For Mind Springs, it is a comprehensive array of mental health and substance use disorder services spanning all levels of intensity of care, a framework that guides day-to-day decision making and offers a leadership vision for the future.

It means no matter who you are - where you live on the western slope, how old or young, rich or poor - there are services, treatments and levels of care available for all mental health and substance use disorder concerns, from mild to severe and persistent.

So, grab a paddle and journey with us on this Continuum of Care.
This multi-disciplinary team approach has been shown to reduce days in hospitals and/or jails and the need for a higher level of care for those with serious and persistent mental illness.

Law Enforcement

Community health workers go to people in their homes and the community to provide behavioral change assistance and therapy in decreasing inappropriate ER visits.

Social Services

Primary Care Practices

Elder Care

Hospital ERs

Community Therapists

Judicial System

Partnerships & Integration

Rapid Response Treatment Teams (R2T2)

Homeless Veterans Outreach

Community Care Management Teams

River of Prevention

Whole Health LLC begins its work

Training & Education

$150,000 savings in Health Care Costs

Through partnering with local, regional & state organizations, individuals and families are connected with a wide array of critical support.

Individuals were certified in Mental Health & Youth Mental Health First Aid, giving them the skills to recognize and respond to mental health crises.

300+

River of Prevention

River of Prevention

River of Prevention

$150,000 savings in Health Care Costs

At Home & In the Community

In 60+ Schools

Presentations and classes in Mental Health First Aid, How to Deal with Angry Employees, Elders & Depression and many more topics.

Assessive Community Treatment (ACT) Teams

The multi-disciplinary team approach has been shown to reduce days in hospitals and/or jails and the need for a higher level of care for those with serious and persistent mental illness.

300+

Community Care Management Teams

Students in elementary, middle, high school & colleges have a therapist in school to talk with.

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Western slope residents are supported in drug & mental health courts and through jail-based services.

Through partnering with local, regional & state organizations, individuals and families are connected with a wide array of critical support.

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Assisted living & nursing home residents and administrators benefit from specialized programs and case management consultations.

Whole Health LLC begins its work

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300+

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Whole Health LLC begins its work

Community health workers go to people in their homes and the community to provide behavioral change assistance and therapy in decreasing inappropriate ER visits.
Dear Friends,

What a great year FY2014 was for us in facilitating new mental health partnerships, services and programs for individuals, families and communities on the western slope!

During this past fiscal year, together we launched several new programs adding value and benefits, working hard to keep people mentally healthy and diverted from psychiatric hospitalization. The sole psychiatric hospital serving the western slope, West Springs Hospital, achieved a 30-day readmission rate of 7% compared to a national average of 19%. This means that people are not only getting better, they are staying better longer. Working closely with our outpatient services, our hospital team ensures a smooth transition upon discharge, seamlessly connecting people to continuing outpatient care. New, intensive outpatient services contribute to our low readmission rate while adding value to our community. Pressure is taken off of social services and law enforcement, who are often relied upon to provide transportation to the hospital.

In Grand Junction we have strengthened our focus on the homeless, partnering with local teen shelter “The House” as well as with the Mesa County Homeless Outreach Team (HCOT). Adding staff to specifically support and treat the homeless population adds value to all community life.

We have also deepened relationships with primary care and have created a new workforce called Whole Health Community Health Workers who function as “boots on the ground” for primary health care teams. These staff go to patients’ homes and foster behavioral change as a means to improve physical health. A primary goal is the reduction of unnecessary hospital emergency room use by these patients, and data indicates the program is working incredibly well. Not only are we seeing health care cost savings, people are getting healthier too.

Health care reform continues to develop across the country and our state, and we at Mind Springs Health and West Springs Hospital continue to see many opportunities to grow community value through deepened relationships. We are appreciative of the many partners we have and look forward to many new opportunities in the coming year as we ride the wave of health care change and community wellness together!

