



2022 Annual Report



About Jefferson Center

Jefferson Center is the non profit community mental health center serving Jefferson, Clear Creek, and Gilpin Counties for 65 years. Through our broad array of services and programs, we offer hope and support to people of all backgrounds and ages, who are struggling with some of life's toughest challenges.



Jefferson Center was founded in 1958, when a small group of community leaders recognized the need for mental health services west of Denver. This was an innovative venture in a world where 75% of those diagnosed with a mental health disorders were sent to hospitals, and those remaining were kept sheltered away in their homes. With just a few thousand dollars, they opened a mental health clinic in the basement of the Jefferson County Courthouse.

As an integral part of the counties we serve, thousands of community members who struggle with mental health and substance use disorders now have hope for a brighter future.

Jefferson Center continues to grow, and today, serves nearly **28,000 people a year at over 100 locations** throughout the three counties.

Programs and Services

- 24-hour emergency and crisis
- Individual, group and family outpatient counseling
- Housing and homeless services
- Senior services, outreach and peer counseling
- Psychiatric and medication services
- Early childhood services
- Peer services
- Vocational and skills training
- Transitional and supported employment
- School-based services
- Case management
- Advocacy and benefits
- Residential programs
- Substance use treatment
- Suicide prevention
- Wellness services
- Mental Health First Aid
- Withdrawal management
- Day treatment



A personal message from Jefferson Center CEO, Dr. Kiara Kuenzler

Dear Jefferson Center Community –

2022 was a year of incredible change for the people and communities we serve. As we emerged out of the pandemic phase of COVID-19, many in our community continued to struggle with the mental health impact of the prior two years, and our call to action was stronger than ever.

Our recognition of the growing needs of our community, along with the major workforce challenges set off by the “Great Resignation,” required us to think radically different about how to meet the growing needs of our community regardless of clinical vacancies. This led to a creative mindset that spread throughout Jefferson Center to innovate and pilot new ways to deliver care to be responsive to those we serve. By adding additional community-based locations, more real-time and walk-in services, and more flexible and tailored options for people to receive care, we were able to increase the number of people we served from the prior year and make our services more accessible.

In addition, we doubled down on our priority to support our team, focusing on the wellbeing of those who give so much for the wellbeing of those we serve. As a result, we’ve seen a tremendous increase in the number of people on our team, and decreased our turnover rates to well below the industry average by the end of the year.

“Change is inevitable. Growth is optional.”

-John C. Maxwell

There is much more transformation on the horizon, as we head into our 65th year. Jefferson Center will continue to advocate and collaborate at the systemic level, to elevate the voices of people who struggle with mental health and addictions, and support our mission-focused team who dedicate their lives to the service of others. We remain humbly dedicated to recognizing where we can grow and improve as an organization, and committed to constant evolution as we strive to create more access to quality behavioral health care and provide resources to support the wellbeing of individuals, families and communities.

Sincerely,

Kiara S. Kuenzler, Psy.D., Licensed Psychologist
President and CEO

Our Vision

A community
where mental health
matters and care is
accessible to all

Our Mission

To inspire hope, improve
lives, and strengthen our
community by providing
mental health and related
solutions for individuals
and families

We Value

People first
Empathy with excellence
Working together to
make life better
Leading the way
Strengthening community
Dignity for all



Employee Wellness Reimagined

Centered is a community-based partnership between Jefferson Center for Mental Health and Mental Health Partners, offering businesses whole-person employee wellness plans. Organizations that partner with us can tap into a local mental health network that will help achieve better health outcomes for their employees while boosting savings and productivity. Launched in 2022, Centered offers solutions that combine expert-led classes, health coaching, and personalized therapy to create an unparalleled mental wellness experience for all employees of any partnered business.

We know that everyone needs balance in their life. Untreated mental health and substance use challenges cause lasting, harmful impacts on an employee's health and well-being. One in four adults, so 25% of any workforce, experiences anxiety. 400 million workdays are lost to depression annually, but only 4.5% of employees engage with traditional employee-assisted programs (EAPs). Research shows that 86% of employees that do use an EAP are more productive at work. Business leaders tell us they are looking for more robust solutions to help their employees with their wellness and mental health needs. Employees value companies that prioritize their mental health and well-being, leading to more loyalty and greater engagement. Centered was created to offer this behavioral health expertise and a broad range of services to fulfill these needs and support businesses across the Front Range of Colorado.

