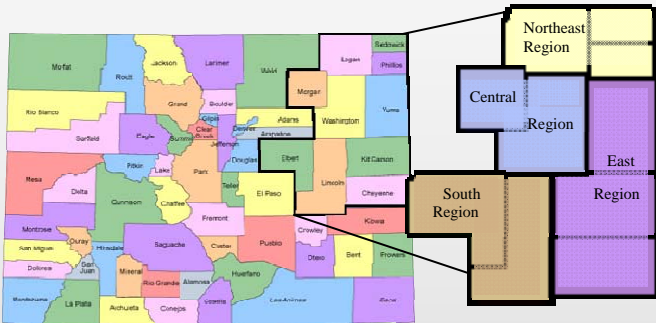


CENTENNIAL MENTAL HEALTH CENTER, INC

Annual Report 2010-2011



111,205 - individuals residing in Centennial's service area, or 2% of Colorado's total. The 2010 census reflects a net decrease of 8.6% in Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties. Of these ten counties, five experienced a decrease ranging from .8% to 17.7%.

93,463 - services provided.

17,647 - square miles in Centennial's service area or 16% of Colorado's total.

Centennial has office locations in Holyoke, Julesburg, Sterling, Fort Morgan, Akron, Yuma, Wray, Burlington, Limon, Elizabeth, and Cheyenne Wells. Centennial's corporate office is in Sterling.

4,426 - individuals served.

1,377 - services provided by vidcon.

488 - emergencies served.

148 - total employees.



Services

Outpatient Services provide children, adolescents, adults and the elderly with a variety of therapy options to obtain optimal health and well being. These services include individual, group, and family therapy, crisis and emergency services combined mental health and substance use disorder treatment.

<u>Substance Use Disorder Services</u>	<u>Youth and Family Services</u>	<u>Intensive Services</u>	<u>Adult Mental Health Services</u>
<ul style="list-style-type: none"> ◆ Dialectical Behavioral Therapy Skills (DBT) ◆ Level II Education ◆ Level II Therapy ◆ Minors in Possession Treatment ◆ Relapse Prevention ◆ Specialized Women's Treatment (SWS) ◆ Special Connections ◆ Strategies for Self-Improvement and Change 	<ul style="list-style-type: none"> ◆ Anger Management ◆ Animal Assisted Therapy/Activities ◆ Early Childhood Mental Health Services for children ages 0-5 ◆ HB 1451 Collaborative Management Programs ◆ Mentoring ◆ Parenting with Love and Limits® ◆ Play Therapy ◆ SB 94 Case Manager ◆ Transitions to Independence Process (TIP) ◆ Veteran's Family Services 	<ul style="list-style-type: none"> ◆ Services are provided 24 hours per day, 7 days per week across Centennial's 10 counties ◆ Crisis Intervention ◆ Access to Inpatient Hospitalization ◆ Continuity of Care ◆ Residential Treatment Placements ◆ Voluntary & Involuntary Psychiatric Hospital Placements 	<ul style="list-style-type: none"> ◆ Anger Management ◆ Dialectical Behavioral Therapy Skills (DBT) ◆ Eye Movement Desensitization & Reprocessing (EMDR) ◆ Managed Pharmacy Benefits ◆ Supportive Housing ◆ Community Support Program ◆ Animal Assisted Therapy/Activities (AAT/AAA) ◆ Veteran's Services 

2010-2011 In Review



Change used to be something organizations would cycle through, returning thereafter to a relatively calm status quo. These days, the cycles of change come more and more frequently and overlap to the point that we have to consciously stop and survey where we are. This Annual Report is at least one time that Centennial can stop and share with you where we've been this past fiscal year and where we're heading!



We have experienced record numbers of admissions of individuals to our care, as our FY 2010-2011 totals are overall 12% higher than the prior year. Both mental health and substance use disorder services are being increasingly sought by our community members. Although this increased demand may reflect some of the stress of the times, including that related to a slow economic recovery in our state and nation, I am just enough of an optimist to believe it also has something to do with our efforts to live up to our mission, "to achieve excellence in the provision of behavioral health services that lead to optimal health and well being". As we increase our quality and visibility of services in our communities, more people come and we spread the truth that *mental health IS health*.

Challenges always come along with change and growth, and this year has been no exception. Increased demand has not been matched by increased funding, and we are working harder at efficiencies that will allow us to maintain quality services to increasing numbers of people. Diversifying our programs and funding sources has been one strategy that appears to be bearing fruit. Collaborations have always been key to Centennial's place in our broader Northeast Colorado "community", and these only continue to deepen and broaden with our healthcare and criminal justice partners just to name two. Expanding programming, while also keeping pace with the nationwide scrutiny on "compliance" and proper use of public funding, requires a mix of creative flexibility and organizational integrity that is what Centennial is all about.

