D
Chief Executive Officer*

*Arne Beck, Ph.D
Chairman of the Board*

Restoring Lives

The primary goal of Jefferson Center for Mental Health's Senior Reach program is to support older adults who are isolated and may be in need of general and/or mental health services. Many at-risk older adults do not self-refer and are reluctant to access traditional mental health services. As a result, this population does not often come to the attention of the mental health and aging service delivery systems that could help them. Poor health, loss of loved ones, increased social isolation due to lack of mobility, depression, Alzheimer's disease and financial problems can all contribute to the inability of some older

adults to cope and remain independent in their own community.

"Sadly, older adults in need of mental health services often fall through the cracks without community outreach," said Teresa Legault, Program Director of Senior Reach. "The new Senior Reach program is meant to address that issue." This collaborative project is made possible by a federal grant, SAMHSA—Substance Abuse and Mental Health Services Administration.

Senior Reach case management specialists provide a continuum of care for seniors who may be in need and train community members in recognizing the signs of a senior in distress.

Vast in scope, Senior Reach encompasses three agencies (Jefferson Center, Seniors' Resource Center, the Mental Health Center Serving Boulder and Broomfield Counties) serving five counties. The program maximizes community resources by bringing together community volunteers and partners who serve as gatekeepers to connect those in real need with services and support.

Still in its infancy the program has been introduced to a number of seniors who now have access to a wealth of services and assistance that helps them to maintain their independence and health. And, while most older adults over 60 may not need the program for more than two months, it is set up to provide short and long-term emotional and physical support and connection to community services.



The Heart of Mental Health Services

Since 1958 we have helped almost a quarter of a million people by promoting a better quality of life and fostering recovery for people with mental health disorders and problems.

As a private not-for-profit mental health center, Jefferson Center has a broad mix of services to meet the needs of residents in Jefferson, Gilpin and Clear Creek counties: core services like case management, residential and employment programs that help individuals with severe and persistent mental illnesses reach their full potential; 24 hour/7day/week evaluation and intervention emergency services; special programs for children, adolescents and families that include individual and family therapy, case management and in-home services; adult services to improve lives through treatment and skill-building, and services for older adults that include community outreach and peer support. Our services are provided through 20 clinical locations in our three county service area, in addition to schools, nursing homes, senior centers and other partner locations throughout our community.

Jefferson Center Board of Directors

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President, ForwardThink Strategies, Ltd.

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Educator, Psychotherapist

Jeanne Nicholson
Gilpin County Commissioner

Colleen Rea
Attorney, Ford and Harrison

► Two-thirds of all people with ment

Renewing Hope

Jefferson Center's Summit Center provides employment opportunities to adults with serious mental illness to increase their ability to be self-sufficient. The continuum of services is customized in terms of each member's individual work history, employment readiness, and personal interests. The Center's three components consist of Transitional Employment (TE), Supported Employment (SE) and Independent Employment (IE).

Prior to employment, clients are provided help with all aspects of the job search including interviewing, resume writing, career exploration and job coaching. Transitional Employment placement consists of a part-time or short-term entry-level job with a local employer recruited by the Summit Center. The job opportunities provide members with a chance to learn on-the-job skills, (re)build work history, develop references, and gain a sense of accomplishment; employers are guaranteed 100 percent work-time by the client or the client's employment counselor and side-by-side job training.

"This [program] is an excellent example of a win-win-win, the library gets a quality worker, Summit Center sets up the work experience and the new employee gets work experience. We all benefit!" said Brett Lear of the Jefferson County Lakewood Library, a nine-year program participant.

Permanent job placements are pursued for Summit Center members who are high functioning and may already have prior work experience. An evidence-based model, Supported Employment has demonstrated positive outcomes in assisting adults with severe mental illness to both obtain and sustain competitive employment. Many Summit Center members eventually move to Independent Employment, some with continuing support from Summit staff and members.



Providing the Opportunity for a Satisfying, Hopeful & Contributing Life

Jefferson Center has extensive ties to the business community through its Transitional and Supported Employment programs. Employment counselors work with employers to develop suitable short and long-term employment opportunities and to support them on an ongoing basis once members are placed or hired. Jefferson, Gilpin and Clear Creek county businesses have shown that an investment in the community truly begins at home. Thank you to the following businesses that have provided job opportunities to Jefferson Center consumers.

