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Mental Health Matters to Me ~ Dick Saunders

This article is part of a series of stories by MHAC board members and honorary board members about why mental health issues are important to them.

Mental Health Affects Us All

Contributed by Dick Saunders
Founder of Saunders Construction, Inc.

I have been involved for many years with Mental Health America of Colorado because I care. I am sure most of us would say we know of someone suffering from mental illness, if not in our own extended family, then with close friends. Another passion I have is children and many are impacted by mental illness, which obviously creates many challenges and pain for their families. For me, it is an easy bridge to cross to help children. I think we all feel the deep concern for children and we can work together to help them become productive members of society. Obviously, mental illness has a major impact on our community.



The actual physical and mental impact of mental illness is obvious, but a concern nearly as important is the major stigma attached to individuals with mental health concerns. In the past decade significant progress has been made in this area of stigmatism but it is critical that much more work be done. We have slowly but surely made progress in the area of mental health care. I ask that you continue to work on programs and initiate new ones that assist our children and adults suffering from mental illness and help us erase the stigma that remains.

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Search '**Mental Health America of Colorado**'

Network with friends of mental health

Read mental health headlines

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Searchable Resource List Helps Locate Services Faster

Access to mental health services is important for prevention, wellness and recovery. Yet, for many people, when a mental health issue arises it is difficult to know where to begin. *Who do I call? Will I find services I can afford?* These are very common questions.

MHAC works to make locating appropriate and affordable mental health care a little easier. We provide Information and Referral services that include the option of speaking to a real person who assists in locating services. MHAC has also created a [searchable database](#) that includes helpful information about how to get started finding mental health resources. The database includes resources such as counseling, support groups, substance abuse treatment, suicide prevention, housing, educational services for children with mental health issues and national professional organizations. Many treatment options have reduced or sliding fee scales.

[Email Information & Referral Coordinator](#)

or call 720-208-2238



Funding News

MHAC received good news earlier this month: We will continue to serve as a Mile High United Way (MHUW) agency. MHUW recently revised the process by which it chooses partner agencies, which now includes a highly competitive review process. MHAC is grateful for the opportunity to continue to help fulfill the MHUW goals of school readiness, youth success and adult self-sufficiency.



Staff News

Lacey Stein joins WE CAN! of Colorado as Outreach Coordinator. Lacey recently graduated from the University of Colorado at Denver with a master's degree in communication. She is originally from Missouri.

[Contact Staff](#)



News & Announcements

Live Music Event to Benefit Mental Health

Mark your calendar to attend the CD release party and live performance by **Ashley Miers**. Ashley is a wildflower, an old soul and an electronic lotus kid. She hails from the land of summer thunderstorms and open prairies, from which she made her way west to the regal Rockies in the infancy of her adulthood. She

now cultivates her consciousness rocking with the creative collective of the altruistic and artistic in Hollywood.

Proceeds from the performance will go to Mental Health America.

Saturday, April 24

8:00pm - miniBAR

2623 E 2nd Ave., Denver 80206 [Map](#)

Mental Health Matters

Join us to learn more about our mission and vision and see how MHAC leads prevention, education, outreach and advocacy programs and mental health services across Colorado. We look forward to meeting you and sharing how we can all make a difference in the lives of individuals and families coping with mental health issues. Light lunch will be served.



Thursday, May 6 ~ Noon - 1:00pm

MHAC Office, 6th Floor Conference Room

1385 S. Colorado Blvd., Denver CO [Map](#)

RSVP by Tuesday, May 4. [Email Alyson](#) or call 720-208-2243.

Documentary Highlights Pueblo's Friendly Harbor Drop-in Center

Friendly Harbor, located in Pueblo, is a drop-in center that provides a social network, empowerment and motivation to people who happen to have a mental illness. The center has been run by **Robin Hill** for several years. Robin is a great advocate for recovery and is active in mental health activities in Pueblo and around the state. Recently, his daughter and her husband, internationally known filmmakers and documentarians, came home to Pueblo and produced a short film about Friendly Harbor, which highlights the lives of people who visit the drop-in center. It is titled [Live Your Life, Not Your Diagnosis](#).



[Visit the filmmakers website](#)
[Friendly Harbor](#)

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