



It Takes A Valley

Transforming Behavioral Health

2022 IMPACT REPORT



VAIL HEALTH'S EAGLE VALLEY BEHAVIORAL HEALTH + VAIL HEALTH FOUNDATION



A YOUNGSTER ENJOYS THE FESTIVITIES AT MOUNTAIN PRIDE'S PRIDE IN THE PARK.



**Eagle Valley
Behavioral Health**
An outreach of Vail Health

MISSION

Lead community collaboration to transform the Eagle Valley's behavioral health system.

VISION

Imagine a day in this Valley when we spend as much time, effort, and resources on our behavioral health as we do our physical health.

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WITH A STUDENT AT ASPEN PREP PRESCHOOL.

Supporting Access TO BEHAVIORAL HEALTH RESOURCES



JOEY AND JARED JOHNSON AND FAMILY

GE JOHNSON FOUNDATION STRENGTHENS CASE MANAGEMENT THROUGH FUNDING

When Joey Johnson sought help for his addiction, his father, Jim, and brother, Jared, were by his side. However, the family quickly found that navigating behavioral health support was no easy task. After visiting multiple intensive outpatient programs, sober living programs, and psychiatric hospitals (many out of state), they finally found something that worked.

"We were doing a lot of the coordination independently, and we didn't have the educational or practical experience to know where to go. We recognized a huge need for a case manager to help guide our journey," remembers Jim.

Difficult as it was, the path toward Joey's healing was the impetus for the GE Johnson Foundation's generous support of Vail Health's Eagle Valley Behavioral Health (EVBH) case management program.

"Our family was fortunate to be able to cover the costs, as insurance didn't cover much, if anything," continues Jim. "So our foundation felt very passionate about being able to help provide access to services, allowing more people to get the help they need."

UNLOCKING ACCESS TO CARE

EVBH's case management program is a free service available to Eagle County residents to help them navigate the complex healthcare system and connect them to available resources and services that best meet their needs.



VAIL HEALTH CASE MANAGEMENT TEAM

The case managers are bilingual and bicultural, making engaging and building trust with primarily Spanish-speaking clients easier. They serve clients of all ages and offer various case management and care coordination services, including short intervention, stress management, and community resource navigation. The support provided by the GE Johnson Foundation has had an immediate impact on the level of care that case managers can provide.

"I just love to brag about EVBH, Olivia's Fund, and all the partnering organizations and everything they're doing to disrupt the current model," says Jared.

BUILDING BETTER COMMUNITIES, INSIDE AND OUT

The GE Johnson Foundation focuses on philanthropy in the arts, education, environment, health and human services, sports and recreation, and mental health. The foundation is passionate about supporting initiatives that empower individuals to help themselves. "We put a lot of emphasis on training people to be self-sufficient as entrepreneurs. So we look at craftsman training programs, entrepreneurial-type programs, and beyond. We believe this is the core of our foundation," says Jim.

The Johnson family also supports Face it Together, which provides counseling and support for loved ones in Colorado Springs. They found that while Joey was getting help, the family

sometimes needed just as much support, which they found in their community.

COLORADO ROOTS SPAN DECADES

While GE Johnson has been serving the Vail Valley since the early 70s, the family has a long history in Colorado that goes back to the late 60s. Skiing has always been a draw for them, as they have been vacationing in Vail for decades. And as the town has grown, so has the allure of the outdoors and their love of the community.



JARED AND JOEY JOHNSON

"Vail has always been an important place to me. There isn't anything like being on the top of the mountain when it's so quiet and peaceful, nobody's around, and snow is falling. And the good mountain vibes – it's always been a very positive place for me to be," reflects Joey.



When I learned what EVBH and its partners are doing, I thought it was so special.

It's changing how people look at and treat mental health,

and now it's available to everyone in the valley."

- JARED JOHNSON

ACCESS TO LOCAL BEHAVIORAL HEALTH CARE: *Then and Now*

In 2019, Vail Health's Eagle Valley Behavioral Health and Vail Health Foundation launched the *It Takes A Valley: Transforming Behavioral Health* campaign to revolutionize the behavioral health landscape in our mountain communities. Thanks to our generous benefactors, various partner organizations, and dedicated staff, we have reached incredible milestones – from having a licensed clinician in every public school in Eagle County, to becoming a designated Community Mental Health Center, to opening the Wieggers Mental Health Clinic, a local intensive outpatient clinic. Together, we are working toward a future where everyone has access to the highest level of behavioral health support available. Take a look at this brief list of some of our accomplishments since 2019.