- Barnes and Noble Booksellers
- Blue Spruce Pharmacy
- Blockbuster
- Chinook Clubhouse, MHCBC
- Colorado Division of Vocational Rehabilitation
- Colorado Knitting Company, LLC
- Coors Recycling Center, Coors Brewing Company
- Denny's
- Denver Public Schools
- Family Tree
- Fat City
- Fish Window
- Jefferson County Lakewood Library
- Jefferson Center for Mental Health
- Kong Company
- Wheatridge Pharmacy

al disorders do not seek treatment.

Individualized Care



It takes a village to raise a child and Jefferson Center's Early Intervention Services brings those words to life. In a true community effort Jefferson Center's Early Intervention Services program teams with community partners to provide the best parenting services possible, including an evidence-based, 16-week group parent education class called The Nurturing Parent Program.

"Everyone was honest when they identified whether they were being nurtured, were the nurturer, or a victim and how that affects their parenting," a participant of the Early Intervention Services at Jefferson Center said. "We trust one another."

The importance of play, empathy, parenting skills, and interaction with

children is emphasized. In addition to support from parent educators, parents receive support from other parents and have mentioned that they enjoy "talking about our child's development and brain development," and "like being there for each other." Professionals coach, give guidance and communication tips to parents as they interact with their children.

The Nurturing Parent class is not just for parents, including teen parents, it's for kids too. The kids are present at each and every class. Started in late 2005, this collaborative program has enrolled more than 35 parents, including teen parents, and children per class. Thanks to support from the Colorado Children's Trust Fund, parents graduate from the class with new skills and an increased awareness of their child's needs.

Changing Lives, Saving Lives

We can't do it alone. Jefferson Center would like to acknowledge the following foundations, corporations, and government agencies for their generous support. Without the substantial assistance from these organizations throughout the past year, many essential programs that serve children, youth and adults with mental health issues would not be available to the people who need them the most.

We also want to express our sincere gratitude for the numerous individual donations that have come to the Foothills Mental Health Foundation, the Jefferson Center's Endowment and to the Center itself.

- Caring for Colorado
- City of Arvada Community Development Block Grant
- City of Westminster Community Development Block Grant
- CO Department of Public Health and Environment - Colorado Children's Trust Fund
- CO Department of Public Health and Environment - Tony Grampas Youth Services
- CO Department of Public Health and Environment - TGYS Youth Services Tobacco Initiative
- CO Division of Criminal Justice - Juvenile Assistance Block Grant
- CO Division of Housing - Emergency Shelter Grant
- Colorado Health Foundation (formerly HealthONE)
- EL Pomar Foundation- Youth In Community Service Program
- Foothills Mental Health Foundation
- Herman & Ethel Horwich Charitable Trust
- Homeless Prevention Activities Program (Colorado Trust)
- Jefferson County Community Services Block Grant
- LMC Community Foundation
- Mile High United Way
- Rose Community Foundation
- SAMHSA - Community Collaborations to Prevent Youth Violence
- SAMHSA - Older Adults Gatekeeper Program
- Temple Hoyne Buell Foundation
- The Colorado Trust Youth Suicide Prevention Initiative
- The Denver Foundation
- VALE - Victim and Witness Assistance and Law Enforcement

► 4 of the 10 leading causes of disability for person



Building Independence

Growing up and making the successful transition into adulthood can be hard for any young person in today's culture. And, it's particularly challenging when you're young and struggling with a mental illness. Sometimes a specialized place to turn to is needed, such as Jefferson Center's The ROAD.

This award-winning drop-in center has been successfully helping youth ages 15-22 find their way in life. Struggling with a number of hardships, diagnosed with bipolar disorder and forced to leave his home, Joe* couldn't even begin to think about his future or what he wanted to do with his life. He became involved with The ROAD to try to get control and gain knowledge about his disorder.

On the outside, The ROAD looks like any house in this residential neighborhood, but inside it caters to the specific behavioral, social and support needs of young people. After coming to The ROAD, Joe started regular therapy, allowing him to gain confidence and stability. Then he completed an Independent Living Skills class. As the only youth drop-in resource center of its kind in the metro area, The ROAD provides at-risk young adults with a safe and drug-free environment where they can build healthy relationships, get a job, a GED, or even attend college as Joe eventually did. Being able to access services at The ROAD reduces the stigma often associated with receiving mental health services.

