



2015

Annual Report



SolvistaHealth.org



Table of Contents

Letter from Louise Delgado **3**

Our Message **4**

Services Delivered in 2015 **5**

2015 Highlights **8**

Board of Directors **18**

Financial Information **19**

Dear Community Members

Solvista Health had an incredible 2015!

There have been many transitions and expansion within our various communities in the past year. Our rebrand allowed us to renew our intentions, mission and vision. We recommitted to putting people first, both with our own employees and the people we serve.

All of this change has not come without frequent challenges; however, our employees have remained committed to providing the highest quality of care even in the midst of change. One big challenge throughout this process has been remodeling while trying to continue business. Our staff has endured frequent moves and shared office space, which continues in our outlying offices. I am forever grateful to our team members who practice their own level of flexibility while keeping a positive attitude.

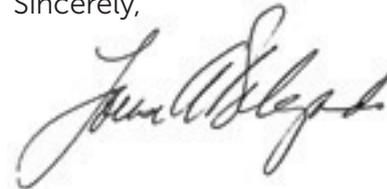
Integrated healthcare continues to be our goal as we grow and create new services. I am pleased that we completed construction of our medical clinic and started seeing patients in July 2015. We enjoyed sharing this accomplishment with our community partners at the Open House in November.

We moved some of our programming to our newest Cañon City location and hosted the UAACOG Recycled Art Show as a way to bring a new collaboration to our community. Wellness initiatives are being planned for the central Cañon City location.

This growth has brought change to our internal structure, which has allowed for team members to move into new positions and take on new areas of programming and services. Our staff is motivated for professional growth and it is exciting to offer internal positions that serve this purpose.

Our next endeavors include expanding our current Salida location and planning for expansion of our services in Westcliffe. I am honored to be a part of this process and to be a Solvista Health Team Member.

Sincerely,



Louise Delgado, CEO

Solvista Health

At Solvista Health, our passion is putting people first.

Healthy living takes dedication and courage. For more than 53 years, Solvista Health (formerly West Central Mental Health Center) has been here to serve Fremont, Chaffee, Lake and Custer Counties, helping people get well and stay healthy.

We are local

a community-based healthcare provider staffed by caring professionals, serving local needs

We are a partner

working with other providers and linking you to community resources to support a stronger, healthier you



We are comprehensive

coordinating your mental and physical healthcare with compassion

We are accessible

offering easy access to healthcare with offices in Cañon City, Salida, Westcliffe, Buena Vista and Leadville

Services

// Delivered in 2015



Solvista Health professionals provided **36,182 hours** of direct service to the community in 2015.

About Solvista Health



4 Counties Served

*Chaffee, Custer,
Fremont and Lake*



Locations in

*Cañon City, Salida,
Westcliffe, Leadville
and Buena Vista*

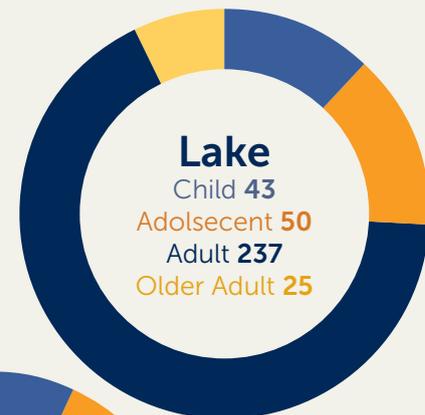
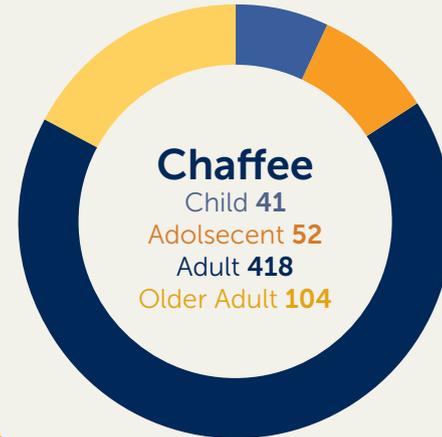


