

"Frog Fun" by Ruth Lafferty



The Art of Hope

2010 Calendar



Jefferson Center
for mental health

JEFFERSON CENTER FOR MENTAL HEALTH

Building Hope, Changing Lives, Strengthening Community

The Power of Hope

The first, most important step in recovery and resiliency is to foster the belief in something called hope. Once that happens, anything is possible. Anything can happen... and often does! The power of hope.

- Hope...for a better future and a meaningful life, that people can and do overcome the barriers and challenges that confront them.
- Hope...believing that recovery from mental health disorders is possible.
- Hope...that during these very difficult times, the support of community can help every household sustain and find a foundation for optimism.
- Hope...that springs from the presence of Jefferson Center as a cornerstone of community caring and support for more than 50 years, and for the next 50!

**Here's to a Happy New Year,
and one filled with hope for all!**

Dedicated to Serving All in Need...

Jefferson Center for Mental Health is the not-for-profit community mental health center serving Jefferson, Clear Creek, and Gilpin counties since 1958. Our mission is to promote mental health and provide quality mental health services for people with emotional problems and/or serious mental illness. We are partners with our community, working together to create a place that fosters mental health and supports those with mental health challenges.

At Jefferson Center for Mental Health, we help bring hope for a brighter future to thousands of community members who are struggling with mental health disorders...individuals whose daily lives have been disrupted, whose mental health problems are leading to difficulties at work or school, hospitalization, homelessness, or even involvement with the juvenile or criminal justice system. **Although we know that behavioral health disorders are more common than cancer, diabetes and heart disease, and that nearly 1 in 5 people in our community struggle with a mental health disorder, we also know that people with mental illness can recover and go on to lead meaningful, hopeful lives.**

Jefferson Center's services and programs:

- Help people of all ages...from our youngest client, who is one year old, to our oldest client who is 91.
- Incorporate services with community partners in a variety of settings and locations in Jefferson, Gilpin, and Clear Creek counties: 20 clinical locations, 26 schools, and in nursing homes, senior centers, and other partner sites.
- Engage, inspire, and help people on the road to resiliency and recovery.

Jefferson Center would like to thank Type Etc. for its generosity in underwriting the cost of printing this calendar. (www.typeetc.com)



To learn more about Jefferson Center, visit our website at www.jcmh.org or call us at 303-425-0300.



Ways to Support

Jefferson Center for Mental Health

Give a Tax-deductible Gift

Help support mental health services for community members who are uninsured or lack adequate coverage for mental health treatment.

- Support Center programs
- Join our Endowment Circle
- Include Jefferson Center in your will

For more information contact **Geoff Brown** at **303-432-5163** or **geoffb@jcmh.org**.

Volunteer

Make a difference in people's lives with gifts of your time and talent! You have valuable experience and skills from which many of our programs can benefit, whether it's planning a special event for consumers, listening to seniors as a peer counselor, tutoring at-risk youth, or getting involved with local legislators on policies impacting mental health. To inquire about volunteer opportunities, contact **Mary Jo Starmer, Volunteer Coordinator**, at **303-432-5124** or **volunteer@jcmh.org**.

Speaker's Bureau

We would love the opportunity to present to your organization or community group! Jefferson Center for Mental Health has speakers who can present on many mental health and wellness topics and provide information about the services available at Jefferson Center. Contact **Geoff Brown** at **303-432-5163** or **geoffb@jcmh.org**.

The Art of Hope

In this 2010 calendar, Jefferson Center for Mental Health is proud showcase artwork produced by consumers.

The aim of art is to represent not the outward appearance of things, but their inward significance.

—Aristotle

All children are artists. The problem is how to remain an artist once he grows up.

—Pablo Picasso

Art is a form of creative expression.

For some, art is also a coping skill that heals and builds hope. Spurred by creative energy, vision, and a desire to reveal their unique points of view, the Jefferson Center community of artists continues to grow.

Now in its fourth year, the annual Jefferson Center calendar has become a rally point for clients eager to demonstrate that the challenges of mental illness do not prevent them from the realization of skilled, unique artistic expression. More than 127 works of art were submitted this year from throughout the Center—our youngest artist was 13. Please join us in congratulating all the artists who submitted work for consideration for this year's calendar!

If you would like to make a donation to support Jefferson Center's Living Arts Co-op program, are interested in purchasing any of the artwork featured in this calendar, or would like to contact the artist, please call Jefferson Center's Communications Office at 303-432-5174.



