From the personal connections we build through our services, to our talented clinical staff and compassionate supporters, people have always been at the heart of what we do. As I reflect on 2019, I am especially reminded of how important this is.

Mile High Behavioral Healthcare (MHBHC) elevates the communities we serve by offering a continuum of behavioral healthcare to the most vulnerable in our community including integrated healthcare and shelter services to address life challenges.

In 2019, we flourished with the generosity of our partners and the participation from those in the communities that we serve. Volunteerism was at an all-time high in 2019 and our halls are constantly blessed with friends and supporters. It’s an eye-opening reminder looking at this year’s accomplishments, of the scope of services we offer. These are only possible because we all believe in the mission to provide a caring, seamless continuum of behavioral healthcare to those in need.

2019 was the year of the peer and we refined how we treat our clients by doubling our peer-led groups and treatment protocols. Peers are our staff members who have been successful in the recovery process and most have graduated from one of our programs. Peers are the heart of where we are going, and in 2020 we will be starting our Transcend program additionally enhancing the reach of the peers.

Transcend will include a personalized app allowing us to communicate in real time with our clients and graduates, a fellowship of business opportunities and services, and an alumni program. We are making every effort to truly transcend the stigma of addiction and become a resource throughout the life of our clients recovery journey.

I look forward to our future knowing that MHBHC is backed by supportive community members who recognize the value of what we do along with our staff and supporters committed to advancing our shared mission. I’m pleased to share a look back some of our 2019 accomplishments.

Onward,

Robert “Bob” Dorshimer
CEO of Mile High Behavioral Healthcare
The Aspen Center is a safe place for them to visit, to call, or to return to if in fact they need it, says Rewa Bailey.

The influence of language cannot be overstated. Language shapes perceptions and can counter—or perpetuate—misconceptions. Language can encourage tolerance, or dismiss and stigmatize. Exact terms and our language about sexual orientation, biological sex and gender identity continue to unfold with more awareness, knowledge and openness, but no matter how you describe yourself, all are welcome at the Transgender Center of the Rockies.

In 2019 we opened the center; as with all of our programs, we focused on a population that is underserved. The Transgender Center of the Rockies (TCR) provides holistic gender-affirming services to support transgender and gender-expansive individuals. Our goal is to empower them to live full 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 and PrEP case management and community events.

PREP SERVICES

Pre-Exposure Prophylaxis, or PrEP, is a daily medication that drastically reduces the risk of contracting HIV.

The Transgender Center of the Rockies partners with the Colorado Department of Public Health and Environment to reach out into the LGBTQ+ communities in the Denver metro to create awareness of PreP.
CREATING A BETTER PATH FROM THE COURT TO THE COMMUNITY

As the Denver District court website says, when you walk into any courtroom in America and you will hear two words that bring everyone to attention. As the judge takes the bench and the court officer loudly proclaims, "All rise," the courtroom quiets down and all stand focused on our system of justice.

But this command -- "all rise" -- carries with it an implicit and solemn promise: the promise that our judicial system will raise the quality of life for the people coming before it and for our community.

For the many addicted individuals who appear before the courts each year, this includes the promise that they will receive the treatment and other tools they need to change their lives. Because we know that whenever one person rises out of addiction and crime, we all rise as a community.

When the intergenerational cycle of drug addiction in a family is broken and healing begins, we all rise. When a child is reunited with clean and sober parents, we all rise. Whether the charge is driving while impaired, theft, burglary or any number of other addiction-driven offenses, we all rise when a Drug Court guides the offender past the chaos and wreckage and toward recovery.

MHBHC proudly provides peer support, therapy, and counseling that is required of the individuals who are part of our Court to Community programs, which includes seven problem solving courts in Greater Denver. Since its inception, the Denver Drug Court system has experienced a 73% graduation rate and most importantly, individuals are given a life of sobriety and a bright prospect for a successful future.

These accomplishments have led to an increase in cases and individuals MHBHC will be responsible for in 2020, a testament to our talented team of case managers, clinicians, and peers.

TECH 2019

In partnership with the Denver County Sheriff Department and the Second Judicial District the Technology, Empowerment, Community and Health (TECH) Project serves more than 150 individuals in Denver who are entering and exiting the criminal justice system.

TECH provides pre- and post-release services with the goal of reducing recidivism among men and women ages 18-30.

How does it work?