With each partnership, Centered designs a unique set of services to support employees, including industry-relevant wellness classes, behavioral health support directed to managers to equip them as leaders, health coaching, incident debriefing, and easy access to therapy. These services are offered in-person, virtually, or in a hybrid arrangement depending on employee and employer preference. This local flexibility, paired with behavioral health expertise and resources, sets Centered apart from others in the field.

We are dedicated to learning how to evolve these services, develop trust, and decrease mental health-related stigma in the workplace. We are excited to grow our partnerships with more businesses across the Front Range.

400
workdays lost
due to depression

Only 4.5%
of employees
utilize their EAP

86%
of those who use their
EAP are more productive



Strengthening Community

Jefferson Center's Community Engagement team strives to reach people where they are. That means connecting with people in our community through events, training, classes, workgroups, and presentations, and building partnerships with community organizations throughout our three-county area. We do this to create safe spaces in which to have conversations about mental health and wellness breaking down the stigma surrounding mental health care and substance use disorders and increasing access to vital mental health care.

The Community Engagement team shares the Center's resources with businesses, civic clubs, church groups, schools, and other local organizations. Training classes, including Mental Health First Aid (MHFA), Question Persuade Refer (QPR), safeTALK Suicide Alertness, and the A.S.I.S.T. Suicide Intervention Skills Workshop, teach people in our community the signs and symptoms of mental health and substance use disorders as well as the basics of suicide prevention.

The Community Engagement team grew over the course of 2022, expanding to four full-time staff members to expand our community reach, and they were particularly excited to bring on a Bilingual Community Engagement Coordinator, who is enhancing Jefferson Center's partnerships with the Spanish-speaking community and increasing the number of Spanish-language classes, training, and presentations that Jefferson Center offers. In 2022, the Community Engagement team reached a total of 4,152 people—893 of which came from Speakers Bureau presentations! Additionally, they reached 625 people through MHFA, QPR, safeTALK, and A.S.I.S.T. training.

In 2023, the Community Engagement team has set goals to deepen their relationships and engagement within the community, focusing on underserved communities, listening to and understanding their needs, and responding with quality mental health and wellness education, resources, and collaboration. Our team also plans to continue strengthening their outreach efforts with the Spanish-speaking community, Veterans, and LGBTQIA+ individuals.

4,152

people reached
in total

625

people trained in MHFA
& Suicide Prevention

893

people reached through
community presentations



Building on Solid Ground

Many of us take for granted basic needs like food, water, and shelter. The majority of the population does not need to worry about where they are going to lay their head at night. Life is challenging enough, but for those struggling with mental health and substance use disorders, these challenges become amplified. People who experience these issues are more susceptible to factors that lead to homelessness. Conversely, homelessness can intensify mental health and substance use disorders. 71% of people experiencing homelessness have a mental health disorder or post-traumatic stress, and 59% are struggling with long-term substance use disorder. The simple support of having stable housing can greatly improve people’s recovery.

In 2022, Jefferson Center looked to expand housing options for those experiencing homelessness in Jefferson County focusing on the Housing First model. With the help of our incredible team, Jefferson Center was selected to receive federal tax credits to support a 40-unit, permanent supportive housing property to be built in Jefferson County. On a snowy day in December, we broke ground on the new development, Solid Ground.

Supportive housing is an effective strategy that combines affordable housing with intensive coordinated services and community-based care. By removing barriers and allowing individuals stable housing, they can begin to address mental health and substance use issues, job training, and more. Supportive housing not only resolves homelessness, it also improves public health and lowers public costs by reducing the use of publicly funded crisis services, such as shelters, hospitals, psychiatric centers, and prisons.

An average of 85% of people remain housed after one year of living in supportive housing. Jefferson Center is grateful for the support of our 11 partner and community supporter organizations in bringing this project to life. Construction on Solid Ground Apartments is underway and expected to take around fourteen months and will be finished in the spring of 2024. The team of Jefferson Center is very excited to utilize these federal tax credits to improve our community and offer people hope through this project.