"Have a Cup of Blooming Joy" by Julie Dysart



"Roses" by Chris Huser



"Horse" by Sharon Mata



"Native Ways" by Jonathan Brott



"Winter Altitude" by Scott Uhrich

JANUARY 2010

“Today is
your day!
Your
mountain is
waiting.
So . . .
get on your
way.”

Dr. Seuss

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"Poppies from the Couch" by Patricia Chamberlain

FEBRUARY 2010

“Kindness
is the
language
which the
deaf can
hear and
the blind
can see.”

Mark Twain

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"Palm Trees" by Jonathan Scott

Stress Busters

MARCH 2010

Give Yourself
a Break

Connect With Others

Get Active

Eat Well, Get
Enough Sleep

HELP OTHERS

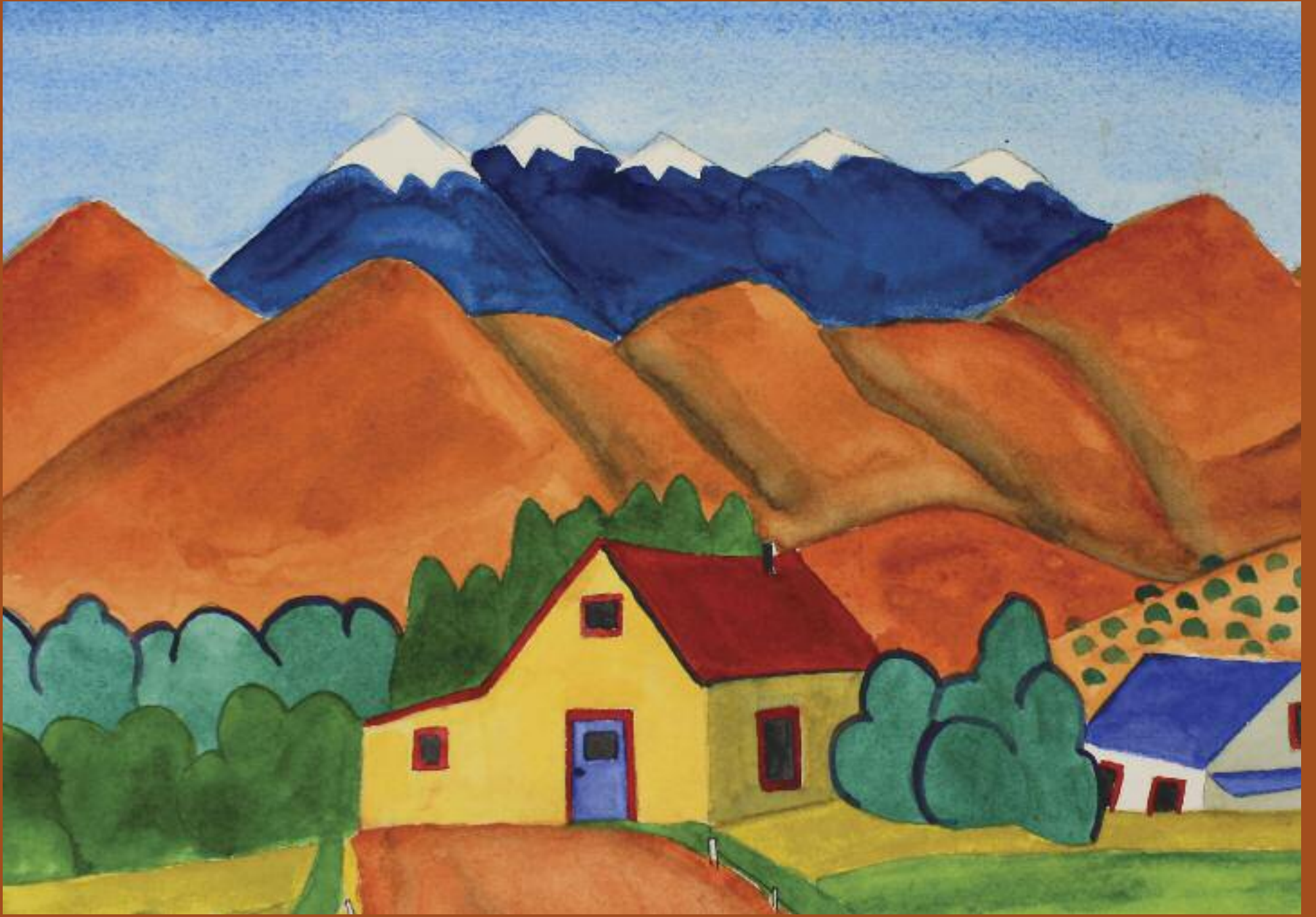
Laugh, Laugh
Often



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"New Mexico" by Birdi Boyd

APRIL 2010

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“Wherever
you go, go
with all your
heart.”