2019

- Vail Health commits \$160 million to behavioral health over 10 years
- Limited local funding for behavioral health with no government funding or financial sustainability
- 9% of local providers accept insurance, and 0% of local psychiatrists accept insurance for behavioral health services
- Behavioral health patients received care from a singular provider with only two locations in Eagle County
- No full-time licensed clinical providers offering services in schools
- Focus on expanding access to behavioral health care in the Eagle River Valley
- Patients often had to travel two or more hours for inpatient care

2023

- Community Mental Health Center designation in Eagle and Summit counties
- 93% of local providers accept insurance, or services are subsidized through Olivia's Fund or employee assistance; and 100% of local psychiatrists accept insurance
- ALL patients can now receive behavioral health care at the Edwards Community Health Campus
- Unprecedented coordination across the community for continuum of services and financial sustainability
- 17 behavioral health clinicians providing free services to students, with one in every public elementary, middle, and high school in Eagle County
- Serving Roaring Fork Valley and expanded Colorado Mountain Medical into Summit County
- Building the Precourt Healing Center, an inpatient psychiatric hospital with 28 beds, scheduled to open in 2025

FROM Crisis TO Stability

YOUR HOPE CENTER RESPONDS TO BEHAVIORAL HEALTH CRISES

When an Eagle County community member calls 911 for a behavioral health emergency, several wheels are set into motion. Local law enforcement, paramedics, and the dedicated team from Your Hope Center are deployed. Law enforcement ensures on-scene safety while paramedics address medical needs. If the situation is determined to be strictly related to behavioral health, with no imminent physical danger, Your Hope Center takes it from there.

Collaboration between Your Hope Center's crisis team, the Community Stabilization Program, and support from many community partners provide immediate and sustained care for Eagle County residents with behavioral health needs.

CRISIS DOESN'T TAKE BREAKS

Your Hope Center's Mobile Crisis Co-response is a 24/7 crisis support line staffed by licensed clinicians who answer every call, learning about the situation or the caller's needs. The crisis team will respond in person and collaborate with emergency personnel when required. Remarkably, in 8 out of 10 cases where the crisis team intervened, individuals were successfully supported at home, removing the need for costly transport to the Emergency Department. Crisis personnel also offer referrals for additional care if needed, such as to Your Hope Center's Community Stabilization Program.

WRAPAROUND CARE THROUGH COMMUNITY STABILIZATION

The Community Stabilization Program (CSP) offered by Your Hope Center plays a crucial role in providing ongoing care to community members with high needs. Launched in November 2021,

CSP collaborates closely with the crisis team and the behavioral health team at Vail Health Behavioral Health.

This collaborative approach significantly reduces the need for costly M-1 holds, when a patient is held in a psychiatric facility, as CSP works diligently to stabilize and assist individuals at home. Approximately 28 percent of CSP's clients are 18 or younger and referred by Your Hope Center school-based clinicians. "Students continue to work with their school clinician but receive additional support through CSP," explains Carrie Benway, Executive Director of Your Hope Center.

CSP consists of immediate stabilization of the patient and long-term Assertive Community Treatment (ACT). ACT focuses on individuals with persistent mental illness and psychosis who receive ongoing support as long as they reside in the community. CSP supports 35 clients monthly who will transition from care, while the ACT program currently has 14 clients who will be supported indefinitely.



At Your Hope Center, we really do everything 'crisis' - prevention, intervention, and stabilization. *We are grateful for our passionate, compassionate team,* and it is an honor and a privilege to be able to support the community and the immediate needs of individuals."