40
supportive housing units

Opening
Spring of 2024

85%
of people remain
housed after one year

A New Kind of Summer Camp

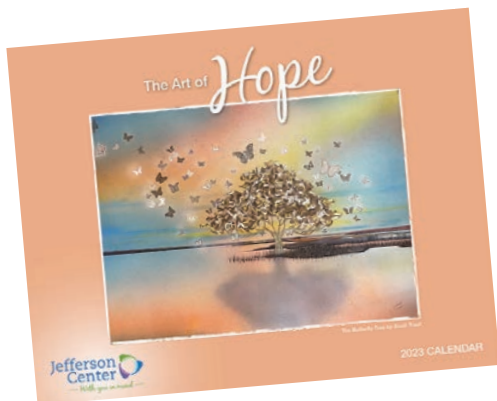
Camp Connection launched summer of 2022 with the idea to connect kids ages 6-11 to activities that helped support their mental health when they didn't have their usual school-based connections. Jefferson Center's incredible school-based team developed activities for these kids for three weeks. From lesson planning and supplies to riding the bus with kids to and from camp and field trips and finding ways to show up for these kids every day, the school-based team was able to connect with these kids in meaningful ways.

Joy and laughter was had by all, kids and counselors alike, through activities focused on mental health. Camp Connection taught the importance of nature, art, and movement as well as the need for community. Kids also had the opportunity to engage in creative social-emotional lessons and field trips to continue learning through the summer.

Camp Connection was a unique opportunity for Jefferson Center to make a lasting impact in our community, particularly with youth and children, and the school-based team achieved immense success. We are so grateful to everyone on the team for exceeding all expectations and showing up every day to bring the mental health support kids need.



Art and Inspiration All Year



Over the last 17 years, Jefferson Center has created our annual Art of Hope Calendar, showcasing the talent of the people who walk through our doors every day. This year, we received over 50 submissions from 21 different artists, ranging in age from eight-years old to retired seniors! The 2023 Art of Hope Calendar set a record for distribution—Jefferson Center received numerous requests from our partners, contacts, and clients, and in total we distributed nearly 1,400 calendars throughout our community.

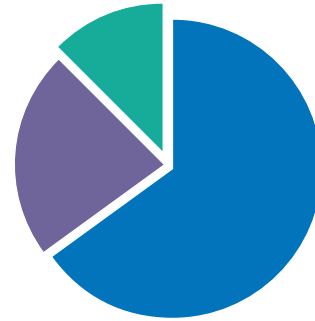
This project's success could not be achieved without the artwork our talented clients provided. Art provides them with a medium to express themselves and a therapeutic outlet to process their emotions. Our goal is for the Art of Hope Calendar to remain the perfect channel to showcase their creativity. Jefferson Center is already setting new goals and making plans for the 2024 calendar project, and we can't wait to see this year's client creations.

FY 2022 Fiscal Responsibilities & Demographics



27,353
community
members served

Hispanic / Latino Origin



65.1% Not Hispanic / Latino
22.6% Hispanic / Latino
12.3% Unknown / Declined

Audited Revenues & Expenses

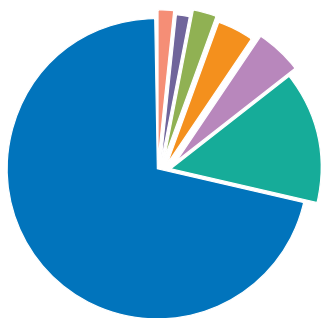
2022 Revenue

Medicaid	\$44,529,742
Private Insurance & Self-pay	\$2,771,041
Medicare	\$346,335
State of Colorado	\$6,396,952
County/ Municipals	\$744,348
Pharmacy Revenue	\$11,042,469
Contracts & Grants	\$5,101,689
Rent Revenue	\$1,394,368
Philanthropy	\$200,000
Other Income	\$234,106
Total Revenue	\$72,761,050

