



Mile High
Behavioral
Healthcare

2023

ANNUAL REPORT

Mile High Behavioral Healthcare



A Message from Our CEO

To our valued donors, volunteers and stakeholders,

Mile High Behavioral Healthcare has had another year of prosperity in 2023. The year was focused on getting back to the basics and bringing our agency traditions to the forefront of all of our programs. Over half of our properties were under renovations and/or construction last year, with the last few projects wrapping up early this year.

We renovated two of our low income apartment properties to ensure comfortable and up to date living areas for Colorado's most vulnerable populations.

Our Miracle on Logan Street program is a place to call home. Not having a home makes it difficult, if not impossible, to achieve sobriety and self-sufficiency. The nine-unit house, with private baths and kitchens and on-site support is a congregate care setting for women with co-occurring mental health and substance use challenges. This program and property were completely renovated and is currently housing mothers who are in active classes including life skills, job readiness, parenting, healthy relationships, cooking, yoga, and quilting to support sobriety and recovery.

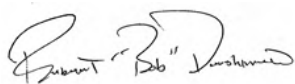
Aspen Miracle Center is a safe, supportive environment, residential program providing support and care for pregnant and postpartum women with substance use and mental health challenges. The women are supported to sustain recovery, deliver a healthy baby, keep their family together and create a safe home for the newborn. This property had a transformation that will change their licensing and capacity to increase their census, serving more woman and their children than ever before, this included the increase of bedrooms, security features, a teaching kitchen and much more!

The Family Preservation Center has been the talk of the town for over a year now, and we are happy to report that we have received our Certificate of Occupancy, in February 2024! This building will provide state-of-the-art technology, incredible experiential groups, and a natural place for the youth in the community to heal and grow. With a separate drop-in area for adolescents aged 13-21, there will be a creative space where they can come together and promote positive peer connections, receive clinical support as well as cooking classes, homework help, a DJ booth to creatively express their emotions, a safe place to land, with food, hygiene needs, and community support. We believe adolescence is a critical time for developing social and emotional habits essential for mental well-being.

The Family Preservation Center is also the home of Colfax Community Network, which is looking forward to growing the amount of elementary-aged youth served through its increased space, including a stage for slam poetry and skits, a STEM lab, and a new computer lab.

In 2024 we will be returning to our events and fundraisers including our Miracles Fashion Show in August, A High Tea Garden Party in September, and many more. Please keep your eyes open for invitations and more details.

As always, we could not serve the people we do without your continued support, donations, and volunteering. We welcome you into our new and remodeled projects and we look forward to seeing what the upcoming year has in store for MHBHC!



Robert "Bob" Dorshimer MA.Ed CAS,
He~Him
Chief Executive Officer



Robert "Bob"
Dorshimer

Who We Are

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 the heart of Mile High Behavioral Healthcare—the organization, the board, the leadership, and the staff. They articulate the ideals we aspire to and the convictions we hold ourselves accountable to and offer guidance as 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) 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.

The Vision Makers

Board of Directors

Sam Cordovano

President

Nancy Sheffield

Vice President

Rodney Bellendir

Treasurer

Julia Condolora

Secretary

Alison Coombs

Christopher Zaleski

Mimi Castelo, PH.D

The Vision Makers

Leadership Team

Robert “Bob” Dorshimer, MA.Ed CAS
Chief Executive Officer

Amy Henderson, MAcc
Chief Financial Officer

Jessica Courtney, MA, LPC
Chief Clinical Officer

Anna Miller
Director of Business Development and Public Relations

Guss Keyes, MS, LPC
Director of Transgender Center of the Rockies

Rochelle Nadeau, MA
Director of Housing Support Team

Zane Guilfoyle, MA LPC
Director of Public Health

Candace Larue
Special Assistant to the CEO

2023 in Numbers

\$1.850 Million
In-kind
construction
donations

**Over
125,000**
Meals
served

83,349
Touch point
behavioral
health
services

8,000
Social
media
followers

46
Shelter nights
activated for
cold weather

461
Unique
online
donors



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.

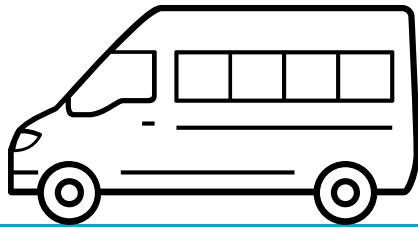
We know our words and actions alone are not enough to bring about broader change, so we work to enact change at a higher level through advocacy and education. We empower individuals daily to shape healthy, viable, complete lives and communities. Many challenges lie ahead in Colorado, and we are committed to being part of the solution. Today. For tomorrow.

