



Mental Health Center of Denver

REPORT TO THE COMMUNITY

Summer 2020

Clinical Case Manager Katie Healy Cox delivers medication to people we serve.

STAYING CONNECTED THROUGH TELEHEALTH SERVICES



Since the beginning of COVID-19, the Mental Health Center of Denver has been committed to ensuring that most services that previously took place in-person could and would be offered through telehealth options.

Within days of safer-at-home and stay-at-home orders, clinicians were equipped to meet the increasing mental and physical health needs of our community. At the same time, we were also learning that many people who benefit from our services did not have the necessary technology devices to effectively access services through our digital offerings.

Thanks to our donors, more than 140 computers and 110 smartphones and tablets were distributed to people we serve so their well-being plan could continue uninterrupted. **If you would like to help support access to telehealth, please consider a gift to our Well-Being Assistance Fund at mhcd.org/covid19/donate.**

RAMPING UP MOBILE OUTREACH & SERVICES



Meeting people where they are has taken on a new meaning in the time of COVID-19. As the community went into quarantine for COVID-19, the Mental Health Center of Denver switched most of its services to virtual delivery. This presented new challenges to provide services that must be in-person, such as **long-acting injectable prescriptions**.

Our staff came together to brainstorm solutions to deliver these injections in the safest way possible. Although the Mental Health Center of Denver has plans underway for a new mobile program, that vehicle was not yet ready for use.

An opportunity emerged to partner with the **City and County of Denver's Wellness Winnie**, an RV launched in February of 2020 that provides behavioral health and support services throughout Denver. The city and the Mental Health Center of Denver mobilized quickly so nurses could go out on the Wellness Winnie to deliver the injectable prescriptions safely in the neighborhoods of people served.

Although the city soon had to shift the use of the Wellness Winnie for COVID-19 testing, this joint effort deepened relationships with the city and created important learning to inform future mobile services. In the meantime, our nursing team continues to find creative ways to provide injection prescriptions safely; as of the end of June they delivered approximately **1,300 injections** at the Recovery Center and nearly **200 injections** in the community.

As the Mental Health Center of Denver continues to navigate changes and uncertainty, the organization is ramping up capacity to increase community access through mobile services in the ways the community wants them. The new mobile program will be a flexible space to engage with the community and offer a variety of well-being and mental health services.



Highlights from Our Response to COVID-19:

✓ 200+ COVID-19 tests performed.

⊕ 11,200+ prescriptions delivered.

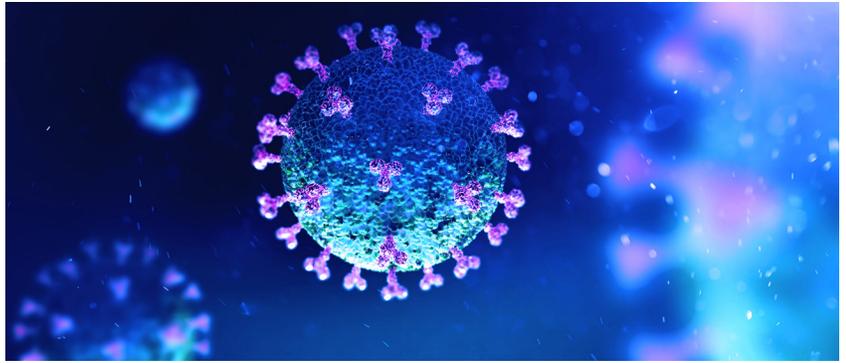
📺 4,600+ emergency food boxes delivered.

💻 **Well-Being LIVE** launched.

A virtual series of free events led by our experts on well-being topics, from meditation and nutrition to self-care and parenting tools. Learn more at mhcd.org/well-being-live.

♥ **Online Resources** published.

Visit mhcd.org/covid19 to find self-care tips, a guided meditation from President & CEO Dr. Carl Clark and more.



The Mental Health Center of Denver began providing remote services March 16, 2020, due to COVID-19. Since then, we have altered our operations to ensure the people we serve continue to get what they need.

Employee Hardship Fund

An exciting new initiative to be born out of COVID-19 is the Mental Health Center of Denver Employee Hardship Fund. Established as a separate tax-exempt nonprofit organization, its

purpose is to serve as an employer-sponsored relief fund for current and future employees experiencing financial hardships. Eligible employees are part-time and full-time regular status employees who have been with the organization for at least one year. The maximum grant award is \$1,000 and an individual may not receive more than three grants during their tenure with the organization. The Mental Health Center of Denver will provide administrative and operating support to the Fund.

Employees will have an opportunity to contribute to the Employee Hardship Fund as part of the Give.Go.Grow employee giving campaign. The Mental Health Center of Denver will match 100% of employee contributions. Non-employee donations may also be made to the Employee Hardship Fund. **If you are interested in making a donation, please contact the Director of Philanthropy at 303.504.6758.**

EMERSON ST. KEEPS YOUNG PEOPLE ENGAGED & ENRICHED



Due to COVID-19, weekly well-being groups at Emerson St. for Teens & Young Adults have met virtually. The staff at Emerson St. for Teens & Young Adults has creatively adapted to the current physical distancing demands by bringing tactile enrichment groups to them. Because groups that do arts, crafts and cooking, for example, require specific items for all participants to use, the Emerson St. staff has put together boxes of these items and delivered them to the young people's homes prior to these groups. This allows them to participate at home while engaging with others in the group through video meetings.

Some virtual groups can be done without tangible items, such as exercise, discussion or mindfulness groups. All of these weekly groups are vital to keeping the young people we serve involved. One of the young people we serve said, "I wish I could see people in person, but this is a good alternative. I don't have to leave these groups an hour early to go to work, so I can stay for the whole time."

Once per month, groups will now be meeting in person, physically distanced, on the front lawn of Emerson St. for arts and crafts, games or discussion groups. This is important for the young people we serve who find it difficult to engage with one another virtually, who may be experiencing homelessness, or who do not have the technology required to participate in virtual groups.

Enrichment, engagement and enjoyment are the goals for these prevention-level groups that introduce some to Emerson St. and enhance the clinical experience of others. These groups have been a great way for some young people to learn more about the Mental Health Center of Denver and the clinical services they can receive at Emerson St. Young people tend to feel more comfortable receiving therapeutic services in an environment that is familiar and fun. For the age group served by Emerson St. - 15-26 years of age - this wholistic model of treatment has been very successful. In fact, other community organizations such as Urban Peak and Mile High Youth Corps have partnered with Emerson St. so that the young people they serve may also benefit from its services and utilize the expertise of Emerson St.'s staff.

By making a gift to Emerson St. for Teens & Young Adults, you are helping to ensure that these groups are sustained through this time of physical distancing and that the young people we serve remain involved and engaged. Financial contributions to Emerson St. also ensure that the staff can be flexible and creative with the materials they need to purchase to adapt to ever-changing circumstances. **Visit mhcd.org/covid19/donate to make a gift to Emerson St. for Teens & Young Adults.**