TECH uses innovative technology-based treatment and treatment support options and the current expertise and track record of the partner agencies to reach one of Colorado’s highest need populations—men and women ages 18-30—who are also the least effectively served through the current service system.
The Miracles program continues to provide treatment for women struggling with substance use disorder and mental health with an integrated approach towards recovery. In 2019 we more than doubled our graduation rates and we expect that trend to continue with the support of our dedicated clinicians.

The program, intended for women 18 and older with a goal of helping them learn to care for themselves. We address: critical life skills, job readiness, parenting, cooking, yoga and quilting. Miracles is a place of sisterhood where women are accepted and understood.

For women who complete the Miracles program, new funding will support the much needed alumni group giving each individual an opportunity to stay in touch with the community, a place of ongoing support, and a source of guidance for long-term sobriety. Women check in on their successes and challenges, while sharing solutions to handle issues they experience in recovery.

Our annual Miracles Fashion Show of 2019 was the top fundraising event of the year for the Miracles program, to learn more please visit MiraclesFashionShow.com.

THE YEAR OF THE PEER

In 2019, MHBHC more than doubled our peer support staff refocusing our efforts to put clients in touch with others who have been through similar recovery programs, making our work more engaging and more client focused.

Peer support workers are people who have been successful in the recovery process and who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse.

MHBHC Peer support services can effectively extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful and sustained recovery process.

“I love being part of the journey and witnessing the transformation of the clients we work with as well as being part of a team that is selfless and positive,” says peer support specialist, Sylvia Johnson. “I get to witness the impact and influence of positive goals and dreams lived out and the gleam of hope in our clients eyes and the accomplishments that our clients strive for as they do the work to obtain and accomplish what we call life. Living the dream.”

At MHBHC our peer support specialists engage in a wide range of activities. These include:

- Intake for new clients
- Advocating for our clients in recovery
- Sharing resources and building skills
- Building community and relationships
- Leading recovery groups
- Mentoring and setting goals
ELEMENT IN ACTION

At Denver ELEMENT, we believe in creating a stronger, more empowered queer community through our programs: culturally responsive behavioral health treatment, Denver PIQUE, Positive Impact, Reflections, and same day Pre Exposure Prophylaxis (PrEP) access. The Denver ELEMENT is a program of Mile High Behavioral Healthcare serving the LGBTQ+ communities of Denver.

Our Vision:
We envision a community where all queer people are empowered and inspired to create a life they love living through well-being & connection.

Our Mission:
We promote the journey of mental, physical, and social well-being for all queer people. We achieve this by providing opportunities for community building, personal growth, HIV/Substance use prevention, education, and the celebration of life.

“We understand that we can’t be our best self and maximize our impact on the world when we are experiencing ill-health and behavioral health issues. Therefore, our health should be our #1 priority, says CEO of MHBHC Bob Dorshimer.

INTEGRATED HEALTHCARE FOR ALL

This year we took a directed approach to integrated care. It’s ever present in what we are doing at our Sheridan location on S. Federal Blvd., offering many medical services at no cost to our clients.

“We understand that we can’t be our best self and maximize our impact on the world when we are experiencing ill-health and behavioral health issues. Therefore, our health should be our #1 priority,” says CEO of MHBHC Bob Dorshimer.

For someone who is experiencing the challenges that come with being sick or struggling with addiction or other behavioral health problems, it can feel overwhelming. However, in our experience moving clients and their health to the top of the to-do-list is very powerful and is often the catalyst to creating a transformational life-experience.

MHBHC works directly with Salud Family Health Centers to offer on-site medical evaluation for gender-affirming care with Dr. Jerrica Kirkley (she/her/hers). Services are intended for transgender and gender diverse/non-conforming/non-binary individuals of all ages. The services include hormone therapy, puberty blockers, letters for surgery, PrEP (Truvada for HIV prevention) and STD testing.

Additionally we partner with Front Range Clinic, and Dr. Clark S. McCoy to offer both behavioral health and physical healthcare for addiction and co-occurring issues. Located inside our Sheridan location, Front Range Clinic is a group of healthcare addiction professionals helping individuals struggling with addiction through Medication Assisted Treatment (MAT).

Treatment is offered to anyone seeking help with a range of addictions including alcohol, benzodiazepines, cocaine, heroin, meth and prescription opiates. The healthcare providers at Front Range Clinic have primary care backgrounds and can also assist with general medical needs.

With these additional services offered in 2019, we are striving to be a one stop shop for our clients’ needs and a model for Integrated Care in Denver.
OUR VISION
Empower individuals to shape healthy, viable, complete lives and communities.

OUR 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.