On the clinical side, we have continued our commitment to provide solid, evidence-based interventions across all four of our regions, including continued implementation of trauma-informed treatments, cognitive behavioral interventions, and solution-focused treatment. *Parenting with Love and Limits*, our intensive family therapy program, is in its second year and continuing to invite amazing change in the involved youth and families. The *Consumer-Directed-Outcome-Informed* program is now being used by clinicians centerwide to make sure clients are experiencing positive support and real change toward their treatment goals. Our philosophy of recovery is also seen in our growing integration of trained peer-specialists into our programs across the center.

As the 2010-2011 Fiscal Year wound down, Centennial was pursuing funding to bring jail-based behavioral health services to our region, and had applied to join a select learning collaborative for integrated health care. By the time of this report, we are in the thick of implementing both of these initiatives, so "change" is still our byword. These are exciting and challenging times!

Every day, we are inviting our clients to experience the hope and realities of recovery in their lives, and sometimes holding the crucible of hope when they cannot feel it themselves. Thanks to all of you for your own part in that process!

Liz Hickman, Executive Director

Tom Westfall, Board President

We believe:

- In the preservation of human dignity, self respect and client rights.
- Clients are our highest priority.
- Clients are best served through collaboration.
- Centennial Mental Health Center is dedicated to maintaining communications with the public we serve and participating actively in our communities.

Board of Directors



John Ayoub
Phillips County



Jim Beck
Sedgwick County



Clark Bernhardt
Secretary/Treasurer
Sedgwick County



Nancy Bogenhagen
Cheyenne County



Steve Burgess
Lincoln County



Tony Carlson
Vice-President



John Gardner
Yuma County



Carmen Halde
Cheyenne County



Terry Hart
Washington County



JulieAnn Hughes
Board Member of the Year
Kit Carson County



Bruce Johnson
Washington County



Joe Kinnie
Phillips County

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.



George Kyncl
Morgan County



PattyAnn Maher
Elbert County



Linda Olsen
Lincoln County



Cathy Robinson
Elbert County



Tom Westfall
President
Logan County



Robin Wiley
Yuma County

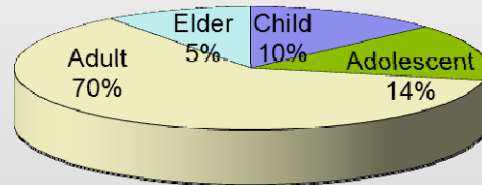
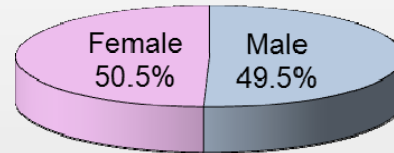
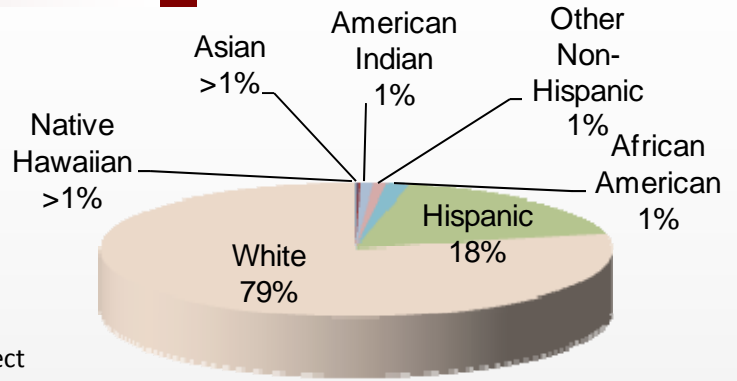
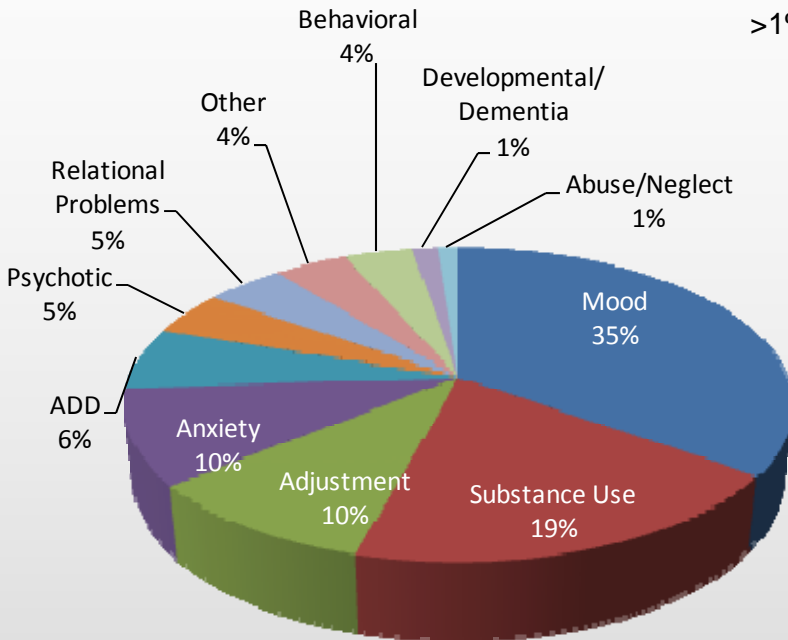


