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

FINANCIALS & DEMOGRAPHICS

Hispanic / Latino Origin

<table>
<thead>
<tr>
<th>Hispanic / Latino Origin</th>
<th>Percentage</th>
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<tr>
<td>Not Hispanic / Latino</td>
<td>65.1%</td>
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<tr>
<td>Hispanic / Latino</td>
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<tr>
<td>Unknown / Declined</td>
<td>12.3%</td>
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Audited Revenues & Expenses

2022 Revenue

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<tr>
<th>Description</th>
<th>Revenue</th>
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<tr>
<td>Medicaid</td>
<td>$44,529,742</td>
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<tr>
<td>Private Insurance &amp; Self-pay</td>
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<td>Medicare</td>
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<td>State of Colorado</td>
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<td>County/ Municipals</td>
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<td>Pharmacy Revenue</td>
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<td>Contracts &amp; Grants</td>
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<td>Rent Revenue</td>
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<td>Philanthropy</td>
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<td>Other Income</td>
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<td><strong>Total Revenue</strong></td>
<td><strong>$72,761,050</strong></td>
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2022 Expenses

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<td>Personnel</td>
<td>$46,601,913</td>
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<tr>
<td>Pharmacy</td>
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<td>Client Related</td>
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<td>Occupancy</td>
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<td>Other Expenses</td>
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<td>Professional Fees</td>
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<td><strong>Total Expenses</strong></td>
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<td>Operating Income</td>
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<td>Net gain (loss) on investment in equity investees*</td>
<td>$1,241,483</td>
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**FINANCIALS & DEMOGRAPHICS**

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

### Age
- 3.4% 70 to 69
- 8.4% 60 to 69
- 12.4% 50 to 59
- 18.2% 30 to 39
- 14.8% 20 to 29
- 24.2% 10 to 19
- 7.2% Less than 10

### Gender
- 37.9% Cisgender Male
- 57.5% Cisgender Female
- 0.3% Non Cisgender Female
- 0.6% Non Cisgender Male
- 3.7% Non-binary
- 71.4% Unknown/Declined

### Diagnosis
- 25.4% Depression
- 21.9% PTSD / Reaction to severe stress
- 15.5% Other anxiety disorders
- 11.1% Bipolar Disorder
- 7.4% All other diagnoses
- 6.5% Schizophrenia / Schizoaffective disorders
- 5.5% Attention-deficit hyperactivity disorders
- 4.8% Alcohol / substance use / dependence
- 1.8% Persistent mood disorders
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
- Caesers 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.
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](http://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**  
  *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.

- **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.

- **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.

- **Join the Policy Action Network**
  Connect with elected officials and other decision-makers to improve the lives of community members.

- **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!

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

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.
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

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Celebrating **10 years in a row!**