2022 Expenses

Personnel	\$46,601,913
Pharmacy	\$9,941,996
Operating	\$3,747,883
Client Related	\$793,737
Occupancy	\$3,947,659
Other Expenses	\$ 1,448,993
Professional Fees	\$1,943,391
Total Expenses	\$68,425,572
Operating Income	\$4,335,478
Net gain (loss) on investment in equity investees*	\$1,241,483

Race



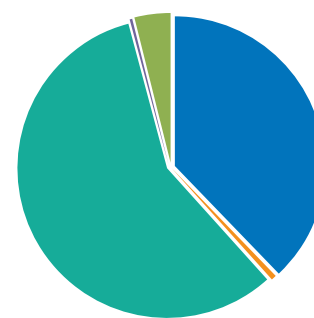
- 1.8% American Indian
- 1.3% Asian / Pacific Islander
- 2.5% Black / African-American
- 4.1% More Than One Race
- 4.8% Other
- 14.2% Unknown/Declined
- 71.4% White

Age



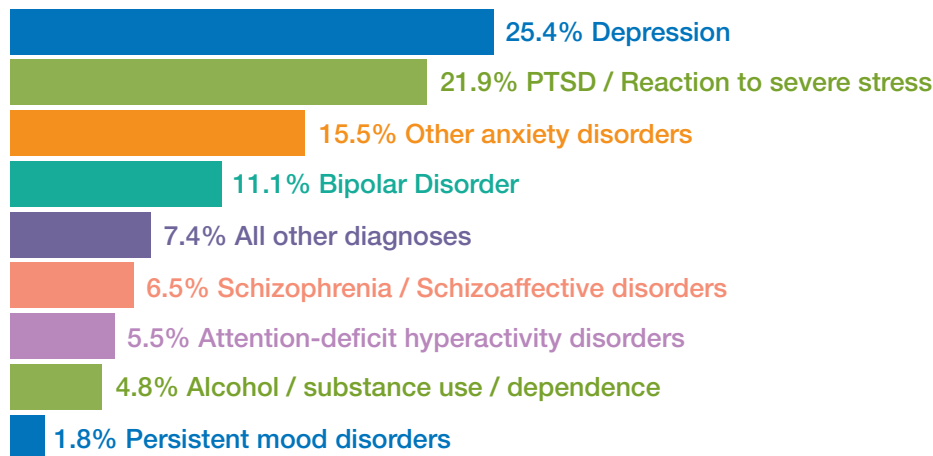
- 7.2% Less than 10
- 24.2% 10 to 19
- 14.8% 20 to 29
- 18.2% 30 to 39
- 12.4% 40 to 49
- 11.3% 50 to 59
- 8.4% 60 to 69
- 3.4% 70 and over

Gender



- 37.9% Cisgender Male
- 0.6% Non Cisgender Male
- 57.5% Cisgender Female
- 0.3% Non Cisgender Female
- 3.7% Non-binary

Diagnosis



THANK YOU!

Without the financial support of our community, many of the mental health and substance use treatment programs and services we provide would not be available to the people who truly need them. We would like to thank the following community sponsors and funders for supporting Jefferson Center this year. Their donations were critical in allowing us to reach record numbers of people and remain on the cutting edge of mental health and substance use treatment innovation.

Government and Foundation Funding

- Arthur J. Gallagher Foundation
- Alan Green Memorial Foundation
- The Ben and Lucy Ana Fund of the Walton Family Foundation
- Buell Foundation
- Caring for Colorado Foundation
- Caesars Foundation
- Center for Care Innovations
- City of Arvada
- City of Lakewood
- City of Westminster
- City of Wheat Ridge
- Colorado Access
- Colorado Community Health Alliance
- Colorado Department of Corrections
- Colorado Department of Human Services
- Colorado Department of Local Affairs
- Colorado Department of Public Health and Environment
- Colorado Department of Regulatory Agencies
- Colorado Division of Vocational Rehabilitation
- The Colorado Health Access Fund of The Denver Foundation
- The Colorado Health Foundation
- Community First Foundation
- Denver Regional Council of Governments
- Energy Outreach Colorado
- Enterprise Community Partners, Inc.
- Frank A. O'Neil Family Foundation
- Gates Industrial Corporation Foundation
- Gilpin County
- Jefferson County Child and Youth Leadership Commission
- Jefferson County Department of Human Services
- Kaiser Permanente Colorado
- The Morrison & Foerster Foundation
- The National Council for Behavioral Health
- The Piton Foundation at Gary Community Investments
- Rose Community Foundation
- Signal Behavioral Health Network