- TERESA HAYNES,
YOUR HOPE CENTER CLINICAL DIRECTOR



YOUR HOPE CENTER'S SCHOOL-BASED CLINICIANS

SUPPORTING STUDENTS IN SCHOOL

During the 2022-2023 school year, Your Hope Center's school-based clinicians treated 941 students. Clinicians work in all 18 public schools in Eagle County and collaborate closely with teachers, school counselors, administrators, and families to address the increasing social-emotional challenges children face. Counselling services are offered at no charge during the school day. The school-based team provides a range of services, including initial assessments, crisis assessments, safety plans, treatment plans, individual therapy sessions, case management services, group support, and family sessions. Access to therapy during the school day eliminates scheduling and transportation issues while reducing the stigma of seeking mental health support.

THE POWER OF COLLABORATION

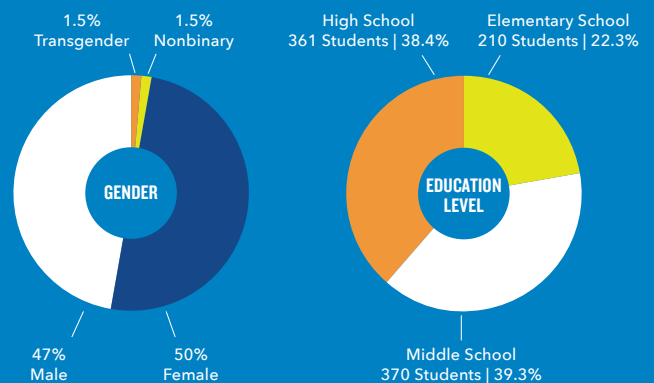
Your Hope Center partners with several organizations, such as My Future Pathways, SpeakUp ReachOut, Youth Power 365, and more, to help fulfill its mission: to connect individuals in need to immediate clinical support to promote stability, resiliency, and hope. The partnership with Colorado Mountain Medical, Vail Health Behavioral

Health, and the Vail Health Emergency Department is core to the success of Your Hope Center.

YOUR HOPE CENTER 2022-2023 SCHOOL-BASED SERVICES

Your Hope Center services included: intake assessments, crisis services, outreach sessions, individual therapy sessions, family therapy sessions, care coordination, group services, treatment plans and reviews, safety plans, and school referrals.

- 941 students served
- 13,765 student services provided



Empowering LOCAL STUDENTS

MY FUTURE PATHWAYS LAUNCHES TRADE SCHOOL PROGRAM

My Future Pathways (MFP) has launched a trade school program at CMU Tech, a partner of Colorado Mesa University, that provides mentorship and financial aid to students interested in pursuing careers in the trades, empowering them to contribute to the community's growth. MFP is a nonprofit organization dedicated to supporting underserved youth and families in Eagle County.

OPENING PATHWAYS TO TRADE CAREERS

Donations and financial support from Vail Health's Eagle Valley Behavioral Health cover the cost of school tuition, room, and board, which varies depending on the trade. Currently, four students are involved in the program; two are training to become car mechanics, one is studying to become a welder, and one just graduated as an electrician and is now employed at a local company in Eagle County.

MFP aims to expand the program to accommodate 20 students annually. "You don't need to be a 4.0 student to be considered, but there has to be some academic potential, financial need, and character," explains Bratzo Horruitiner, Executive Director of My Future Pathways. "We're committed to helping these kids overcome personal struggles."

The program is exploring partnerships with local employers who may share the cost of scholarships in exchange for a commitment from students to work for their businesses.

Reconnected THROUGH RECOVERY

Recovery from substance use disorders can be a long journey, requiring more than just initial treatment. RECONNECTED (Recovery, Connection, and Education), a new nonprofit partner of Vail Health's Eagle Valley Behavioral Health (EVBH), aims to provide an essential support system for people seeking initial treatment and long-term addiction recovery.

RECOVERY PEER SUPPORT AND ADVOCATE PROGRAM

RECONNECTED provides immediate follow-up to anyone seeking help through Vail Health, EVBH, Your Hope Center, and other behavioral health providers.

This program connects individuals with local recovery resources and holds them accountable. It also provides the recovery capital and social scaffolding needed to increase their chances of maintaining recovery. Specially-trained peer recovery advocates help people engage with recovery options such as:

- Alcoholics Anonymous
- Narcotics Anonymous
- Medication-Assisted Treatment (MAT)
- Regular appointments with certified clinicians or licensed addiction counselors
- Participation in sober group activities such as art, music, and outdoor activities



Peers are available to meet for a cup of coffee, lend an ear during a difficult day, or celebrate successes.