The ROAD works with Tri-County Workforce and the Department of Human Services to ensure that The ROAD's young adults have access to comprehensive, effective, and meaningful services.

* not his real name



Accessible, Responsive and Effective

Jefferson Center is committed to excellence in mental health care and is eager to adopt new evidence-based practices that offer state of the art treatment with demonstrated positive outcomes.

Jefferson Center employs over 300 people; professional clinical staff provide a variety of treatment options and supportive services to help each individual client achieve life-enriching goals to overcome and/or manage their mental illness. Currently, a number of evidence-based programs are offered including:

- Functional Family Therapy
- Dialectic Behavioral Therapy
- Cognitive Behavioral Therapy
- Nurturing Parenting Program
- Supported Employment
- Multi-Systemic Therapy
- Integrated Dual Diagnosis Treatment

ns 5 years and older are mental health disorders.

Giving Back to Community



Making a Difference for the Investment

Jefferson Center takes pride in providing services that are focused on prevention, intervention, treatment and recovery and are accessible and close to where a consumer lives, works or goes to school.

We're dedicated to providing each consumer with a comprehensive, community-based system of care and maintain partnerships with many community agencies. Through our affiliations each Jefferson Center consumer receives the care that best fits their needs. Our ties to the community are varied and help consumers to receive comprehensive services or build relationships and give back to the community through collaborative efforts.

Thanks to all our partners, including:

- Clear Creek County Human Services
- Clear Creek County School District
- Colorado Division of Mental Health
- Crisis Intervention Training (CIT)
- Developmental Disabilities Resource Center
- Family Tree
- Federation of Families
- First Judicial District, Probation Department
- Foothills Behavioral Health
- Gilpin County Human Services
- Gilpin County School District
- Intervention Community Corrections Services
- Jefferson Alliance for Mentally Ill (JAMI)
- Jefferson County Department of Health and Environment
- Jefferson County Department of Human Services
- Jefferson County Family Support Network
- Jefferson County Juvenile Assessment Center
- Jefferson County Justice Services
- Jefferson County Public Schools
- Metro Community Provider Network (MCPN)
- Seniors' Resource Center
- Stride
- The Mental Health Center Serving Boulder and Broomfield Counties
- Tri-County Workforce
- WECAN

Learning a new skill, helping other people and feeling a sense of achievement is the foundation of the Community Volunteer component of the Center's Community Bridges program.

"Jefferson Center's Community Bridges program is an excellent example of partnership in the community," said Jeanne Fischetti, director of volunteers, Metro Denver Habitat for Humanity. "We enjoy that our sites bring together people from all walks of life and that Jefferson Center clients are learning job skills while providing Habitat with greatly needed weekday volunteers."

Through the Community Bridges program, more than 16 programs in the community are beneficiaries of Jefferson Center consumers' time and effort. Consumers decide which community organizations to support, ranging from Habitat for Humanity to Food Bank of the Rockies.

Whether it's helping to stock and clean merchandise for the Habitat Outlet store or working side by side with professional carpenters, plumbers and architects, consumers feel a sense of purpose in giving back to others. In fact, in 2005 Jefferson Center consumers helped to complete two homes, one of which was deemed zero energy and

designed by the National Renewable Energy Laboratory (NREL).

Other components of Community Bridges making a big difference for consumers and the community include Community Bridges — Faith Community and Community Bridges — Law Enforcement.