Sincerely,

Jerome Evans, PhD
Sharon Raggio, LPC LMFT MBA
Chairman, Board of Directors
President and CEO

Fiscal Year 2015 will bring a Crisis Stabilization Bed in Grand Junction and Respite services to all Mind Springs counties.

Crisis Services

24/7 Mental Health Hotline
1.888.207.4004

24/7 Mobile Response
Residents in all our 10 Counties are able to connect with a therapist anytime day or night.

Crisis Services Delivered, An Increase of 14%.

10,200 Residents in all our 10 Counties are able to connect with a therapist anytime day or night.

New Emergent Referral System
Expedites care to those in need.

River of Care

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Sincerely,

Jerome Evans, PhD
Sharon Raggio, LPC LMFT MBA
Chairman, Board of Directors
President and CEO
For those who need inpatient psychiatric hospitalization, either voluntarily or involuntarily, due to being gravely disabled or an imminent danger to themselves or others.

Remembering when I walked through these doors, I was done with life...never knew a stranger could offer so much kindness and the only thing in return want(ed) is for me to get better. I thought only family could care or love me like that. They opened my eyes and showed me that there is more out there. I said I was weak, they said no. I said I can’t do this anymore, they said I can. I don’t like to cry, they said let it out—it’s not good to hold in. I did not want to trust them, they said we’re here for you. Never knew a human I never met could care about me. I thought to myself how lucky I am. I may not be fixed by the time I leave but at least I know I have a fighting chance. I just believe. They said it’s going to be hard but if I want it it will happen. I have a new chapter in life thanks to some strangers I thought I would never meet. When they say there are angels on earth I did not believe until they took care of me for a week. Thank you for showing me to believe I am worth fighting for.

West Springs Hospital

For inpatients and outpatients...
Aspen - Free mental health checkups during Valentine’s week
Craig - Chairing the interdisciplinary Collaborative Management Program ensures Moffat County children receive the full spectrum of available support services
Eagle - Total Health Alliance participation increases awareness of prevention, care, & recovery services, and collaboration among partners
Frisco - Monthly lunchtime learning collaboratives for the community
Glenwood Springs - Families receive support navigating the system of care collaboration from our Family Peer Specialist
Grande - Relocating the office downtown improves ease of access to services
Grand Junction - The 6th annual Walk for Recovery highlighted recovery and peer creativity with art & musical performances
Meeker - Mental Health First Aid classes were underwritten for the community by multiple grants
Rangely - Middle and high schoolers receive onsite mental health support
Rifle - Community magic shows & karate classes increase adolescents’ discipline and focus
Steamboat Springs - 12 new hours per week of onsite psychiatry expands access and availability
Vail - Wyatt’s collaboration helps at-risk youth improve truancy rates and grade point averages
Walden - Partnerships with all county services and conveniently co-located within the county medical & social services building

Outpatient Services & Programs

- Same-day, Walk-in Access
- Individual, Group and Family Therapy
- Child & Adolescent-specific Programs
- Geriatric Programs
- Psychiatry
- Medication Management
- TeleHealth Network
- 25 Evidence-based Practices

Most Common Outpatient Diagnoses
1. Alcohol Abuse (#1 in FY13)
2. Post-Traumatic Stress Disorder (#2)
3. Major Depressive Disorder (#2)

Mind Springs Health

- River of Care
- Case Management
- TeleHealth Network
- 25 Evidence-based Practices

Medical Neighborhood

Our video TeleHealth Network connects clients to accessible psychiatric services, regardless of location of either client or psychiatrist
Depending upon location, between 20-30% of detox clients enter treatment, besting the State of Colorado's expectation by 800%.

Intensive & Extended Outpatient Therapy programs (IOP & EOP) allow patients the opportunity to live at home and work in the community while attending treatment.

Social Detox

In 5 Locations
- Aspen
- Frisco
- Grand Junction
- Steamboat Springs
- Vail

Case Management

Foundations for life-long sobriety are established through specific Evidence-based Practices.
The Clubhouse Program provides individuals with skills necessary to reenter the competitive workforce at their own pace and comfort level.