Jim Whitmore
Kit Carson County



Debbie Zwirn
Logan County

Clients Served

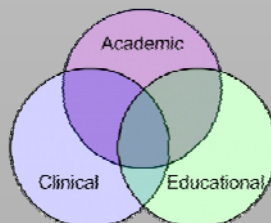


Employees

Number of Employees By Degree/License

Registered Nurse	1
Medical Doctor	1
Licensed Addiction Counselor	2
Nurse Practitioner/ARNP	2
Licensed Practical Nurse	3
Licensed Marriage and Family Therapist	3
Licensed Psychologist	4
Licensed Clinical Social Worker	6
Bachelor of Arts or Sciences Degree	11
Certified Addiction Counselor	18
Licensed Professional Counselor	20
Master of Arts, Education or Social Work Degree	51

Kathleen Kropp—Licensed Professional Counselor
 Hannah Martens—Licensed Marriage and Family Therapist
 Karen Pouget—Licensed Professional Counselor
 Renee Ruhlman—Licensed Professional Counselor
 Nicole Schroeder—Licensed Clinical Social Worker



20th Anniversary



Congratulation to Chris Jutz, CAC III (left) and Karla Rosas, MA, LPC (right) for celebrating their 20th anniversary with Centennial.



People Helping People

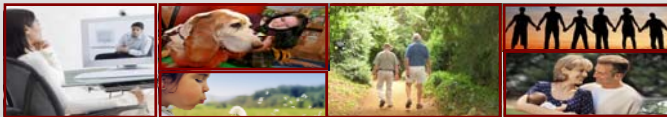


Centennial takes an active role in encouraging staff to obtain licensure and is proud to celebrate with Kathleen, Hannah, Karen, Renee and Nicole for their accomplishments!

Services

Number of People Served

County	Child	Adolescent	Adult	Elder	County Total
Cheyenne	2	9	22	10	43
Elbert	75	111	332	23	541
Kit Carson	38	35	160	30	263
Lincoln	31	34	206	27	298
Logan	131	140	756	76	1,103
Morgan	185	224	654	168	1,231
Phillips	30	20	164	37	251
Sedgwick	5	6	69	10	90
Washington	23	12	93	19	147
Yuma	68	64	279	48	459
<i>Total</i>	<i>588</i>	<i>655</i>	<i>2735</i>	<i>448</i>	<i>4426</i>



Number of Services

County	Child	Adolescent	Adult	Elder	County Total
Cheyenne	25	83	496	205	809
Elbert	1129	2181	6366	258	9,934
Kit Carson	443	594	2669	188	3,894
Lincoln	622	500	3580	248	4,950
Logan	2,440	3,043	25,236	1,575	32,294
Morgan	2,933	5,074	14,286	1,193	23,486
Phillips	275	254	3,065	205	3,799
Sedgwick	21	25	1,223	180	1,449
Washington	525	174	2,517	415	3,631
Yuma	1,362	1,354	6,050	451	9,217
<i>Total</i>	<i>9,775</i>	<i>13,282</i>	<i>65,488</i>	<i>4,918</i>	<i>93,463</i>

Emergency Services Provided

County	# of Units	Value of Services
Cheyenne	7	1,169
Elbert	32	4,990
Kit Carson	40	6,276
Lincoln	30	5,549
Logan	134	26,441
Morgan	163	29,085
Phillips	12	3,331
Sedgwick	10	1,724
Washington	20	2,850
Yuma	40	7,569
<i>Total</i>	<i>488</i>	<i>88,984</i>

Centennial Mental Health Center (Centennial) is a private, non-profit 501(c)(3) agency providing outpatient mental health and substance use disorder services since 1979. Since that time, Centennial has been committed to fully serving the behavioral health needs of the communities as demonstrated by the implementation of a Criminal Justice Clinical Specialist (CJCS), Parenting with Love and Limits® (PLL) Program and Peer Specialist Program to address needs that were otherwise unmet in the rural/frontier communities of Northeastern Colorado.