—Robert “Bob” Dorshimer MA.Ed CAS, CEO,
Mile High Behavioral Healthcare



Street Outreach

The Aurora Street Outreach Team is dedicated to helping those experiencing homelessness. They meet individuals where they are and build rapport with them to provide access to resources available through Comitis for shelter or housing.



346.5
Community Service Hours

258
Volunteer Hours

40+
Community partners and support

Goals for 2024

- Increase individuals' access to resources and necessities.
- Increase volunteers to provide resources such as haircuts, ear punctures, serving lunch, etc.



Successes in 2023

- Successfully worked with over 40 agencies and organizations that supported with donations, days of services, and special events and services.
- Created a welcoming environment to gain the trust of guests.



HoST - Housing Support

Comitis Crisis Center provides emergency and 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 that is open every day 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), and provides food resources.

696

Individuals served

46

Cold night shelter activations

1,557

Meals served

Goals for 2024

- Increase resources and incentives.
- Increase monthly outings with experiential experiences and therapy.
- Expand the Behavioral Health to TANF Families.
- Increase volunteers.



Successes in 2023

- Data collection increased.
- Provide a safe environment where all individuals want to come.

Colfax Community Network

Colfax Community Network works to improve the lives of individuals, families, and children living in transient housing along Colfax Avenue. They provide resources and services to lighten emotional and financial burdens and encourage stability. They connect families to resources for housing, parenting classes, education, and career development while investing in the community's youth to give them opportunities to learn and lead. Staff and volunteers believe in their power to succeed and transform their lives and communities.

Goals for 2024

- Increase community partnerships.
- Increase food pantry hours by gaining volunteers to run it.



63

Children and their families served

55

Families assisted to have more stable housing

Successes in 2023

- Data entry increased.
- Over 400 individuals served at CCN's holiday party.

Family Preservation Center



Made possible by Adams County, the City of Aurora, ARPA funding, BOMA (Denver Metro Building Owners and Managers Association), CRA (Colorado Roofing Association), Colorado Access, and individual donors, the Family Preservation Center will provide needed information, resources, and services. 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, DJ booth/recording studio, a stage for children's theater, etc.) family nights, after-school programming including a STEM lab, a drop-in center for adolescents, a food pantry as well as many other services to help preserve families and strengthen and empower self-sufficiency.

The final steps of construction have been completed and the team will be moving into this state-of-the-art building and providing services to the community, in the first few weeks of March 2024. We are excited to share this property and all of its rich programming with you all at our ribbon-cutting ceremony, be on the lookout for more info!



Crisis Resolution Team

Crisis Resolution Team is a new program that started this past year. They support families with youth who need post-acute-crisis stabilization and would benefit from intensive, short-term (approx. 6 weeks), in-home services and linkage to ongoing, sustainable supports. They will be based out of the Family Preservation Center once it opens in 2024.

50

Families served

5

Members apart of the team

12

Counties served

Only 22% of youth who have a mental illness with severe impairment are receiving care.

36% of Colorado kids are chronically absent from school.

A third of Colorado youth reported feeling sad or hopeless for two or more weeks.

Indicators of substance use, such as the use of prescription pain medication without a prescription and the number of deaths due to accidental overdose, are stagnant or increasing in Colorado children.

Miracles

The Miracles Program is a haven for women seeking care and support. They offer a range of classes aimed at helping women learn life skills, job readiness, parenting, healthy relationships, cooking, yoga, and quilting to support sobriety and recovery. It's a community where you can find sisterhood, understanding, and acceptance.

317

women served yearly

30

Women served daily

10

Groups a week



Goals for 2024

- Restart services the newly renovated at Miracles on Logan House.
- Increase experiential activities and therapy.
- Educate our referring partners to raise empathy and understanding.
- Educate through trauma-informed care.



Successes in 2023

- Increased additional community partners.
- Increased experiential therapy and continued experiential therapy in group activities.
- Weekly Caregiver and Me, yoga groups provided.

Aspen Miracles

Aspen Miracle Center is a space for women to learn how to care for themselves. With classes that range from life skills to yoga, this program is designed to nurture and support sobriety, recovery, and behavior health treatment. It's a place of sisterhood where every woman is accepted and understood, and every step of the journey is met with compassionate guidance.