"RECONNECTED is about working with individuals to educate them about their disease, help them build strong connections around sober living, and ultimately move them toward recovery," says Rob Shearon, founder of RECONNECTED. Rob has battled with addiction since his early teens growing up in Vail.

Strengthening LGBTQIA+ SUPPORT IN THE MOUNTAINS

MOUNTAIN PRIDE PROVIDES EDUCATION, RESOURCES, AND PROGRAMS

Eagle County's inaugural Pride in the Park celebration in June 2020 was a significant moment for our LGBTQIA+ community. More than 100 people attended, and it was the first time many felt comfortable and safe expressing themselves authentically. The event was filled with love, laughter, and camaraderie – and also served as the inspiration for establishing Mountain Pride, a nonprofit partner that Vail Health's Eagle Valley Behavioral Health (EVBH) helped create by providing critical seed funding.

In small towns and rural communities like ours, LGBTQIA+ individuals may face unique challenges when coming out and being open about their identity. Often, there are limited or no resources available locally, forcing them to travel long distances for support. Youth who identify as LGBTQIA+ are at a higher risk of attempting suicide and experience four times the average rate. In Eagle County, 20 percent of middle school students identify as LGBTQIA+, emphasizing the need for adequate resources and support.

Led by Executive Director Madison Partridge, Mountain Pride aims to address these challenges by offering year-round programs in addition to the annual Pride in the Park, fostering a culture in the Vail Valley where individuals can be "proud beyond pride."



COMMUNITY-DRIVEN SUPPORT

Mountain Pride focuses on establishing safe spaces, promoting family acceptance, and providing access to education, resources, and programs. The organization's efforts and initiatives have always been community driven. During the second Pride in the Park event, which saw a growth to nearly 500 attendees, Madison and her team listened to the experiences and concerns of Eagle County residents.

"We heard some hard stories about bullying, discrimination, and harassment, as well as expressions of gratitude for how much this event meant to them.

Through this storytelling, we realized the impact and the need to do more," shares Madison.

In 2022, their first year as a 501(c)(3) nonprofit, Mountain Pride provided over 5,200 meaningful touchpoints to more than 3,000 persons through their four strategic program areas: community and events, education, advocacy and activism, and resources like peer support, student-led clubs in schools, and suicide prevention support. Their partnerships with other organizations in the valley have allowed them to have an even greater impact.

LOCAL PARTNERSHIPS INCREASE IMPACT

Mountain Pride collaborates with other EVBH nonprofit partners including SpeakUp ReachOut to provide suicide prevention services, My Future Pathways to offer resources and trainings in Spanish, and Mountain Youth to create events focused on the LGBTQIA+ community. Diversity and inclusion trainings have been presented to various organizations in the community, including Eagle County School District, Vail Valley Partnership, Vail Health Foundation, and the Eagle County Sheriff's Office.

"We are here thanks to all the support, love, and kindness that so many partners and our community has shown," Madison says. "At the core of our partnerships is EVBH. We would not be here if it weren't for them."

Over Mountain Pride's short existence, Madison has heard countless testimonials of how it has made a profound difference in the lives of our residents and youth. For one individual, getting involved with Mountain Pride gave them the sense of belonging they had always sought, stopping them from moving away to Denver.

"We want to ensure we create a community where our residents feel safe and know they're not alone. That's why the work we're doing and our visibility is so important. We won't understand other communities unless we take the time to go into others' spaces and listen and learn from their stories. Together, I believe we can continue creating that truly kind, loving world we all want to live in."



Trailblazing A PATH TO HEALTH

SOUL DIRT: ELEVATING OUR COMMUNITY WITH THE POWER OF TRAILS

It truly takes a valley to uplift our community, and the Vail Valley Mountain Trails Alliance is doing its part by connecting our community to the outdoors. With the power to improve both our mental and physical well-being, access to trails is more important than ever.