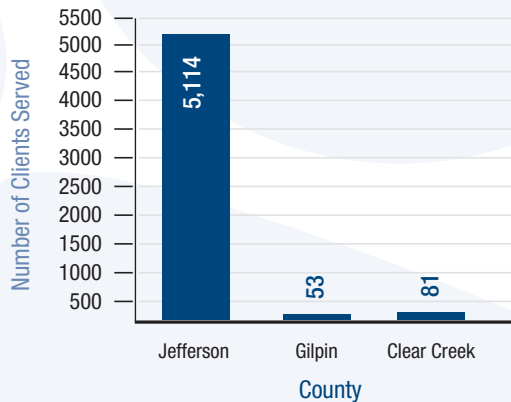


► More than 100,000 people in Jefferson County s

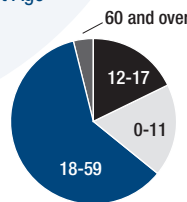
Demographics



Client Count by County



Client Age



Diversity of Service

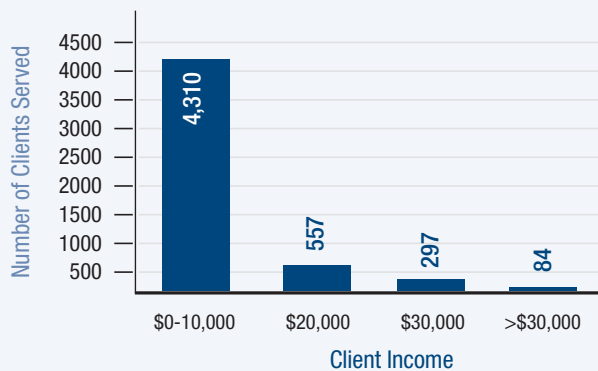
In fiscal year 2005 Jefferson Center provided a wide-range of community-based services for 5,300 individuals of all age groups.

Services are available to individuals with emotional problems, psychiatric emergencies or mental illness such as schizophrenia, bi-polar disorder, major depression, or seriously and emotionally disturbed children/adolescents and families at-risk. Jefferson Center employees have expertise in specialty areas such as children and family issues, adults with serious mental illness, suicide prevention, early intervention, juvenile justice, crisis management and trauma treatment.

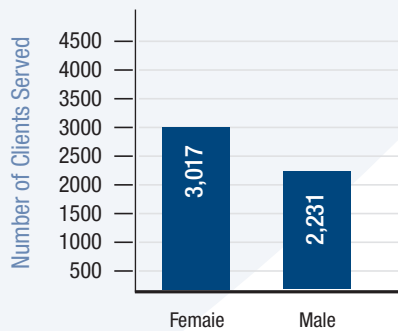
Services include:

- 24-hour emergency and crisis
- Individual, group and family outpatient counseling
- Consumer-run services
- Senior services outreach and peer counseling
- Psychiatric and medication services
- Early intervention services
- Day treatment
- Hospital alternative programs
- Vocational assistance and skills training
- Transitional and supported employment
- School-based services
- Case management
- Advocacy and benefits
- Residential programs
- Respite care
- Suicide prevention

Client Income



Client Count by Gender



By emphasizing recovery we focus on increasing individuals' abilities to cope successfully with life's challenges, offering hope and support, not just the management of symptoms.

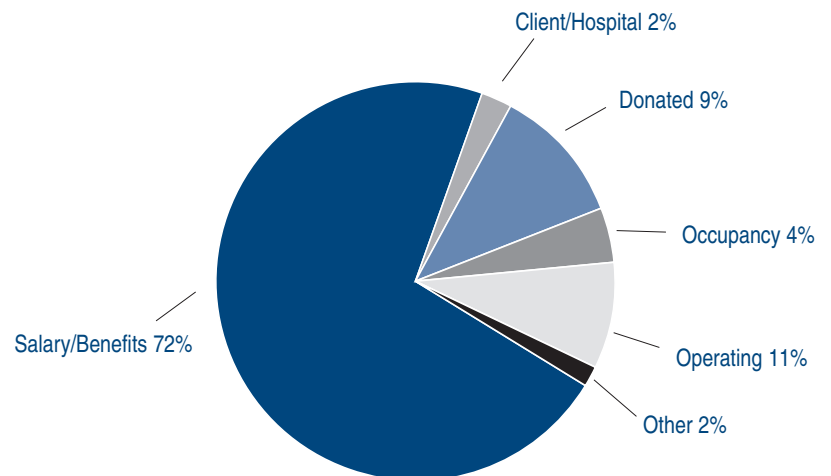
struggle with mental illness in any given year.