65

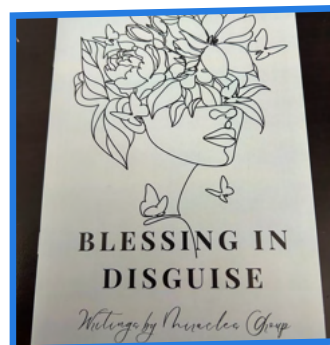
Unique admissions

27

Babies born happy and healthy

Goals for 2024

- Increase partnerships with community partners to increase experiential and life-based programming.
- Increase safety in the building by completing the current remodel.
- Increase awareness of our cause.



Successes in 2023

- Implemented more peer-run groups than ever before.
- Medical, dental, vision, and baby care paperwork are done with all women at Aspen so that they have the things they need to succeed in their next step.

Transcend

The Transcend Program is designed to support our clients journey towards a fulfilling and sober life. The program offers a supportive community that fosters a sense of belonging, love and hope. Transcend provides a safe spave for our people to share thier experiences, someone who will listen, and help the client stay on track. We offer ispirations and motivation to our clients so they can live thier life authentically and creat changes that last.

82

2023 Graduates

231

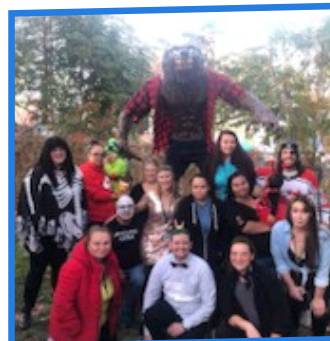
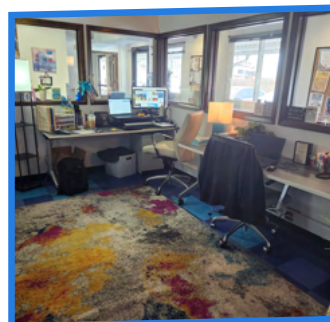
Guests at graduation

3,765

Post and current clients receive the monthly newsletter about services and community events.

Goals for 2024

- Increase community-based involvement by having peers network at events, hold connections with community partners, and increase street outreach.
- Increase social media for Transcend.
- Headlining Overdose Awareness Month 2024.



Successes in 2023

- Began the Circle of Parents Group.
- Increased adolescent services.
- Utilized peers on the crisis team.
- Reorganizing the peers' space to be more welcoming, organized, and spacious.

Court 2 Community Rise, DUI Treatment, MAT Clinic

Court 2 Community offers a range of clinical treatment programs that cater to people involved with the criminal justice system. DUI Treatment, the RISE Program, and the TECH Program are designed to help individuals align their thinking with healthier behaviors, provide peer-to-peer support, and offer pre- and post-release behavioral healthcare. Our inclusive and nurturing approach emphasizes respect for individual struggles and potentials.

958

Clients admitted to treatment with C2C

369

Clients provided treatment or case management while in custody

270

Client successfully completed treatment across all programs

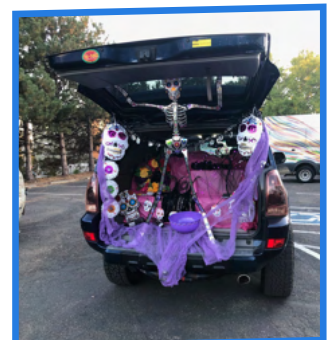
Successes in 2023

- Received National Award Funding with a SAMHSA Grant.
- Provided whole-person care from start to finish; from hygiene, and care coordination, to getting cell phones.
- Group numbers increased while switching back over to in-person, all groups are almost at full capacity.



Goals for 2024

- Grow experiential offerings as well as events, offsite visits, and real-life experiences.
- Focus on May for Mental Health Awareness Month and provide groups and events.



Summit Integrated Care

Discover a full continuum of care at the Summit County clinic. Our team welcomes individuals on a journey to recovery—from trauma, substance use, mental health challenges, and housing instability. We offer a unique approach to each person's needs through experiential groups that include hiking, fishing, ropes courses, snowshoeing, and other Colorado mountain outdoor activities to bring a different approach to each person's needs to live a healthy, enjoyable life.

147

Clients Served

317

Individuals in group or individual therapy

1,099

Harm reduction tools distributed

Goals for 2024

- Increase partnership with Bee The Vibe to provide the community with harm-reduction tools.
- Increase services to LGBTQ youth including youth community events.
- Begin services for 60+ sober individuals and start DUI groups.