Vocational Rehabilitation
 Clients received an average of 264 hours personal support and direction.

Residential Rehabilitation
 A 90-day intensive drug and alcohol rehabilitation program and the only one in the state that is women-only and allows clients’ young children to stay with them during treatment.

River of Recovery
 Peer & Family Support
 Peer support programs provide opportunity for consumers who have achieved significant recovery to assist others in their recovery journeys.
 Peer specialists model recovery, teach skills and support those experiencing mental health challenges lead meaningful lives in the community.

Families Services
 Education, understanding, encouragement. Support groups available for children, adolescents and/or adult family members of West Springs Hospital patients during hospitalization or on-going.

River of Recovery
 Peer Services
 A place for recovery, empowerment, fun and friendship, a place to hang out, receive support & reassurance and engage in meaningful work. Membership is free and open to anyone with mental health issues.

The Oasis Clubhouse
 Member enjoyed over 10,200 hours during FY14.

Case Management
 Social Club & Vocational Services
 Peer support programs provide opportunity for consumers who have achieved significant recovery to assist others in their recovery journeys.
 Peer specialists model recovery, teach skills and support those experiencing mental health challenges lead meaningful lives in the community.
### Revenue

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<th>Description</th>
<th>Amount</th>
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<tr>
<td>Total Revenue</td>
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<td>State Mental Health Contract</td>
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### Expenses

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<td>Non-Governmental Contracts and Other</td>
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<tr>
<td>Total Non-Governmental Revenue</td>
<td>$5,904,539</td>
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We are guided by 3 boards, with the separate governance for outpatient offices and the hospital reporting to the Mind Springs Inc. Board of Directors.

Sharon Raggio, LPC  LMFT  MBA
President & CEO
Bonne Wasli
Chief Financial Officer
Kim Boe, ACHE  MM  HRM
Vice President, West Springs Hospital
Tish Starbuck, RN  MHA  ACHE
Vice President, Mind Springs Health
Jules Rosen, MD
Chief Medical Officer

Suzanne Sloan
Director of Development
Cresslyn Flynn
Director of Marketing
Simon Charles
Director of Information Technology
David Hayden, LPC  A Pump
Director of Quality & Compliance
Karen Chomicki
Director of Human Resources

Tom Gangel
Regional Director
Krista McClintock, MS  LPC
Regional Director
Michelle Hov, LAC  LPC  CAC III
Regional Director

None Are More Talented or Dedicated Than Our Amazing Staff

Wentright with one organization is rarely heard of these days, especially in behavioral health care. We appreciate and thank these employees who celebrated milestones with us this past fiscal year.

LONGEVITY WITH ONE ORGANIZATION

- Don Pennington | IT Manager
  26 Years
- Don Mattsley | Maintenance Technician
  40 Years
- Maija Maki | Data Coordinator
  11 Years
- Krista McClintock | Regional Director for Pitkin, Eagle & Garfield Counties
- Tom Gangel | Regional Director for Routt, Moffat, Summit, Grand, Jackson & Rio Blanco Counties
Honor Roll of Donors

Our donors played a vital role in the expansion of our many community benefits. They have recognized the importance of the work we do and it is equally important that we acknowledge their thoughtful contributions. We sincerely thank the generous individuals, businesses, foundations and organizations who made contributions to us this past fiscal year July 1, 2013 to June 30, 2014.
We strive to recognize our donors accurately and in accordance with individual preferences. Please inform us of any errors and accept our apologies for any oversight.
Mission
To provide access to quality mental health and substance abuse services, enhancing recovery and resilience in individuals, families and communities.

Vision
We envision health and wellness in our communities.

Values
• Strength created through local Partnerships, with Collaboration and Education
• Integrity and Accountability in all we do
• Outcomes-Driven
• Responsible Financial Stewardship
• Leadership in Physical & Behavioral Health Care
• Culture of Trauma Informed Care
• Focus on exceptional Customer Service