Trails connect us to the land and to each other. They provide us with space to move, have fun, push our limits, and find our strength. And yet a significant portion of our valley's population faces social and economic barriers limiting their ability to get outdoors. "We believe that everyone should have access to the transformative power of our trails," says Ernest Saeger, VVMTA Executive Director, "and so we created Soul Dirt in partnership with Vail Health's Eagle Valley Behavioral Health."

TRAILS FOR A HEALTHY COMMUNITY

Soul Dirt provides free VVMTA Ambassador-led group hikes and mountain bike rides for people of all ages and abilities on soft surface trails across Eagle County. Participants in a Soul Dirt ride can borrow mountain bikes for use during the program - free of charge. And the community is already experiencing the impact in so many different ways.

While being treated for cancer at Vail Health Shaw Cancer Center, Ben Sokolski, a local bike racer, found it harder to keep up on the trail, which left him feeling lonely and looking for connection. He attended a Soul Dirt event and says of that experience, "It's important



to surround yourself with others who will lift you up. It's good to know there's a group that I can connect with."

Juan Carlos discovered his own trail to health and happiness as one of Soul Dirt's first participants. "I love mountain biking; it's my passion," he says. Now a near-daily rider, Juan Carlos is reaping the benefits. "I feel quicker, stronger, and ten times better."

GETTING INVOLVED IS EASY

As Soul Dirt events continue, barriers are gradually dissolving. Soul Dirt has connected more than 700 individuals to the trails, many for the first time. "Our events have facilitated numerous connections, leading many to join us on trail work days or other volunteer activities," Ernest explains. "This is the snowball effect that we hope will build a stronger, healthier community."



READ JUAN CARLOS' STORY AT
[VHFFOUND.ORG/JUANCARLOS](https://vhfound.org/juancarlos)

BUILDING *Strong,* *Young* MINDS



teachers with tools to foster meaningful connections, stimulate cognitive growth, and improve language skills. Liz Costaldo, Director of Operations at ECP, explains, "We constantly seek programs to help caregivers support children's social-emotional development, which is crucial to their success. LENA Grow achieves this by enhancing interactions, language development, and relationships."

THE PROMISE OF LENA GROW

LENA technology provides real-time tracking and data analysis, enabling teachers to monitor and enhance interactions with individual children. Participating teachers reported improved behaviors in children and reduced stress levels among themselves, two outcomes that help foster a nurturing environment.

Cindy Lagace shares her experience as a teacher, saying, "LENA Grow increased my awareness of children needing more focus. Working with them yielded positive results, which were effectively communicated through organized charts. It was a proud moment!"



Since receiving funding from the Frechette Family Foundation in December 2021, ECP staff has successfully expanded LENA Grow, reaching 309 infants, toddlers, and preschoolers across 51 classrooms in the first year. The foundation's generous support also helped cover equipment needs and product licenses.

LENA GROW'S COMMUNITY-WIDE EXPANSION SPURS GROWTH IN EARLY LEARNERS

Early Childhood Partners (ECP), supported by a grant from the Frechette Family Foundation, has expanded several programs, including the community-wide implementation of LENA Grow®. This professional development program enhances positive interactions between early childhood educators and young children.

SUPPORTING CHILDREN THROUGH CONNECTION

LENA, short for Language Environment Analysis, uses technology to track and promote high-quality, back-and-forth interactions between adults and children. Research indicates that these interactions, known as "conversational turns," offer numerous benefits, such as improved behaviors and increased school readiness.

LENA Grow is an innovative job-embedded professional development program that equips early childhood

Olivia's Fund

REMOVING FINANCIAL BARRIERS TO CARE

Olivia's Fund was developed by Vail Health in April 2020 to provide up to six free mental health and/or substance use therapy sessions per year for anyone who lives or works in Eagle County and demonstrates a financial need. The program provides in-person or virtual counseling with in-network licensed clinicians at no cost to patients in our community, regardless of insurance or immigration status.

Named in honor of a 13-year-old who lost her life to suicide, Olivia's Fund was created to provide financial assistance for those who need behavioral health support but cannot afford it.

2022 BY THE NUMBERS:

3,937
unique sessions

2,204
patients

250
sessions conducted
in Spanish

Olivia's Fund is made possible through the generosity of benefactors.