Corporate Supporters and Event Sponsors 2022

- A&B Builders
- AFSP Colorado
- Allen's Heating, Air Conditioning & Sheet Metal, Inc.
- AllHealth Network
- Alpha & Omega Landscapers
- Amazon Smile
- Anthem Blue Cross & Blue Shield
- ARC Thrift Stores
- Arvada United Methodist Church
- Auptimal
- Benevity Causes
- Boulder Associates
- Chevron
- Chariot Financial
- City of Wheat Ridge
- Citywide Banks
- Colorado Access
- Colorado Community Health Alliance
- Connect for Health Colorado
- Consolidated Investment Group
- Developmental Disabilities Resource Center
- FirstBank
- Greiner Electric
- IMA Financial Group
- InBank
- Innovest Portfolio Solutions
- Jefferson Unitarian Church
- Jones & Keller
- King Soopers Community Rewards
- NAMI Jeffco
- Network for Good
- New Image Brewing Company
- Rheinlander Bakery
- Right Start Events
- Rotary Club of Golden
- Rozeboom & Company
- RSS Insurance Services, Inc.
- SCU Community Foundation
- Security Central, Inc.
- Seniors' Resource Center
- Signal Behavioral Health Network
- Southwest Lock & Safe
- Spark Interiors
- STRIDE Community Health Center
- Tolin Mechanical
- Town of Morrison
- Westerra Credit Union
- Westminster Medical Clinic
- Wheat Ridge Police Department
- Whole Foods Market

We couldn't have done it without **you!**



Soirée at the Station a Huge Success!



We had so much fun at our first in-person spring gala in more than two years! On April 28, 2022, more than 250 of our donors, community partners, volunteers, and staff members gathered at Mile High Station to celebrate the resilience of our community, and recovery from mental illness and addiction.

We are pleased to announce that we raised more than \$115,000 to directly benefit our work in community outreach, education, and suicide prevention.

Helping Kids Thrive 2022

Together with Jeffco Schools, Jeffco PTA, and community partners, Jefferson Center held our annual Helping Kids Thrive Parenting Conference. A staple of the community, families and parents from all over our community look forward every year to this free event that provides hands-on, practical information to help kids of all ages grow in positive ways. More than 150 parents, caregivers, community partners, providers, and presenters attended our first in-person conference since 2019 and received lots of gratitude and excitement for the information, connection and resources.





Soirée at Sunset

Jefferson Center's outdoor summer concert was held Thursday, August 25 at Heritage Lakewood Belmar Park, featuring Chris Daniels & the Kings. Our VIP guests were treated to a pre-show buffet, and everyone enjoyed a spectacular show. Some of our guests even showed off their awesome dance moves on the stage!

This event raised money to support our critical work in the community and helped raise awareness about the mental health challenges that connect us all.



On the Move for Mental Health

Jefferson Center's virtual activity challenge offered a month of motivation, self-care, and wellness, with a little friendly competition and fun sprinkled in! Participants shook off the winter blues and got moving to help support the mental health and wellness services provided by Jefferson Center. Throughout the month of February, participants raised funds by running, walking, biking, hiking, swimming, yoga, meditation... any wellness activity they chose.



Want to get involved?

Donate As a nonprofit organization, Jefferson Center relies on the financial support of our community to remain innovative and responsive to emerging mental health needs. Give a tax-deductible gift to Jefferson Center today and help support behavioral health services for community members who are uninsured or lack adequate coverage for treatment. **Visit www.jcmh.org or contact Jessica Dunbar at JessicaD@jcmh.org.**

Volunteer Many of our programs benefit from the commitment and contribution of our volunteers. Make a difference in the lives of others with a gift of your time and talent. For more information on ways to get involved, or to talk about your goals for supporting Jefferson Center, contact **Julie DiTullio at 303-432-5644 or JulieD@jcmh.org.**