Confucius



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Birdi

"Montauk Lighthouse, New York" by Birdi Boyd

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore.

Dream.
Discover.”

Mark Twain



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May is Mental Health Month

MAY 2010

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"Flying Away" by Mark Zimmerman

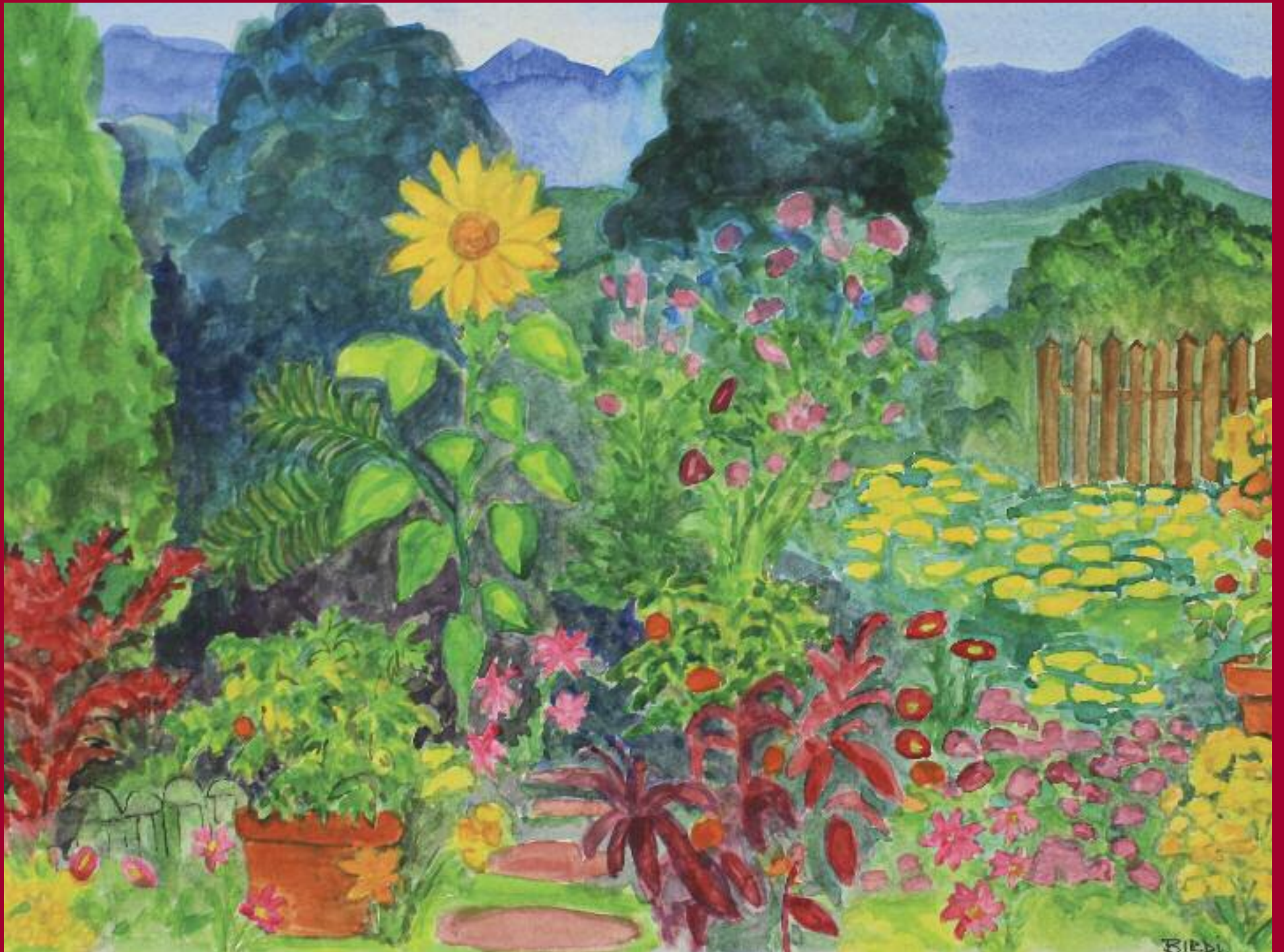
JUNE 2010

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Ralph Waldo Emerson

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"Dad's Garden" by Birdi Boyd

“Where
flowers bloom
so does hope.”