VISIT [VHFOUND.ORG/OLIVIAS-FUND-DONATION](https://vhfound.org/olivias-fund-donation) OR SCAN HERE



HARNESSING Hope

EQUINE-ASSISTED THERAPY FOR MENTAL WELLNESS

For those struggling with mental health disorders, equine-assisted therapy has been proven to help. Since 2021, Vail Health's Eagle Valley Behavioral Health (EVBH) has supported Trio Therapy Partners' mental health counseling and equine-assisted learning services that benefit individuals with behavioral issues due to trauma, domestic abuse, and assault as well as those experiencing anxiety, depression, bipolar disorder, and Attention Deficit Disorder, among others.

HOW HORSES HELP

Therapists and instructors use the connection between people and horses to help enhance clients' self-confidence, self-advocacy, and more. Trio Therapy Partners provides individual appointments, group services, and summer camps for children who benefit from mental health counseling and occupational therapy. In 2022, Trio offered 255 appointments for mental health counseling, equine-assisted learning, and occupational therapy to help 26 individuals—90% of them being youth participants and 60% being primarily Spanish-speaking.



Young clients have experienced significant positive changes, as witnessed through health assessments, goal completion, and feedback from caregivers, therapists, and healthcare providers.

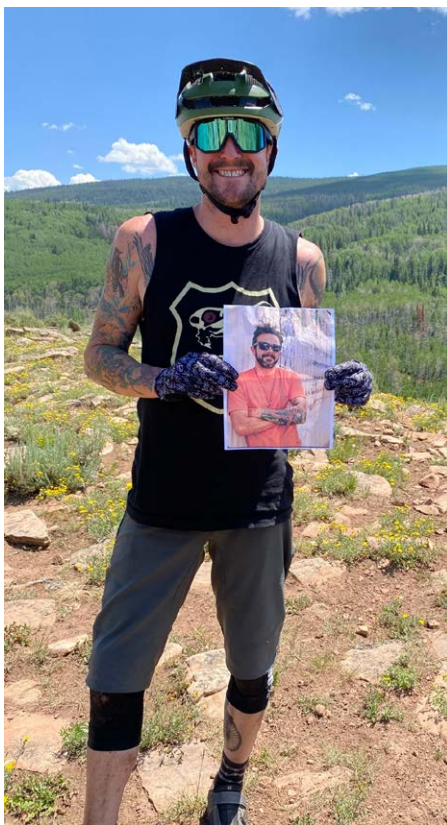
"The support we've received from EVBH helps cover costs, expand access, fund mental health counseling, and provide equine-assisted learning services for clients with cognitive and behavioral health challenges," says Lauren Cremonese, Trio Therapy Partners' Co-Founder and Physical Therapist.

REPAIRING BIKES & *Recovering Lives*

LOCAL BIKE SHOP PROVIDES SUPPORT FOR THOSE RECOVERING FROM ADDICTION

Kyle Foster, owner of Seagull's Cycles in Eagle, not only runs a bike shop but also provides a haven for those on their addiction recovery journey.

For years, Kyle dreamed of opening a bike shop that would also contribute to the community. His friend Jonathan Sharon had the idea of starting a group bike



KYLE FOSTER CARRIES A PICTURE OF HIS BEST FRIEND WITH HIM ON A MOUNTAIN BIKE RIDE.

ride for people in substance abuse recovery, like themselves.

Shortly before Kyle finished opening his bike shop, Jonathan ended his life. "Losing Jonathan made it much more important to start the program and continue it in his memory," says Kyle.

Now, in collaboration with Vail Health's Eagle Valley Behavioral Health and nonprofit partner

SpeakUp ReachOut, Jonathan's legacy lives on through Recovery Rides, a peer support group led by Kyle that meets every Sunday at Seagull's Cycles. Kyle also has his



Don't judge those *struggling with addiction or mental health* because you don't know what they're going through."

- KYLE FOSTER

shop's doors open for anyone needing to talk. "Breaking stigmas around addiction is so important to me," says Kyle. "Don't judge those struggling with addiction or mental health because you don't know what they're going through."

As another way to honor Jonathan, Kyle organizes the Seagull's Send annual fundraiser, benefiting SpeakUp ReachOut's suicide prevention and awareness efforts in Eagle County.