**105 Full-Time
Employees**



53 Years
*of serving our
communities*

Breakdown by County





Primary Care Clinic



Mental Health

- Individual/Family Counseling & Group Therapy
- Psychiatric Services
- Assertive Community Treatment (ACT)
- Dialectical Behavior Therapy (DBT)
- Peer Support
- Child & Family Services
 - Wraparound/Strong Families...Strong Futures
 - Early Childhood Mental Health Specialist
 - School-Based Services
 - Supported Employment



Integrated Healthcare Opportunities

- Wellness
- Mindfulness Based Stress Reduction
- Care Coordination



Addiction Recovery

- Intensive Outpatient Services
- Moral Reconation Therapy (MRT)
- Seeking Safety



24 hr. Emergency Services

- Mobile Crisis Response
- American Medical Response (AMR) Partnership
- Community Crisis Response



Community Education and Awareness

- Mental Health First Aid
- Community Health Fairs
- Collaborative Projects
- Free On-line Screenings at www.solvistahealth.org
- **Facebook** – “Like” us on our Solvista Health Facebook page
- **Twitter** – follow us on Twitter @solvistahealth

2015

was an exciting ride for us at
Solvista Health!

The amount of expansion that took place and the number of projects completed are too numerous to list. The exciting thing to see was that our staff embraced the growth and stepped up to every challenge. They are always ready to do what is best for the people we serve. Take a look at some of the projects completed, collaborations and services that were added in 2015...





Our Integrated Medical Clinic opened in July 2015!



256 patients

The medical clinic is already serving 256 patients and is growing each week



Insurance

We accept Cigna, Aetna, Medicare and Medicaid insurance



Integrated Care

We recently added a registered nurse who is working to help integrate care between behavioral health and medical services



Our Integrated Healthcare Team includes

- Robert Arnold, MD
- Tia Rose, RN
- Carol Pfaffly, PhD, LMFT
- Suzie Miller, Medical Assistant
- Amie Adams, LMFT
- Silvia Gowdy, Medical Assistant



Cañon City – Main Location

Expansion of our main location in Cañon City was completed in 2015. More than 3,000 square feet were added to our lobby to create a warm and inviting entrance point that would accommodate our behavioral health and physical health services. One check-in area makes it easy for the people we serve to access the particular service for which they are coming to see us.

The exterior remodel included a covered circular driveway, allowing people to be dropped off at the front door.



Cañon City – Central Location

A new, central location was acquired in Cañon City in 2015. The new location will allow for expanded services with a wellness focus, in addition to extra office space for our growing staff. Remodeling was underway throughout 2015 and staff began to move into the building in October. Our first board meeting was held at 701 South 9th Street in October, as well.

To help introduce our new location to the Cañon City community, we partnered with the **Upper Arkansas Area Council of Governments Recycling Program** to host their **Annual Recycled Art Show** in November. This was a fun event that allowed us to showcase art made from recycled materials from local artists. There were some incredibly creative and beautiful pieces entered into the exhibit.



An Innovative Partnership

A new collaboration was formed in 2015 between Solvista Health and American Medical Response. AMR acquired a car for transporting our patients to out of town healthcare facilities, such as the state hospital or other treatment center. This allows the individual being transported to maintain their dignity by being transported in a car rather than a police unit or ambulance and it helps to reduce stigma. This innovative partnership was even nominated for the CBHC Golden Lightbulb Award at the annual state conference.





Early Childhood Mental Health

The Salida team made more headway in the area of early childhood mental health in 2015. Partnering with the Chaffee County Early Childhood Council, Solvista Health's 24/7 phone number was marketed throughout the community, targeting new mothers and fathers who are feeling depressed. Several new moms have already sought out services through Solvista Health as a result.

Wellness

Wellness is a key area of focus as we move forward with our integrated health services. In 2015, yoga classes were added in Leadville and Cañon City to help individuals reduce stress and establish a gentle exercise routine.