CJCS serves as the point of contact for criminal justice agency referrals and provides direct case management and other services that align with offender supervision and release requirements, clinical assessment and treatment services and ongoing communications with referring criminal justice agencies.

PLL is an evidence-based therapeutic modality for the treatment and parenting of adolescents who are experiencing severe emotional problems and/or who are exhibiting severe behavior problems.

Centennial utilizes paid Peer Specialists to serve as part of the treatment team and provide peer support services to clients. Functioning as a role model to peers, these individuals work with clients in drafting their own Wellness and Recovery Plans, facilitate psycho-education and wellness groups, link clients with community resources and teach clients to advocate for the services wanted and needed. Eligible applicants for these positions had completed the Peer Specialist Training program and had personal experience in dealing with mental illness and/or substance use disorders with demonstrated competency in personal recovery and use of coping skills.

Leaders of the Flock

Administration

Elizabeth L. Hickman, Ph.D., Executive Director
 Jessica Babcock, CPA, Accounting Manager
 Jill Johnson, Accounts Receivable & Information Systems Manager
 Karla Rosas, MA, LPC, Community Resource Director
 Kassidy Clouse, Human Resource Manager
 Kathy Livo, Administrative Assistant
 Lorie Hessler, Executive Assistant
 Pam Craig, MA, LPC, Deputy Director of Clinical Services
 Spencer Green, M.Div., CAC III, Deputy Director of Operations
 Sherri K. Davidson, MSM, Finance Director
 Tim Davidson, Information Technology Director

Regional Operations Directors

Bonnie Adams, MA, LPC, NCC - South Region
 (Elbert and Lincoln Counties)
 Brenda Fabian, MA, LPC, CAC III - Northeast
 (Logan, Phillips & Sedgwick Counties)
 Karl Cline, MA, MBA - Central Region
 (Morgan and Washington Counties)
 Vacant - East Region
 (Cheyenne, Kit Carson and Yuma Counties)

Medical and Specialty Services

Arlene Weimer, Psy.D., Psychologist
 Carly Reimer, MSN, MHNP-BC, Nurse Practitioner
 Charles Fisher, Ph.D., Psychologist
 Dan Hammond, MSN, FMHNP-BC, Nurse Practitioner
 Mary McMahan, MCJ, MA, LAC, LPC, JBBS Coordinator
 Patricia Payne, M.D., Contracted Pediatric Psychiatrist
 Paul D. Freda, M.D., Medical Director
 Paula LaPorte, RN, Psychiatric Nurse
 Robert Segerstrom, Ed.D., Staff Psychologist
 Theron "Ted" G. Sills, M.D., Contracted Psychiatrist

Clinical Coordinators

Jodi Geis, MS, LPC—Adult Mental Health Services
 Philip Moss, MA, LPC—Intensive Services
 Rose Clement, MSW, LCSW—Youth/Family Services
 Steve Gilbertson, MA, LPC, CAC III—Substance Use
 Disorder Services



Office Directory

Administration — 211 West Main Street — Sterling, CO, 80751,
 Phone: 970.522.4549—Fax: 970.522.9544



Akron
 871 E 1st Street , PO Box 222
 Akron, CO 80720
 Phone: 970.345.2254
 Fax: 970.345.2744

Burlington
 1291 Circle Dr, PO Box 247
 Burlington, CO 80807
 Phone: 719.346.8183
 Fax: 719.346.0292

Cheyenne Wells
 80 E. 1st Street, Suite 2
 Cheyenne Wells, CO 80810
 Phone: 719.346.8183
 Fax: 719.346.0292



Elizabeth
 650 E. Walnut, PO Box 533
 Elizabeth, CO 80107
 Phone: 303.646.4519
 Fax: 303.646.4451

Fort Morgan
 910 East Railroad
 Fort Morgan, CO 80701
 Phone: 970.867.4924
 Fax: 970.867.2695

Fort Morgan
 625 West Platte Avenue
 Fort Morgan, CO 80701
 Phone: 970-867-3275
 Fax: 970-867-0290



Holyoke
 115 N. Campbell, PO.Box 206
 Holyoke, CO 80734
 Phone: 970.854.2114
 Fax: 970.854.4584