Kyle has recently expanded his involvement by becoming a SpeakUp ReachOut Board member. Erin Ivie, the organization's Executive Director, commends Kyle for creating a community hub. She believes his work embodies the spirit of Vail Health Foundation's *It Takes A Valley: Transforming Behavioral Health* campaign by building connections and supporting networks as protective measures against suicide.

With each Recovery Ride and personal conversation, Kyle chips away at the walls of stigma and offers a glimmer of light to those who need it most.

EDWARDS *Community Health* CAMPUS

EXPANDING ACCESS TO BEHAVIORAL HEALTH CARE IN EAGLE COUNTY

For many years, when adolescents and adults experienced a behavioral health crisis in the Eagle River Valley, they had to travel two or more hours away to receive inpatient care. Current data shows that 12-15 patients in crisis are transported out of our community every month for treatment. Receiving behavioral health care and treatment closer to home aids in the recovery process by allowing patients to be near their family and support system.

To address this need, Vail Health and Eagle Valley Behavioral Health (EVBH) created the Edwards Community Health Campus, centrally located in Edwards, Colorado, for all Vail Health Behavioral Health providers and behavioral health services. The Wieggers Mental Health Clinic opened in early 2023, offering intensive outpatient behavioral health services. The Precourt Healing Center, an inpatient behavioral health facility, is scheduled to open in 2025. The campus is also home to community partners like My Future Pathways and the Eagle Valley Community Foundation's Community Market.



RENDERINGS OF THE PRECOURT HEALING CENTER, EXPECTED TO OPEN IN 2025.

PRECOURT HEALING CENTER

In September 2022, Vail Health Foundation hosted a groundbreaking ceremony for the Precourt Healing Center, a 50,000-square-foot facility made possible by a generous gift from the Precourt family. The center will be staffed by a comprehensive interdisciplinary team that includes psychiatrists, psychologists, clinical social workers, licensed professional counselors, nurses, and alternative therapists. Individual treatment plans will prioritize safety and stabilization while providing sustainable treatment options that focus on total health. The three-story center, expected to open in 2025, will offer:

- 24-hour behavioral health care serving adults and adolescents in crisis (ages 12+)
- 28 beds for short-term stays and treatment
- Behavioral health services in English and Spanish
- Structured behavioral health services that prioritize crisis resolution, safety, and stabilization
- Family support, intervention, and engagement
- Comprehensive case management across the community continuum of care
- Collaborative community-based discharge planning

“The Precourt Healing Center will be a critical milestone in continuing our mission to elevate health across our mountain communities and is crucial in our battle against the behavioral health crisis in the state and our valley,” says Chris Lindley, EVBH Executive Director and Vail Health Chief Population Health Officer.

WIEGERS MENTAL HEALTH CLINIC

A ribbon-cutting in February 2023 celebrated the opening of the new Wiegiers Mental Health Clinic, which offers intensive outpatient behavioral health programming, including:

- Outpatient therapy
- Case management



- Psychiatry and medication management
- Intensive outpatient programming/group therapy
- Comprehensive psychological evaluations
- Specialty psychiatric services such as ketamine therapy, transcranial magnetic stimulation, and psilocybin research

The clinic is named in recognition of a generous gift from the George and Betsy Wiegiers Family Foundation.

WIEGIERS MENTAL HEALTH CLINIC USAGE THROUGH JULY 31, 2023 (SINCE OPENING JANUARY 11, 2023)

PSYCHIATRY

2,914 appointments
1,178 unique patients served

THERAPY

1,175 appointments
250 unique patients served

TOTAL

4,089 appointments

CREATING A *Brighter Future* FOR OTHERS

EMPOWERING THOSE AFFECTED BY DOMESTIC VIOLENCE AND SEXUAL ASSAULT

What initially began for Deborah Wittman as a simple way to give back developed into a highly impassioned role as a board member for Bright Future Foundation (BFF) – a nonprofit partner of Vail Health’s Eagle Valley Behavioral Health (EVBH).

Born and raised in Minneapolis, Minnesota, Deborah moved to Colorado to attend undergraduate and law school at the University of Denver. She practiced law in Denver for 13 years and transitioned into real estate sales when she moved to the Vail Valley in 1990. As a BFF Board member, Deborah has contributed her skills, expertise, and experience to support the organization.