Successes in 2023

- Started the experiential Group: Sober Doesn't Suck.
- Enhanced outpatient groups are running with experiential activities and therapy.
- Increased community partnerships by opening a food pantry and increasing events in the community.



Denver Element

LGBTQ+ communities are a vibrant and valuable part of our world. We are proud to be a part of and support these communities with programs that aim to empower and enrich their lives. Our commitment is to create a more inclusive, caring and nurturing world for all.

Goals for 2024

- Increase STI testing services.
- Engage audiences on new social media platforms.

More than 500

Clients Served

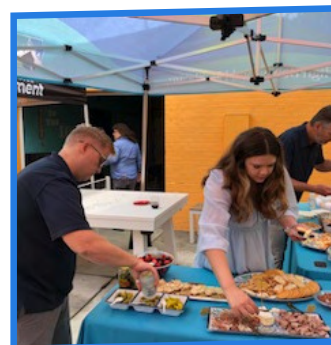
More than 2,000

Outreach interactions



Successes in 2023

- Attended three Pride Festivals.
- Strengthened PReP partnership and provided injectable PReP.
- Offered new behavioral health services.
- Expanded experiential therapy.



Transgender Center of the Rockies

The Transgender Center of the Rockies is here to provide a holistic approach to gender-affirming services. We strive to empower transgender and gender-expansive individuals to live whole and authentic lives.

Our services include social-emotional support, substance use treatment, clinical groups, individual counseling, peer-led support groups, employment, prep case management and community events.

Goals for 2024

- Increase groups and intakes.
- Increase client need tracking.
- Increase overall outreach.

171

Clients served

4

Monthly community nights

7

Recurring groups



Successes in 2023

- 2023 was the highest year of individual and organization donations.
- Created different community nights across a broad spectrum of interests.



Bee The Vibe provides harm reduction resources for safer sex and safer drug use in metro Denver and Summit County. Offering Colorado residents free educational sessions, fun events, and a safe space.

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.

Goals for 2024

- Integrate harm reduction education and resources with presentations on related topics to clinical groups in all programs.
- Increase community education and resources.
- Increase the community events and engagement in our amazing, sober space at our Sunnyside location.

More than 3,000

Safer-sex kits distributed

More than 7,000

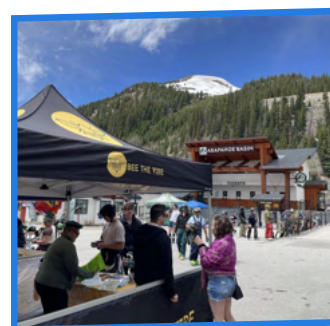
doses of naloxone distributed

More than 10,000

Fentanyl test strips distributed

More than 25,000

People interacted with



Successes in 2023

- Distributed doses of naloxone at some of the largest events in Colorado including Decadance.
- Attended 4 different Pride celebrations to provide LGBTQ+ affirming harm reduction resources.
- Gained over 1,000 followers on social media.

Testimonies

" Going to treatment and engaging with my peers has helped to come out of my shell and has helped me to utilize my support; because before this program I truly believed everyone was against me. Now I see I have a whole team rooting me on to see that I am going to be the best version of me. Thank you for this program and all the great support, I have been blessed with. I would truly recommend this program to everyone because it has worked wonders on me as a person and overall it has had a great impact on my life and makes me want to do better and be better so thank you."

-Court to Community Client

"So when I started SDOP probation I was committed to completing the program, but I fell short due to my addictions. In the 7 months I attended I was very comfortable thanks to the staff, probation officers, and of course my therapist Destinee. I eventually got violated on probation and sent to 4 years com cor. I completed an intensive residential treatment program in Sterling Co. While I was there I knew that I wanted to continue going to MHBHC. I asked my case manager personally if I could attend MHBHC, I told her how much I enjoyed their services, and how I was comfortable with my therapist Destinee. She agreed, and I did my intake and now I am back at MHBHC with Destinee. I am thankful and grateful to have her having me back, so thank you for giving me the opportunity to start fresh. Thank you."

-SDOP Client

"Thank you for giving me the opportunity to recover. I have been to various sober livings and treatment facilities throughout the nation and this is one of the best ones I have been too. What I enjoy about being here are the informative groups and the therapeutic environment. This place is flexible with my lifestyle. I am able to be myself and to challenge myself to grow at the same time. The KIF program has provided me with the tools I need to step outside and enjoy life."