Fiscal Responsibility

FY 2005 Revenue

	\$	%
Client Fees/Third Party	663,692	3.56
Division of Mental Health	2,282,016	12.25
Donated	1,532,957	8.23
Medicaid Capitation	11,748,157	63.07
Medicaid Fee For Service	391,203	2.10
Non Operating Income	489,287	2.63
Other Contracts	471,343	2.53
Other Government	1,048,140	5.63
Total	\$18,626,795	

FY 2005 Expense



Locations

Access and Emergency Center

9485 West Colfax Avenue
Lakewood, CO 80215

Website: www.jcmh.org
24-hour number: (303) 425-0300
Toll free: 1(800) 201-5264
TDD Hearing Impaired: (303) 432-5049

Administration

5265 Vance Street
Arvada, CO 80002

Carr Street Office
1675 Carr Street, Suite 215N
Lakewood, CO 80214

Juvenile Assessment Center*
1200 Johnson Road
Golden, CO 80401

Sobesky
2001 Hoyt Street
Lakewood, CO 80215

Cedar Office
9808 West Cedar Avenue
Lakewood, CO 80226

MCPN* (Metro Community Provider
Network)
8500 West Colfax
Lakewood, CO 80215

Sobesky Academy Elementary Program
11025 West Glennon Street
Lakewood, CO 80226

Clear Creek Community Service Center
1531 Colorado Blvd.
PO Box 3669
Idaho Springs, CO 80452

Mount View Youth Services*
7862 West Mansfield Parkway,
Lakewood, CO 80215

South Office
9200 West Cross Drive, Suite 421
Littleton, CO 80123

CrossRoads*
2080 Kline Street
Lakewood, CO 80215

North Office*
5265 Vance Street
Arvada, CO 80002

Summit Center
3810 Pierce Street
Wheat Ridge, CO 80033

Evergreen Office
28577 Buffalo Park Road, Suite 250
Evergreen, CO 80439

Residential Facilities:
5 throughout Jefferson County

Tri-County Workforce*
730 Simms, Suite 300
Golden, CO 80401

Families Together
9485 West Colfax
Lakewood, CO 80215

The ROAD
10000 West 21st Avenue
Lakewood, CO 80215

TurnAbout*
7862 West Mansfield Parkway
Lakewood, CO 80215

Gilpin Mental Health Services
2960 Dory Hill Road, Suite 100
Blackhawk, CO 80403

School-Based Health Centers*
12 school-based centers throughout the
three-county area.

Westminster Office
9101 Harlan Street, Suite 130
Westminster, CO 80031

JERP (John Eachon Re-entry Program)
1651 Kendall Street
Lakewood, CO 80214

Senior Reach*
1675 Carr Street, Suite 215N
Lakewood, CO 80214

West Colfax Office
9485 West Colfax Avenue
Lakewood, CO 80215

* Collaborative Service Locations

Get Involved— Support Jefferson Center Today!

Volunteer!

Many of our programs benefit from the commitment and contribution of our volunteers, an integral part of the Jefferson Center Team. Interns, consumers, family members and community volunteers serve on boards and advisory committees, provide administrative support, mentor youth consumers, serve as translators for consumers and/or therapists, and provide childcare for parents participating in parenting classes. For information about current volunteer opportunities, contact Beau Bienvenu, Volunteer Coordinator at (303) 432-5092 or volunteer@jcmh.org.

Participate in the Policy Action Network!

Jefferson Center's Policy Action Network (PAN) is a great way to get involved in your community and promote mental health. Members of the PAN establish and maintain positive relationships with elected officials and other decision makers to promote adequate resources and improve the lives of community members. Jefferson Center provides PAN members with up-to-date information about pending legislation and issues related to mental health. By working together to be a voice for mental health, we can make a real difference! For more information, contact Mindy Klowden, Development Manager at (303) 432-5170 or development@jcmh.org.

Donate!

Jefferson Center is committed to providing access to quality, cost-effective services to all those in need. However, we need your help to do it!

Government support in the form of state funds and Medicaid reimbursement are diminishing, private foundation funding cannot be relied on for long-term support, and the limited amount of dollars that consumers can provide do not cover the full costs of services. Earnings from Jefferson Center's Endowment will be used to provide mental health services for those in need who do not have health insurance or other private resources.

If you'd like to find out more about our foundation's Building Futures presentation or help expand Jefferson Center's Endowment Circle and donor base please contact Judy Albers, Foothills Mental Health Foundation Executive Director at (303) 432-5163 or judya@jcmh.org.

You can help us fulfill our mission by making a tax-deductible gift today!



Jefferson Center
for mental health

Website: www.jcmh.org

24-hour number (303) 425-0300

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