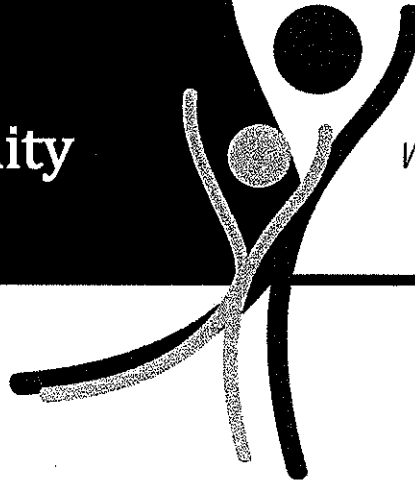


# Our Community Providers

*Working together to develop and deliver  
mental health resources  
for Colorado communities.*



## COMMUNITY SAFETY-NET PROVIDERS

Last year, CBHC member organizations served more than 83,000 Colorado citizens from every county across the state. These services are provided through various funding sources, including Medicaid, private insurance, self-pay, and federal, state, and local dollars. They provide effective treatment for a range of illnesses, such as major depression, bipolar disorder, anxiety, and schizophrenia. As the safety-net providers, mental health consumers have access to a community-based continuum of care that includes:

- Counseling and Psychotherapy
- Child, Adolescent and Adult Intake and Assessment
- Clinic, School and Hospital-Based Programs
- Medications and Medication Management
- Social, Vocational, & Educational Programs
- Clubhouse Programs
- Residential Programs & Services
- 24-Hour Emergency Services

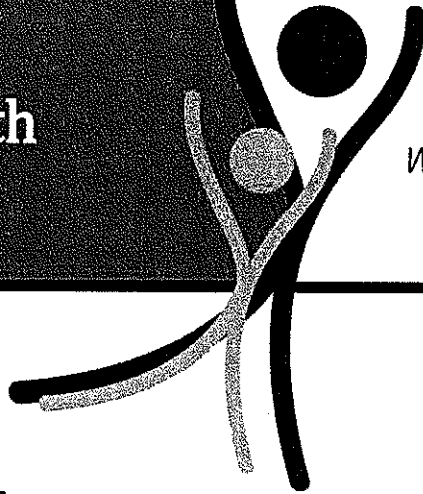
Each community mental health center and BHO works closely with their local community to reduce barriers to access. Through best practice treatment approaches, a focus on recovery and the availability of new and effective medications, even the most serious illness is being treated effectively. Throughout Colorado, thousands of individuals once isolated and disabled by mental illness, are now leading productive, satisfying lives.

## MANAGING COLORADO'S MEDICAID MENTAL HEALTH PROGRAM

CBHC membership also includes the 5 Behavioral Health Organizations (BHOs) that are responsible for the efficient management & implementation of Colorado's Medicaid Managed Care Program. BHOs work closely with community-based providers and local hospitals to implement, administer, and coordinate treatment for Medicaid recipients across Colorado. BHOs help consumers access an array of consumer-driven, outcomes based services best suited to the individual and the community. Like the community-based providers, BHOs encourage each individual to fully participate in treatment planning that will help them discover and use their individual strengths and resources effectively.

# Mental Health Overview

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## Mental Health Statistics

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- According to the National Institute of Mental Health
  - Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15-44
  - An estimated 26% percent, 57.7 million Americans, over the age of 18 suffer from a diagnosable mental disorder in a given year
  - About 6%, or 1 in 17, suffer from a serious mental illness

Colorado has the seventh-highest suicide rate in the nation. About 90% of those who attempt suicide are struggling with depression or another mental health disorder, many of which are undiagnosed and/or untreated.

## Mental Health/Physical Health Connection

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- Research indicates that people with serious mental illness—which include schizophrenia, bipolar disorder, and major clinical depression—die, on average, 25 years earlier than the general population.
  - 60% of premature deaths in persons with schizophrenia are due to medical conditions such as cardiovascular, pulmonary and infectious disease.
  - For individuals with mental illness, it is critical that they have access to a physical health care provider since many of the medications used to treat mental illness cause severe weight gain and other side effects that can lead to increased risk of heart disease, diabetes and other chronic illnesses.
- Compounding this problem, people with serious mental illness often lack access to established monitoring and treatment guidelines for physical health conditions.
- It is essential that all Coloradans have **equal access** to necessary mental health services.
- **Prevention** services and the **integration** of mental health care in the physical care setting are critical components of a good mental health service delivery system.

# About Us



*Working together to develop and deliver  
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CBHC is a non-profit 501(c)3 membership organization that represents Colorado's statewide network of community mental health providers. This includes the 17 community mental health centers (CMHCs), two specialty clinics—Asian Pacific and Servicios de la Raza—and the 5 Behavioral Health Organizations (BHOs) which are the state's Medicaid mental health managed care companies. CBHC member organizations contract with the State of Colorado and work together to provide comprehensive behavioral and psychiatric services to every region of the state.

CBHC works with policy makers and community leaders to enhance the community mental health system and improve the health of Colorado citizens. Each community mental health center provides a comprehensive continuum of outcomes-based, culturally appropriate services in partnership with a range of community organizations that often include:

- Early Childhood/Head Start Centers
- Schools & School-Based Health Centers
- Faith-Based Organizations
- Criminal Justice, Probation & Parole Systems
- Hospitals & Primary Care Facilities
- Social & Human Service Organizations
- Local Police and Law Enforcement
- Other Business and Community Organizations

Through an extensive network of community partnerships, CBHC makes a significant contribution to the public safety of communities across Colorado. CBHC also works closely with others involved in systems integration solutions so that children and families with multiple and complex needs are fully and effectively served through seamless, coordinated, and integrated services. Through education, referrals, and linkages with the schools, agencies, businesses and other organizations, CBHC ensures that effective, high-quality mental health services are accessible in the community where they are needed the most.

[www.cbhc.org](http://www.cbhc.org)