Lady Bird Johnson

Get Involved...give of your time, your talents, and your heart. Often times we get back more than what we give. Here are some ways to get involved:

- Tutor a student from a local school
- Take a meal to a neighbor in need
- Serve at a soup kitchen
- Read to a resident of a retirement home
- Donate your old clothing and household items
- Teach youth a foreign language
- Coach a team



Jefferson Center
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JULY 2010

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"Night Landscape"
by Susan Davids

“Life is not measured by the number of breaths we take but by the moments that take our breath away.”

Anonymous



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303-425-0300

AUGUST 2010

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"Leaves of Splendor" by Ruth Lafferty

Recovery and Resiliency Tips

Believe in yourself and in your own ability to make changes in your life.

Build energy.

Maintain regular sleep patterns, a healthy diet, and daily exercise or activity routines.

Learn everything you can about your illness or emotional/ behavioral problems, including which medications and treatment options are available.

Reach out.

Develop a support network of those who care about you.

Join a community organization, such as a social club or religious congregation, participate in recreational activities, and explore work or volunteer opportunities.



Jefferson Center
for mental health

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SEPTEMBER 2010

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"Pumpkin" by Kendra

Children's Wisdom

It's more fun to color outside the lines.

Ask why until You understand.

Hang on tight.

Ask for sPrinkles.

If the horse You're drawing looks more like a dog, make it a dog.

Save a Place in line for Your friends.

Sometimes You have to take the test before You've finished studYinG.

Author Unknown



Jefferson Center
for mental health

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303-425-0300

OCTOBER 2010

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Halloween 31																																																																																										



"I Love My Rocky Mountains" by Shelly Truitt

Holiday Tips

Take time for yourself
– nurture your spirit.

Get enough sleep and
exercise regularly.
Keep your normal
routine.

Enjoy the outdoors.

Do activities you
enjoy.

Keep things simple.

Be realistic about what
you can and cannot
do. Pace yourself,
organize your time.

Spend time with
people who are
supportive and who
care about you.

NOVEMBER 2010

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Jefferson Center
for mental health

www.jcmh.org
303-425-0300



"Let's Play" by
Ruth Lafferty

RL

What Dogs Can Teach Us

When loved ones come home, run to greet them.

Take naps.

Stretch before rising.

Run, romp, and play daily.

Delight in the simple joy of a long walk.

Be loyal.

Avoid biting when a simple growl will do.

Author Unknown



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DECEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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Kwanzaa					New Year's Eve																																																																																												



"Hands Making a Heart Shape" by Leda Patapoff

Many Convenient Locations
One Convenient 24-Hour Phone Number:
303-425-0300
Toll Free: 1-800-201-5264
TDD Hearing Impaired: 1-800-432-5540



"Mountain Scene" by Terry Haza

Access & Emergency Center
9485 West Colfax Avenue
Lakewood 80215

**Administration & Independence
Outpatient**
4851 Independence Street
Wheat Ridge, CO 80033

Blue Spruce Pharmacy
9485 West Colfax Avenue, 2nd Floor
Lakewood, CO 80215

Cedar Office
9808 West Cedar Avenue
Lakewood, CO 80226

**Clear Creek Community Service
Center**
1531 Colorado Boulevard
P.O. Box 3669
Idaho Springs, CO 80452

Evergreen Office
28577 Buffalo Park, #250
Evergreen, CO 80439

Gilpin Mental Health Services
2960 Dory Hill Road, #100
Black Hawk, CO 80403

JERP
(John Eachon Re-entry Program)
1651 Kendall
Lakewood, CO 80214

North Wadsworth Outpatient Office
7878 Wadsworth Blvd., Suite 100
Arvada, CO 80003

The ROAD and CrossRoads**
5220 W. Ohio Avenue
Lakewood, CO 80226

School-based Health Centers**
17 school-based centers throughout
the three county area

Senior Reach**
7878 Wadsworth Blvd.
Arvada, CO 80003

South Outpatient Office
9200 West Cross Drive, Suite 421
Littleton, CO 80123

Summit Center
3810 Pierce Street
Wheat Ridge, CO 80033

Wellness now!
4045 Wadsworth Blvd., Suite 70
Wheat Ridge, CO 80033

West Colfax Outpatient
9485 West Colfax Avenue
Lakewood, CO 80215

** Collaborative Service Locations

*Jefferson Center provides services in several
other community locations...for a full listing
of our programs and services please visit our
website at www.jcmh.org*



"Kaleidoscope" by Bob Gray



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