-KIF Client

"My therapist at TCR has always gone out of his way for me, I would imagine often at great inconvenience to himself. I hope that this spirit is reflected by the TCR when other trans women need support in their transitions, especially to those that are just starting out."

-TCR Client

"My therapist always made me feel comfortable. I felt at ease being able to talk to her about anything that was going on in my life, without shame or embarrassment. She showed me honesty, open-mindedness, and willingness, regarding absorbing her guidance in all aspects of business and life that we came across in discussion."

-Summit County Client

"I've gone from not liking myself or my life, to liking myself and my new life. Why?

One year ago I said "yes" to MHBHC. I have never looked back.

If you are just plain tired of things, let MHBHC lead you to better mental health. They have become my Angels. I will never begin to repay all the great things they have done.

I look forward to the exciting life I now lead. "Hey, I like waking up each day." Thanks to MHBHC!!!"

-Summit County Client

Construction Projects in 2023

Aspen Center Kitchen Remodel



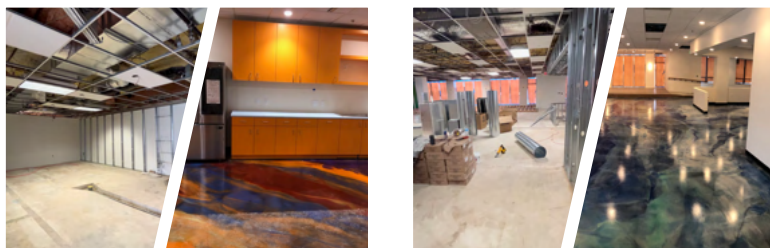
At our Aspen Miracle Center, we want to empower women to take on the world. That's why we've updated our kitchen to include cooking classes and life skills programs to help them grow and create a better future for themselves.

1130 Logan Apt 5 Remodel



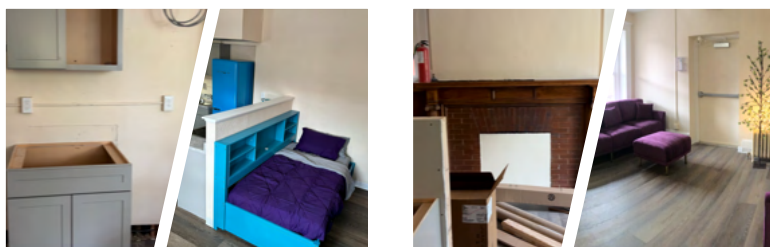
We've made some changes to apartment five at 1130 Logan with safety and comfort in mind. Discover the new flooring, kitchen appliances, hardware, and bathroom that were updated.

Family Preservation Center Construction Project



The Family Preservation Center is welcoming and inclusive with our biggest updates to date. We've added drop-in centers, group rooms, experiential rooms, new flooring, paint, and so much more. Our goal is to provide a safe haven for the youth in the community.

Miracles on Logan Remodel



The Miracles House on Logan received a full remodel with new kitchens, floors, paint, furniture, and appliances. Our goal is to provide a comfortable and safe transitional space for women and is ready for the next step in their lives.

Get in Touch



www.mhbhc.org



303.825.8113



INFO@MHBHC.ORG



PO Box 919, Aurora, CO 80040



[@MileHighBehavioralHealthcare](https://www.instagram.com/MileHighBehavioralHealthcare)



[@MileHighBehavioralHealthcare](https://www.facebook.com/MileHighBehavioralHealthcare)

Life Changing

Thank You



We are grateful for your support.

Our donors, volunteers, and stakeholders have been instrumental in our mission to serve our guests. Let's come together again in 2024 to keep growing and expanding our services. Thank you for making it all possible.

At Mile High Behavioral Healthcare, we firmly believe that our guests deserve the best care and attention possible, and it is only through the generosity of our donors and volunteers that we can provide it. We are continually amazed by the kindness and selflessness of those who choose to support our mission, and we are deeply grateful for all that they do.

As we look ahead to the future, we know that there will be many challenges to overcome and obstacles to navigate. But with the continued support of our community, we are confident that we can rise to meet these challenges and continue to expand our services.

So to all of our donors, volunteers, and stakeholders - thank you for everything that you do. Your support means the world to us, and we couldn't do it without you. Here's to another successful year in 2024, and many more to come!