Host a Presentation As a part of our commitment to mental health education and outreach, Jefferson Center provides free presentations designed to raise awareness and decrease stigma that surrounds mental health and substance use disorders. Tailored to the specific needs of organizations and other audiences alike, our clinicians provide engaging presentations on a variety of mental health topics. If you're interested in hosting a presentation for your business, school, church, or community group, contact **Christy Bolland at ChristinaBo@jcmh.org**

Our Leadership at Jefferson Center

Executive Management Team 2021-2022

Kiara Kuenzler, PsyD, LP
President and CEO

Lenya Robinson, MA, LPC
Chief Operating Officer

David Goff, MBAVP
Administration, and CFO

Don Bechtold, MD, DLFAPA, DFAACAP
*VP, Healthcare and Integration,
and Medical Director*

Brandon Ward, PsyD
*Chief Innovation Officer and VP,
Information Systems*

Jessica Dunbar, MSPH
Chief Business Development officer

Sarah Posey Sr.
Executive Assistant

Jefferson Center Board of Directors 2021-2022

John Zabawa
Chair

Lynn Oliver
Vice Chair

Scott Thompson
Secretary

Jonathan Gordon

Chad Holtzman
Treasurer

Linda Isenhart
Gilpin County Commissioner

Tracy Kraft-Tharp
Jefferson County Commissioner

Mary Berg
Alternate

Vincent Bustos

Diane Messamore
Past Chair

Helen Peoples

Meera Rosser

Al Sahlstrom

Elisabeth Suarez

Sean Wood
*Clear Creek County
Commissioner*



Ways to Support Jefferson Center

Stay in the Loop!

Sign up for Jefferson Center's newsletter and stay up to date on our latest news.



Donate

Give a tax-deductible gift to support mental health and substance use services at Jefferson Center.



Host a presentation

Choose from frequent topics or let us help develop an in-person or virtual presentation for your business, school, church, or other group.



Enroll in classes

Get certified in Mental Health First Aid and learn to recognize a range of mental health and substance use disorders as well as how to help those dealing with these issues. Identify the warning signs of a suicide crisis and understand how to help with our Question, Persuade, Refer (QPR) classes.



Join the Policy Action Network

Connect with elected officials and other decision-makers to improve the lives of community members.



Volunteer

Make a difference in the lives of others with a gift of your time and talent.



Attend one of our events

Show your support at an event that excites you, such as our Annual Gala, Helping Kids Thrive parent conference, and more!



Jefferson Center
— With you in mind —

Your support can help us ensure a vibrant, sustainable, and resilient community. To find out more about how to get involved, contact Stephanie Schiemann, Director of Communications at StephS@jcmh.org or 303-653-2400.

LOCATIONS



Many Convenient Locations, One Convenient 24-Hour Phone Number.

Local: 303-425-0300 • Toll Free: 1-800-201-5264

Crisis & Recovery Center

4643 Wadsworth Boulevard
Wheat Ridge, CO 80033

**Independence Office
and Administration**

4851 Independence Street
Wheat Ridge, CO 80033

Alameda Office

5801 West Alameda Avenue
Lakewood, CO 80226

Jeffco Family Health Services

7495 West 29th Avenue
Wheat Ridge, CO 80033

Jefferson Plaza Office

3595 South Teller Street
Lakewood, CO 80235

West Colfax Office

9485 West Colfax Avenue
Lakewood, CO 80215

Union Square Health Plaza

12055 West 2nd Place
Lakewood, CO 80228

Evergreen Mountain Office

31207 Keats Way
Evergreen, CO 80439

Gilpin Mental Health Services

101 Norton Drive
Black Hawk, CO 80422

Gilpin County Public Health

15193 CO-119
Black Hawk, CO 80422

North Wadsworth Office

7828 Vance Drive
Arvada, CO 80003

Mountain Resource Center

11030 Kitty Drive
Conifer CO 80433

Clear Creek Office

1531 Colorado Boulevard
Idaho Springs, CO 80452

**Clear Creek Health
and Wellness Center**

1969 Miner Street
Idaho Springs, CO 80452



Celebrating 10 years in a row!