Julesburg
 118 W Third St, PO Box 62
 Julesburg, CO 80737
 Phone: 970.474.3769
 Fax: 970.474.2099

Limon
 606 Main St, PO Box 976
 Limon, CO 80828
 Phone: 719.775.2313
 Fax: 719.775.2315



Sterling
 211 West Main Street
 Sterling, CO 80751
 Phone: 970.522.4392
 Fax: 970.522.2217

Wray
 340 South Birch Street
 Wray, CO 80758
 Phone: 970.332.3133
 Fax: 970.332.3134

Yuma
 215 South Ash
 Yuma, CO 80759
 Phone: 970.848.5412
 Fax: 970.848.2414



Expenses

Personnel & Contract, 79.6%

Occupancy Expenses, 5.5%

Client Expenses, 4.9%

Other*, 3.4%

Computer Svcs & Spls, 2.3%

Supplies & Postage, 1.4%

Auto & Travel, 1.4%

Interest, 0.8%

Telephones & Pagers, 0.7%



Sherri Davidson
Finance Director

* Other includes expenses that are less than 1% of the total

Revenue

Grants 6.2%

Third Party 5.4%

Private Fees 3.8%

Donated Medications 3.2%

Substance Abuse 3.1%

DHS/DSS Core Services 3.0%

Insurance 2.4%

County Contributions 2.0%

Housing Rent 0.8%

Miscellaneous 0.7%

Prior Year Medicaid 0.7%

Interest 0.3%

Medicare 0.5%

State General Fund Contract 15.7%

Medicaid 52.2%



Bonnie Adams - Julie Adye - Nicole Alexander - Jessica Babcock - Ronnie Bahler
Lindy Barnhill - Nicole Benauides - Ken Billings - Rosie Bowey - Shirley Brandt
Beverly Burgess - Donna Campbell - Brenda Carlsen - Brenda Carrasco - Monica
Carrasco - Lois Christiansen - Chantell Christner - Rick Clement - Rose Clement
Karl Cline - Cassidy Clouse - Rhonda Conger Travis Corning - Sheila Couch - Pam
Craig - Kathy Dabrymple - Gina Dardanes - Sherri Davidson - Tim Davidson
Laura Deines - Maria Delgado - Cheryl Dillon - John Duhamel - Sharon Edler
Brenda Fabian - Bonnie Fisher - Charles Fisher - Paul Freda - Abbi Garcia
Jodi Geis - Steve Gilbertson - Ashley Gilken - Pat Gorrill - Spencer Green - Becky
Greenwood - Cindy Haider - Holly Haman-Marcum - Dan Hammond - Heather
Harcourt - Derek Harris - Katara Harwood - Carolyn Helget - Sky Henry
Lorie Hessler - Tasha Hickey - Liz Hickman - Breyona Hooten - Judy Hoyt
Terri Jensen - Jill Johnson - Chris Jutz - Bob Keenan - Amanda Keim - Jennifer
Kerr - Teri Kerr - Tracy Kleimola - Jean Knopp - Toni Kooy - Michelle
Kramer - Kathleen Kropp - Dana Krumholz - Lori Kucharski - Tracy Kumke
Jeff Lambert - Paula LaPorte - Jose Leon - Kathy Livo - Juan Lopez - Rod
Lyon - Clint Madison - Kara Marshall - Hannah Martens - Michelle
McCauley - Mary McMahon - Tina Meays - Brett Melton - John Mercer - Allie
Miller - Theresa Miller - Corliss Mock - Phil Moss - Kathleen Murray - Ken
Nash - Tiffany Nichols - Ana Nunez - Andrea Orin - Raymunda Ortega - Sandi
Owens - Patricia Payne - Troy Penner - Lindsay Porter - Cassandra Potts
Karen Pouget - Marty Quinn - Carly Reimer - Jasmine Rinehart - Karen Rockwell
- Karla Rosas - Joanne Roth Darin Rouselle - Renee Ruhlman - Eliza Salwei
Kathleen Sandberg - Jessica Schart - Kirstin Schelling - Deborah Schorzman
Nicole Schroeder - Bob Segerstrom - Ted Sills - Mickie Sjoberg - Sheila Snyder
Allen Spall - Jody Strouse - Chris Swenson - Connie Swick - John Szewczyk
Amanda Thew Coleen Thompson - Ann Tompkins Linda Valle - Darcy Van Driel
Shawna Wahlert - Toni Warnick - Jennifer Waugh Arlene Weimer - Lori Wesson
Jeff Wheeler - Sue Whited - Sarah Whitman - Megan Wills - Barry Winkler