Supported Employment



"To me, work means financial and mental stability. My employment specialist is my advocate, my backup in the workplace, but also my "go-to" person between my clinician and others I work with at Solvista Health. This new job I am starting is a really big stepping stone for me into future jobs. My employment specialist believed I could do it and will help me keep it."

- Participant in the Supported Employment Program



Supported Employment is an important program for Solvista Health. Employment specialists work with unemployed individuals who are currently using Solvista Health services. The program seeks to match the skills of the individual with a job in the local community. Work helps people feel good about themselves and offers them a sense of purpose.

Growth is happening

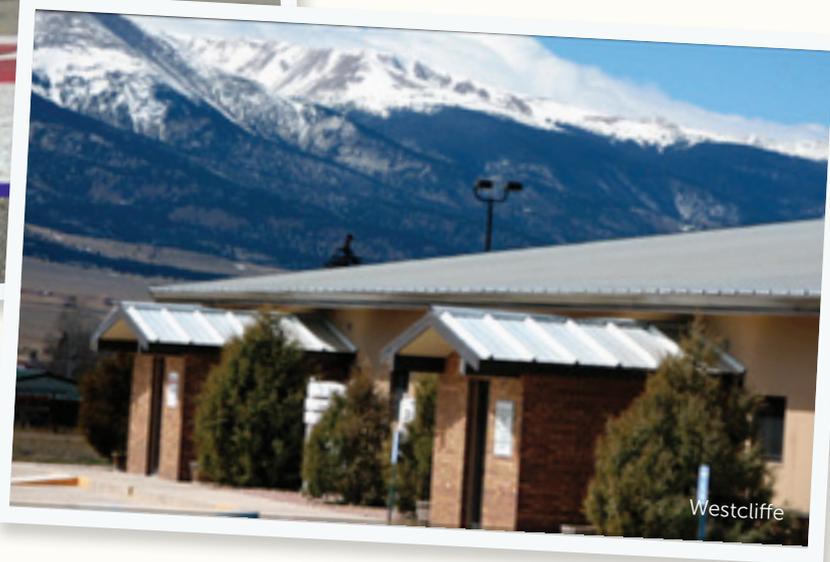
in every county we serve in terms
of expanding our services.



Salida Expansion



Salida Expansion



Salida

Salida acquired additional office space this year to accommodate staff and additional programs. In 2016, construction will begin to remodel and expand our main Salida location on Vesta Road.

The new location in Salida has made additional room for care management, client screenings/triage, emergency and after-hours follow up calls. In addition, the space includes a comfortable "living room" area where individuals who are in crisis and being placed in a higher level of care can wait for transportation to their destination.

Leadville

In late 2015, a satellite office at St. Vincent's Medical Clinic in Leadville was added. One full-time staff person is at this location and all of the Lake County groups take place here.

Westcliffe

In terms of growth, Westcliffe is no exception. Solvista Health has been co-located with the Custer County Clinic for years but we have outgrown our space. A new location is being sought to accommodate growth in Custer County also.

Board of Directors

Jon Fritz

Chairperson

Wellness Program Supervisor, HRRMC

Skip Lee

Chairperson

Dean of Student Affairs, Colorado Mountain College

Deborah Gronowski

Vice Chairperson

Former Educator, Lake County Schools/
Bank Customer Service Rep.

Gail Stoltzfus

Vice Chairperson

Custer County Public Health Agency

Judy Lohnes

Secretary/Treasurer

Executive Director, Upper Arkansas Area Council of Governments

Judy Lohnes

Secretary/Treasurer

Executive Director, Upper Arkansas Area Council of Governments

Bill Masse

Pharmacist/Owner, Palace Drug Store

Nikki Teigen

Owner, Cañon Academy of Gymnastics and New Child Montessori Preschool

Bret Meuli

Principal, Cañon City High School

Steve Miller

Retired Pastor, Community United Methodist Church

Steve Samsel

Retired Chief Financial Officer

Steve Hinson

Chief Executive Officer, Fremont County Boys and Girls Club

Dennis Bruens

Vice President of Operations, St. Thomas More Hospital

Financial Information