“I love BFF and how it has grown with the needs of this community to help people in distress, whether from domestic violence, abuse, assault, or trafficking,” says Deborah. “We also have the specialists, the psychologists, the lawyers, and the doctors that can support our clients so that when they walk out our doors, they feel loved, secure, and empowered.”

Deborah also played a critical part in the fundraising for BFF’s BrightHouse facility, which opened in June 2021. The emergency housing facility can provide temporary housing for up to 24 victims of violence, including children and pets, while the staff advocates



Whether it is with dollars or whether it is with their time, everyone can contribute to making this valley *a better, healthier place*. It doesn't matter what your financial statement looks like; you can give and *make an impact.*”

- DEBORAH WITTMAN

for victims to secure permanent and safe living arrangements.

MEANINGFUL AND INTENTIONAL GIVING

Deborah and her husband, Rik Heid, also support BFF philanthropically. “The two of us have been in Colorado for over 40 years. During that time, we have learned, we have earned, and the time has come for us to return to this incredible community,” says Rik.

The couple works together to ensure their giving is done meaningfully and intentionally to support areas they are passionate about – like health and wellness at Vail Health – in places where they can see the direct impact. “I feel so confident, safe, and secure for my medical needs when I walk into Vail Health –



with its world-class specialists, quality health care, and institutional excellence. To me, it's a blessing," says Deborah.

Although the couple does not have children, they consider the children in the community their own. Recently, they began supporting organizations that empower youth, including EVBH community partner My Future Pathways, and are long-time supporters of The Cycle Effect, YouthPower 365, and BFF's Buddy Mentors program.

Rik has also enjoyed opportunities to assist with the Vail Veterans Program, where he has shared his personal story of overcoming adversity after losing his leg and winning gold on the U.S. Disabled Ski Team to inspire others in the valley.

A COMMUNITY WITH SO MUCH TO OFFER

Deborah says living in the mountains nourishes the soul. "You are out there with people who are striving to be healthy. A critical component of good health is happiness. If you are not happy, we now have the behavioral health support needed to help you," she says.

The couple loves everything this valley offers, including skiing, cycling, river rafting, hiking, Bravo! Vail, and above all, great friends and wonderful people. They also enjoy traveling all over the country in their motorhome – visiting old friends and discovering new adventures.

HOW TO GET HELP

Are you, or is
someone you know,
in need of behavioral
health care?

Use this guide to better
understand the options
available in low,
moderate, and extreme
risk situations.

Stay connected with Vail
Health Foundation.
Sign up for our Prevail
Today e-newsletter at
VailHealthFoundation.org.

LOW RISK // FIND A BEHAVIORAL HEALTH THERAPIST

Find a behavioral health therapist: Providers.VailHealthBH.org/Search

Research the best therapist for yourself or others. Ask the person if they are in danger of hurting themselves or others. If they answer yes, refer to Moderate Risk. If they answer no, but the person appears to be struggling, call the Your Hope Center 24/7 Support Line at (970) 306-4673.

If the risk is low, research therapists through the Therapist Finder at **Providers.**

VailHealthBH.org/Search. Call (970) 445-2489 to make an appointment with a behavioral health provider.

MODERATE RISK // CALL YOUR 24/7 SUPPORT LINE OR COLORADO CRISIS CENTER

Call Your Hope Center's 24/7 Support Line at (970) 306-4673 or the Colorado Crisis Center at (844) 493-8255.

Contact a number above immediately if someone is:

- Experiencing suicidal thoughts
- Experiencing emotional distress
- Concerned about a loved one and needs support in deciding what to do or how to help

Your Hope Center's line is staffed 24/7 with licensed mental health clinicians and peers. If the situation escalates while on the phone with Colorado Crisis Services, they will contact local dispatch and support you or your loved one by initiating a welfare check.

EXTREME RISK // CALL 9-1-1 NOW

Extreme risk requires **immediate emergency assistance** if someone:

- Is bleeding
- Has ingested something toxic
- Has a weapon
- Is currently in the process of self-harm or harming others
- Is causing property damage